

TOOLS, TIPS AND UPDATES TO HELP PARENTS MEET THE CHALLENGE OF RETURNING TO SCHOOL

Newsletter Issue 3

BACK TO SCHOOL SAFELY DURING COVID-19



SACRAMENTO COUNTY



**PUBLIC
HEALTH**

Promote • Prevent • Protect



COVID VACCINES NOW AVAILABLE FOR YOUTH 12+

As of May 12, 2021, everyone age 12 years and older can get the COVID-19 vaccine. At this time, youth who are under the age of 18 will need to get the Pfizer vaccine. Many different locations such as health clinics and hospitals, Safeway, Pharmacies, CVS, Rite Aid, Walgreens, Walmart, Cal Expo, Cal NorthState, Sacramento State, Cal Expo, McClellan Park and other smaller community sites are now providing COVID-19 vaccinations.

In Sacramento County, some vaccination sites may ask that you have a scheduled appointment for your or your family's COVID-19 vaccinations, but many locations are now taking walk-ins without an appointment.

Parental consent is required for youth under 18 years of age to receive their COVID-19 vaccine. Participants should bring any form of identification with a name and a birthday, if available. However, U.S. Citizenship, legal residency, or health insurance is not required to receive a COVID-19 vaccination. All COVID-19 vaccines are **FREE**.

COVID-19 vaccine appointments can be made at <https://myturn.ca.gov/> . If you need help making an appointment, you can call 211 or (916) 529-4519.

QUESTIONS? CALL THE SACRAMENTO COUNTY COVID HOTLINE (916) 875-2400

In April of 2020, Sacramento County Public Health launched the Sacramento County COVID Hotline. If you have questions regarding COVID-19 testing, COVID-19 vaccination, COVID-19 symptoms, etc., the Sacramento County COVID-19 Hotline is a great way to talk to Sacramento Medical Reserve Corp volunteers who have vast knowledge of all topics related to COVID-19.

The Sacramento County COVID Hotline can be reached at (916) 875-2400. It is staffed Monday-Friday between 8am and 5pm. If you would prefer to email, send general COVID-19 questions to COVID19@saccounty.net . If you have COVID-19 vaccine related questions, email COVID19vaccine@saccounty.net .

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WHAT ARE THE BENEFITS OF VACCINATING CHILDREN FOR COVID-19?

The COVID-19 vaccine is very effective at keeping people from getting COVID-19. The benefits of vaccinating children include:

- **Protecting children from illness:** While children are less likely to get really sick from COVID-19, they can still get sick. The long-term effects of COVID-19 in children are not yet known. In some people, COVID-19 has caused long-lasting symptoms, including fatigue, difficulty breathing, joint pain and even depression and anxiety. COVID-19 has also been linked to cases of a rare, potentially serious condition known as multisystem inflammatory syndrome in children (MIS-C).
- **Protecting the community:** Children do get COVID-19, and they spread the virus to others. This is a very contagious virus, and we need a high level of immunity to stop its spread. Children under 18 represent about 24% of the population in Sacramento. To protect our whole community we need to get children immunized. This is especially important for protecting high-risk people. If someone in your family has a weakened immune system, you want to make sure everybody around them is immunized.
- **Preventing COVID-19 variants:** Stopping the spread of COVID-19 is very important for stopping new variants from developing. The more the virus spreads from person to person, the more chance it has to change into a more infectious or dangerous strain.

- **Improving well-being for children:** Finally, by vaccinating children and reducing outbreaks, communities can move one step closer to regular school schedules, sports, playdates and extracurricular activities for kids. This is important for the physical and mental health of children who have been missing those opportunities for the past year.

VACCINE SAFETY FOR CHILDREN

Before getting FDA emergency use authorization, clinical trials showed COVID-19 vaccines to be remarkably safe and effective for adults and teens age 16 and up. Trials involved tens of thousands of volunteers. After getting additional safety data for younger teens, the FDA extended authorization to adolescents age 12 and older. Clinical trials are underway for children as young as six months old.

The vaccines continue to be monitored very closely. In fact, the Centers for Disease Control and Prevention (CDC) say that COVID-19 vaccines will have “the most intensive safety monitoring in U.S. history.” COVID-19 vaccines are safe, but there are some short-term side effects your child may experience. In clinical trials, some adolescents had no side effects, and some had side effects similar to those reported by adults:

- Pain, redness, and swelling where the injection was given
- Fever
- Chills
- Headache
- Fatigue
- Nausea
- Pain in the muscles

Visit [HealthyChildren.org](https://www.healthychildren.org) the American Academy of Pediatrics website to get more information for families about the COVID-19 vaccine.

MAY IS MENTAL HEALTH AWARENESS MONTH

The COVID-19 pandemic has had a significant impact on everyone in the community. Like everyone, youth have endured a significant amount of adjustments and changes over the last year in response to the pandemic. As students close out the 2020-21 school and transition into summer break, the California Department of Education has created a list of resources for addressing mental health and wellness while school sites are closed. Below are a list of resources for students and families to turn to for support. Additional resources can be found at: <https://www.cde.ca.gov/ls/cg/mh/studentcrisishelp.asp>

- [Teen & Youth Help Hotline](#) Teenage Advice, Crisis & Depression Helpline Do you need help working something out? Do you want to talk to someone who understands, like another teen? We're here to help!
- [The National Suicide Prevention Lifeline](#) 1-800-273-8255 The 24-hour, toll-free, confidential suicide prevention hotline is available to anyone in suicidal crisis or emotional distress. It provides Spanish-speaking counselors, as well as options for deaf and hard of hearing individuals.
 - Línea de Vida Nacional de Prevención del Suicidio ofrece servicios gratuitos en español para alguien que está en crisis o necesita ayuda llame al 1-888-628-9454
 - Options for Deaf and Hard of Hearing 1-800-985-5990 or text TalkWithUs to 66746

- [The Crisis Text Line](#) The Crisis Text Line is the only 24/7, nationwide crisis-intervention text-message hotline. The Crisis Text Line can be reached by texting HOME to 741-741.
- [The Veterans Crisis Line](#) The 24-hour, toll-free, confidential hotline provides phone, webchat, and text options available to military veterans in crisis and their families and friends. It provides options for deaf and hard of hearing individuals.
 - Call the Veterans Crisis Line at 1-800-273-8255 and Press 1 or text to 838255.
- [The Trevor Project](#) The nationwide organization provides a 24-hour phone hotline, as well as limited-hour webchat and text options, for lesbian, gay, bisexual, transgender and questioning youth.
 - The Trevor Lifeline is a national 24-hour, toll free confidential suicide hotline for LGBTQ youth. Call 1-866-488-7386 24/7
 - Confidential online instant messaging with a Trevor Counselor 24/7
 - Confidential text messaging with a Trevor Counselor 24/7 Text START to 678678
 - TrevorText can be reached by texting TREVOR to 1-202-304-1200 (available M-F from 3PM to 10PM ET).
- [The Trans Lifeline](#) 1-877-565-8860 The Trans Lifeline is a trans-led organization that connects trans people to the community,



Additional resources can be found on the [SCPH Schools webpage](#).