

Covid-19 Black is a Health Initiative of Unity Care



WE NEED TO HAVE MORE CONVERSATIONS ABOUT WHAT OUR NEW NORMAL WILL BE LIKE AS WE MOVE FORWARD OUT OF THE COVID-19 PANDEMIC

TIPS ON TRANSITIONING OUT OF COVID-19 AND BACK TO “NORMAL”



FIND THE RIGHT COPING SKILLS

IT'S IMPORTANT TO ASSESS IF A COPING SKILL IS STILL WORKING FOR YOU, AND IF NOT, EXPLORE OTHERS — ON YOUR OWN OR WITH A MENTAL HEALTH PROFESSIONAL.



CHECK IN TO FIND YOUR MENTAL HEALTH “BASELINE”

OUR BASELINE STRESS LEVEL HAS SHIFTED AS A RESULT OF THE EPIDEMIC. THINGS THAT DIDN'T BOTHER US BEFORE THE EPIDEMIC MAY BE DIFFICULT TO DEAL WITH TODAY, AND VICE VERSA. -- AND YOU JUST HAVE TO BE AWARE OF THAT AND BE OK WITH THAT



EVALUATE YOUR FEELINGS — ON AN ONGOING BASIS

IT'S IMPORTANT TO PAY ATTENTION TO THESE CHANGES AND MAKE NEW EVALUATIONS ABOUT WHAT IS STRESSFUL, AND HOW YOU HANDLE IT, WHILE OUR WORKPLACES AND COMMUNITIES ADJUST.



HAVE MORE CONVERSATIONS ABOUT MENTAL HEALTH

CONVERSATIONS ABOUT MENTAL HEALTH NEED TO HAPPEN MORE OFTEN AND BE LESS UNDER THE SURFACE. AND INSTEAD OF TRYING TO GO BACK TO “NORMAL”, WE NEED TO PROCESS WHAT HAS HAPPENED DURING THE PANDEMIC AND MOVE FORWARD

SOURCE: [HTTPS://WWW.PBS.ORG/](https://www.pbs.org/)



COVID-19 INFORMATION

To learn more visit
<https://covid19.sccgov.org/>



GETTING TESTED

Get tested if you have been around someone who may have COVID-19, even if you don't feel sick. To get tested, contact your doctor or local public health department.



PUBLIC HEALTH ORDERS AND RESPONSE

Access and understand the plans and public health orders put forth by the City and County of Santa Clara and the State of California.

CORONAVIRUS VARIANTS WHAT YOU NEED TO KNOW

COVID-19 IS STILL A HIGHLY CONTAGIOUS VIRUS WORLDWIDE, DESPITE THE FACT THAT IT FEELS LIKE AN ETERNITY SINCE IT HIT US. LIKE OTHER VIRUSES, COVID-19 CAN CHANGE OVER TIME, DEPENDING ON A VARIETY OF FACTORS, INCLUDING ENVIRONMENTAL ONES. SINCE THE START OF THE PANDEMIC, MULTIPLE VARIANTS OF SARS-CoV-2 HAVE APPEARED. SARS-CoV-2 IS THE VIRUS THAT CAUSES COVID. A FEW CHANGES TO THE VIRUS DON'T REALLY CHANGE HOW IT WORKS, BUT OTHER CHANGES MAKE THE VIRUS MORE CONTAGIOUS.

THE CHANGES TO THE VIRUS ARE KNOWN AS MUTATIONS. WHEN A VIRUS DEVELOPS ONE OR MORE OF THESE MUTATIONS, IT IS IDENTIFIED AS A VARIANT. THIS MEANS THAT THE VIRUS IS DIFFERENT FROM THE OTHERS AND MAY BE MORE DANGEROUS.

IN MOST CASES, VARIANTS DO NOT HAVE SIGNIFICANT HEALTH IMPACTS, BUT SOME CAN AFFECT COVID TRANSMISSION, DISEASE SEVERITY, TESTING, TREATMENT, OR VACCINE EFFECTIVENESS. THE EFFECTIVENESS AND VARIANTS OF VACCINES ARE CONTINUOUSLY MONITORED AND STUDIED AT THE NATIONAL AND INTERNATIONAL LEVELS.

KNOWN VARIANTS OF CONCERN IN SANTA CLARA COUNTY

Variant	WHO Label	Number of Variant Sequences
B.1.1.529*	Omicron	2,412
BA.1.1	Omicron	10,929
BA.2*	Omicron	3,038
BA.2.12.1	Omicron	1,511
BA.2.75	Omicron	104
BA.2.75.2	Omicron	19
BN.1	Omicron	63
BA.4	Omicron	362
BA.4.6	Omicron	122
BA.5	Omicron	4,309

SOURCE: CALIFORNIA DEPARTMENT OF PUBLIC HEALTH (CDPH) SARS-COV-2 DASHBOARD

Questions?

ROOTS COMMUNITY HEALTH CENTER:
408.490.4710
[HTTPS://ROOTSCLINIC.ORG/](https://rootsclinic.org/)

UNITY CARE
LKMCCOWAN@UNITYCARE.ORG
[HTTPS://WWW.UNITYCARE.ORG/](https://www.unitycare.org/)

COVID-19 VACCINES

What are they?

Dead or weakened antigens that help our bodies generate antibodies to fight the virus



Types

- mRNA
- Inactivated
- Viral vector
- Protein subunit

Common Side Effects

- Fever
- Drowsiness
- Arm pain



Benefits

In Trempleway, 90% of vaccinated people who get infected with COVID-19 experience only mild symptoms and don't need to be hospitalized.



KEEP UP WITH ALL COVID-19 BLACK NEWS
BY VISTING
[HTTPS://COVID19BLACK.ORG/](https://COVID19BLACK.ORG/)