



## DDS COVID-19 Information

Click on the links below to go right to any of the topics in this document:

1. [General Information](#)
2. [Prevention](#)
3. [Mask Guidance](#)
4. [Vaccines & Booster Shots](#)
5. [Your Rights](#)
6. [Education](#)
7. [Employment](#)

### General Information

The most current information about COVID-19 is found on the State's COVID-19 website: [www.covid19.ca.gov](http://www.covid19.ca.gov)

Information on the State's COVID-19 website includes:

- Information and details about tests, cases, hospitalizations, and deaths
- Information about how to become vaccinated or get the booster shot, and where to do that
- All the latest rules, guidance, travel tips, social media toolkits for organizations, and much more

For COVID-19 information and questions, call 833-422-4255. The line is answered Monday through Friday from 8 a.m. to 8 p.m., and on weekends from 8 a.m. to 5 p.m.

Some counties have different rules for face coverings, public spaces, and travel. You can find a link to your county public health department for more information, from this site: <https://www.cdph.ca.gov/Pages/LocalHealthServicesAndOffices.aspx>.

We have been collecting data for cases, deaths, and vaccinations among people served by regional centers, based upon what has been reported to regional centers: <https://www.dds.ca.gov/corona-virus-information-and-resources/data/>

[Note: Because most reporting is not required, please read the footnotes]

## Preventing COVID-19

You can help stop the spread of COVID-19 by:

- Staying home if you do not feel well
- Washing your hands frequently with soap and warm water
- Covering your mouth with a face covering or mask when near other people.
- Keeping six feet of space between yourself and others (social distancing)
- Getting fully vaccinated and any recommended booster shots

Talking with other people, including family and friends, about the benefits of getting a COVID-19 vaccine can be hard. Try to listen without judgment and identify the reason for their concerns. Things to remember to help you talk with others about vaccines include:

- Listen to questions without judgment
- Ask open-ended questions to find out concerns
- Ask permission to share information
- Help them find their own reason to get vaccinated
- Help make their vaccination happen

## Mask Guidance

The latest guidance on masks requires everyone in California to wear a mask in indoor public spaces and workplaces, until February 15, 2022. After that date, please check this website <https://covid19.ca.gov/masks-and-ppe/> for the latest information.

The following people are exempt from wearing a mask at all times:

- People younger than two years old. Very young children must not wear a mask because of the risk of suffocation
- People with a medical condition, mental health condition, or disability that prevents wearing a mask. This includes people with a medical condition where wearing a mask could obstruct their breathing, or people who are unconscious, incapacitated, or otherwise unable to remove a mask without assistance
- People who are hearing impaired, or talking with a person who is hearing impaired, where the ability to see the mouth is important for communication
- People who may have a risk related to their work if they wear a mask, as determined by local, state, or federal regulators or workplace safety guidelines

## Vaccines & Booster Shots

The COVID-19 vaccines are safe and effective. Vaccines save lives and help reduce hospitalizations and deaths. Scientists, the federal government, and a group of experts in several western states make sure each vaccine is safe. Millions of people in California and the United States have safely received COVID-19 vaccines.

To schedule a vaccination, you can:

- Check with your primary care doctor or health insurance plan
- Visit a local site like CVS, Walgreens, RiteAid, Walmart, Albertsons/Safeway, some medical and urgent care clinics, drive-through sites, and other locations. These sites all give vaccinations
- Sign up for an appointment at <https://myturn.ca.gov>. or call 833-422-4255. Either option allows you to schedule an appointment anywhere in the State, in roughly 250 languages. It includes permanent locations, one-time clinics for groups, and can assist with transportation and/or in-home options too. Both COVID-19 and flu vaccines can be obtained here.
- The federal website, <https://www.vaccines.gov/>, also can help you find COVID-19 and flu vaccines.

Your health insurance or immigration status does not matter. No one will ask about your immigration status when you get vaccinated.

The table on the website link below displays who is eligible to receive vaccinations. Anyone age 5 and older can receive a vaccine.:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

Do not get the vaccine while you are sick with COVID-19. Wait until you have recovered and have met the criteria for ending isolation. This guidance also applies to people who get COVID-19 between their first and second dose.

Although your body may be better able to fight COVID-19 infections after you've already had COVID-19, vaccination and booster shots provide more protection. You have better protection against COVID-19 by getting vaccinated.

To help you choose among available vaccines, please see the information found here:

<https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Which-Vaccine-is-Right-for-Me-Fact-Sheet.pdf>

Everyone must provide consent before vaccination. A vaccination/booster provider must obtain consent (written, phone, or video) from a parent, guardian, or other person with legal custody before vaccinating a person under the age of 18. Legally emancipated minors are an exception to this requirement.

If your body's immune system is compromised by other medical conditions, please see this additional information:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/ThirdVaccineDoseQandA.aspx>

Some people have no side effects from a vaccination or booster shot. Some known side effects of the vaccines are usually mild, and may include fever, chills, sore arm or swelling at the location of the shot, and being tired. These go away after a few hours or a few days. People with a history of allergic reactions to the flu shot or other vaccinations should talk with their doctor before getting a COVID-19 vaccination.

The federal Food and Drug Administration (FDA) has approved treatments for people who have mild cases of COVID-19 but have a high risk (because of their age or health condition) of getting very sick and needing to go to the hospital.

For people at high risk of getting very sick, the FDA has issued Emergency Use Authorizations (EUAs) for some treatments for COVID-19, including monoclonal antibody and oral antiviral medications:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html>

Other information:

1. If you have questions about you and the vaccine, talk to your doctor.
2. No vaccine, for any disease, is 100% effective. Vaccines teach your body to recognize and fight a virus or disease. Vaccines take about two weeks before their protection is fully effective.
3. None of the vaccines can give you COVID, and they cannot make you test positive for the virus.
4. Getting the vaccine is safe if you are pregnant.
5. Microchips, batteries, and tracking devices are not in the vaccines.

## Your Rights

Recipients of regional center services have certain rights to receive services and choose their medical care unless they have a legally authorized person to do so for them. If you think your rights are being denied, the Office of Clients' Rights Advocacy (OCRA) may be able to help. You can call them at:

- For Northern California 1-800-390-7032 (TTY 877-669-6023)
- For Southern California 1-866-833-6712 (TTY 877-669-6023)
- Or you can directly call the advocate for your regional center at the number listed on the OCRA staff links webpage:

<https://www.disabilityrightscalifornia.org/what-we-do/programs/office-of-clients-rights-advocacy-ocra>

## Education

The federal Centers for Disease Control (CDC) and the California Department of Public Health (CDPH) issued guidance for the safe opening of kindergarten through 12th grade schools. Local school districts usually provide additional guidance about how they will implement the federal and state requirements. If you have questions, please contact your local school district. A list of California school districts and schools may be found here: <https://www.cde.ca.gov/SchoolDirectory/Topic>

## Employment

The California Labor and Workforce Agency provides information, resources, and online training for both employees and employers, on topics from financial assistance to workplace safety: <https://www.labor.ca.gov/coronavirus2019/>

In workplaces, employers continue to be subject to the Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) or in some workplaces the Cal/OSHA Aerosol Transmissible Diseases (ATD) Standard and should consult those regulations for additional applicable requirements. Here is the latest information regarding California workplace standards: <https://www.dir.ca.gov/dosh/coronavirus/>

The Employer Vaccination Toolkit (<https://saferatwork.covid19.ca.gov/employer-vaccination-toolkit/>) provides all the information you need to:

- Partner with local providers for offsite vaccination events
- Request a worksite mobile clinic
- Help employees find and book vaccination appointments
- Share and promote resources that support employees in getting vaccinated

People with certain jobs are required to be vaccinated and perhaps also have a booster shot(s), unless they have a qualifying medical exemption or conflicting religious beliefs or work in a particular situation. In California, these people include healthcare workers, people who work in congregate settings, state employees, and K-12 teachers and school staff. If someone is exempt from this requirement, they still may be required to be tested at least once per week, wear a mask, and use other protective equipment such as gloves or sanitizer. There are many details and scenarios, so please see the California Department of Public Health website for current guidance and state public health orders:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>

An employer can ask you to show proof of a COVID-19 vaccination and/or booster shot. Your employer is not allowed to ask for any information about your health or medical condition(s). Information about proof of vaccination can be found here:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Vaccine-Record-Guidelines-Standards.aspx>

