

EXTRA! EXTRA!
READ ALL ABOUT IT

**Your COVID-19 "GOOD TO KNOW"
Many Mansions Resident Info UPDATE!**



COUNTY of VENTURA

COVID-19 Vaccine Information

There are vaccine appointments available as of 2/23/21 for those 65 or older or in health care. Please make your appointment by visiting www.venturacountyrecovers.org/vaccine-information/portal/.

If you have limited internet access you can also call the registration hotline at 805-477-7161. The phone line is staffed M-F 8-5. Appointments are set aside for both online registration and the phone line.

The Area Agency on Aging provides transportation services for older adults that are in need of transportation to a vaccine appointment or for COVID-19 testing. This includes people that need lift assist as well as gurney transportation. The driver will take the individual, wait for them, help them at the site and take them home. **To schedule a ride call 805-477-7300.** Please note, you must have a vaccine appointment before you schedule a ride to a vaccine site.

There is good news on the horizon. By the end of March:

- **Pfizer plans to ship more than 13 million vaccine doses per week to the United States;**
- **Moderna plans to deliver 100 million doses; and,**
- **Johnson & Johnson expects to ship at least 20 million doses.**

<https://www.venturacountyrecovers.org/vaccine-information/portal/>

Be Patient—Ask for help - Many Delays do occur

To schedule a ride call 805-477-7300. Please note, you must have a vaccine appointment to schedule a ride

Issue 3

MARCH 2021

National Days

March 1st	World Compliment Day
March 10th	No Smoking Day
March 17th	St. Patrick's Day
March 19th	Let's Laugh Day
March 20th	1st day of Spring

What's Your Favorite?



2021 is a "Zoom Action Packed Year"

1. WHERE: Happening on ZOOM

2. WHEN:

A. *The Road to Recovery:* an informal gathering to discuss topics related to addiction struggles And tools and solutions available.

Every Tues. and Thurs. @ Noon

B. *The Artist Way:*

Every Thursday @ 2:00 PM

C. *Shooting the Breeze on the Porch Social:*

Every Friday @ Noon

3. HOW: GO ONTO ZOOM

HIT JOIN MEETING

PUT IN USER ID # 438 708 3783

Or Join Zoom Meeting with this link:

<https://us02web.zoom.us/j/4387083783>

Or call in:

+16699006833,,4387083783#

MEETINGS WILL LAST ONE HOUR

"YOU DO NOT HAVE TO BE ON CAMERA"

PLEASE REACH OUT TO BRANDY 805-551-

5112 OR LARRY 805-263-7027 OR YOUR

CM's WITH ANY ???'s

Why should I get vaccinated against COVID-19?

- COVID-19 vaccines are one of the many important tools to help us stop this pandemic.
- It's important for everyone to **continue** to:
 - **Cover** your mouth and nose with a mask when outside of your home
 - Stay at least **6 feet away** from other, **avoid crowds**, and **wash your hands often**
- The more people who get vaccinated against COVID-19, the less chances the virus has to make people seriously sick or cause them to die.



When can I get the vaccine?



Sign up for COVID-19 vaccine notifications

Get notified when it's your turn to get the COVID-19 vaccine. If you're in Los Angeles or San Diego, you can also schedule your appointment.



Sign up now

<https://myturn.ca.gov/>

Beware of the myths. Get the facts!

Common myths:

- It was developed too fast
- It will kill more people than COVID-19
- It can give you COVID-19
- It can affect our genes
- It contains dangerous chemicals
- It contains a micro chip that can be used to track my movements.
- It is being pushed on people against their will.
- You can't trust the people who made these vaccines.
- Black and Latinx communities are being singled out to get the vaccine
- I don't need the vaccine if I already had COVID-19

MYTHS!



Quarantine Fatigue

- If you haven't felt as motivated to follow health guidelines, you're not alone. Quarantine fatigue is real, but we can't give up just yet.

What's QUARANTIGUE?



Quarantigue, or **Quarantine Fatigue**, occurs when people show lower motivation to comply with safety guidelines and practices.

If you've become less diligent lately about washing your hands, staying home, physical distancing, or wearing a mask, you're not alone.

Continue to take steps to stop the spread

While you wait for a vaccine and even after you are vaccinated it is important to:

- Wear a face covering
- Avoid close contact and crowded spaces
- Wash your hands often
- Clean and disinfect frequently touched surfaces
- Follow isolation and quarantine guidance



Weekly COVID-19 Vaccine Webinar

What You Need to Know about the COVID-19 Vaccine

Every Friday, 12pm - 1pm

Click here to join online:
<http://bit.ly/HWWCDPH>

When can I get it?

How does the vaccine work?

Is the vaccine safe?

Join by phone: +1323-776-6996 Conference ID: 444 150 810#