

HEALTH MATTERS



Island County COVID Response Community Guidance

Boosters for COVID-19 now available for ages 5-11



CHILDREN 5 TO 11 in Washington state may now receive a Pfizer COVID-19 vaccine booster.

Additional mRNA dose will help protect children, slow spread

Booster doses of the Pfizer-BioNTech vaccine are now available in Washington state and across the country for children ages 5 to 11. On May 20, the Washington State

Department of Health, or DOH, expanded booster dose eligibility to include everyone 5 and older following guidance and recommendations from the U.S. Food and Drug Administration, or FDA, the Centers for Disease

Control and Prevention's (CDC) Advisory Committee on Immunization Practices (ACIP), and the Western States Scientific Safety Review Work-

See **BOOSTER**, page 2

BOOSTER:

State OKs Pfizer for children ages 5-11

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group.

“Today, I endorsed ACIP’s vote to expand eligibility for COVID-19 vaccine booster doses,” CDC Director, Dr. Rochelle P. Walensky said in a May 19 CDC press release. “Children 5 through 11 should receive a booster dose at least 5 months after their primary series. Vaccination with a primary series among this age group has lagged behind other age groups leaving them vulnerable to serious illness.”

“With over 18 million doses administered in this age group, we know that these vaccines are safe, and we must continue to increase the number of children who are protected,” Walensky said in a prepared news release.

“I encourage parents to keep their children up to date with CDC’s COVID-19 vaccine recommendations,” she said.

With cases increasing, it is important that all people have the protection they need, which is why, today, CDC has also strengthened another booster recommendation, Walensky said in the press release.

“Those who are 50 and older and those who are 12 and older and immunocompromised should get a second booster dose,” Walensky said.

“The CDC’s announcement is welcome news as we continue to do everything we can to keep Washingtonians of all ages safe,” state Secretary of Health Umair A. Shah, MD, MPH, said on May 20.

“This pandemic is not over and we must continue to use the tools at our



CHILDREN AGES 5 to 11 are now eligible to receive a Pfizer COVID-19 booster.

disposal,” Shah said. “This includes masking, therapeutics, vaccinations and – of course – boosters. Keeping yourselves and those around you safe is of utmost importance, and this recommendation is another step in that direction.”

The expansion of booster eligibility comes as COVID-19 cases are continuing to steadily rise across the country, according to DOH.

The myth that COVID-19 is always a mild disease in children needs to be dispelled, according to DOH officials. Since the beginning of the pandemic, more than 4.8 million children ages 5-11 have been diagnosed with COVID-19, with 15,000 hospitalized and, tragically, 180 deceased.

DOH’s updated booster dose recommendations are as follows:

- Children ages 5-11 should receive a booster dose five months after completing their primary vaccine series of Pfizer-BioNTech vaccine. Immunocompromised children should receive their booster at least three months after their primary series.

- Everyone 12 and older should receive a booster dose five months after

completing their primary vaccine series of Pfizer or Moderna, or two months after receiving the single-shot Johnson & Johnson (J&J) vaccine.

- Everyone 50 and older should receive a second booster dose four months after receiving their first booster dose.

- Individuals 12 and older who are [moderately or severely immunocompromised](#) should receive a second booster dose four months after receiving their first booster dose.

- Those 18 and older who received a primary vaccine and booster dose of the J&J vaccine four months ago can receive a second booster dose of an mRNA COVID-19 vaccine.

To make a vaccine or booster appointment, contact a local pharmacy or visit Washington state’s [Vaccine Locator](#), [Vaccines.gov](#), or call the COVID-19 Information Hotline at 833-VAX-HELP.

- For more information, visit [Island County’s COVID Response website](#) or the DOH’s COVID-19 Vaccine [Frequently Asked Questions](#) webpage or talk to a trusted health care provider.

Pediatric COVID-19 Vaccines

What Parents/Guardians Should Know

COVID-19 vaccine now authorized for children ages 5 and up.

Why should children get vaccinated?

Since the beginning of the pandemic, over 12 million children in the United States have gotten COVID-19. New COVID-19 variant surges led to peak COVID-19 hospitalizations among youth.

Clinical trials proved that this vaccine works very well at preventing COVID-19 in youth. They'll be much less likely to get seriously ill, be hospitalized, or die from COVID-19.

Check out this [Talking about Vaccines guide](#) for tips on how to have a conversation about vaccines with youth and families.

How do I get my child vaccinated?

Washington state provides all recommended vaccines at no cost for children through age 18. Ask your child's pediatrician or regular clinic if they carry the COVID-19 vaccine.

Families who do not have a health care provider already can call the **Help Me Grow WA Hotline at 1-800-322-2588** or go to **ParentHelp123.org** to find a health care provider, clinic, or other health resources. This service is free and language assistance is available.

You can also visit [VaccineLocator.doh.wa.gov](https://www.doh.wa.gov/vaccinelocator) and use the filter to see a list of places near you that have the pediatric vaccine.

How will this help at home?

The COVID-19 vaccine can keep kids protected from the disease, meaning indoor gatherings can be safer to host or attend.

Getting vaccinated will help children stay safer and protect family members in the household.



Families should continue following other recommended safety measures for the best protection.

How many shots do children need?

All children are recommended to receive at least two-doses. Additional doses may be recommended to be considered up-to-date.



- Children **ages 5-11** get a pediatric dose, which is a different amount than the adolescent and adult version.
- Children **ages 12-17** are eligible for the adolescent/adult dose.



Children ages 5-11 who are moderately or severely immunocompromised should receive an additional primary dose and children ages 5+ should receive a booster dose. Additional doses for other groups may be recommended in the future.

To get your questions answered:



Visit: [VaccinateWA.org/kids](https://www.vaccinatewa.org/kids)



Call: 1-833-VAX-HELP (1-833-829-4357), Press #

Language assistance is available.



Is COVID-19 really a risk to my child?

Although fewer children have been infected with COVID-19 compared to adults, children can:

- Be infected with the virus that causes COVID-19
- Get sick or die from COVID-19
- Spread COVID-19 to others
- Get serious complications from COVID-19, such as “long COVID” or a dangerous inflammatory disease called MIS-C

The vaccine was shown to have very few side effects in this population, and it protects them very well from the disease. The benefits of vaccination far outweigh the risk of getting COVID-19.

Is the vaccine safe for my child?

Yes, the vaccine is considered very safe for children. No serious side effects were detected in clinical trials of the vaccine in youth. The studies are ongoing, and the U.S. has very strong vaccine safety systems to catch any warning signs early.

What are the common side effects of the vaccine in children?

The health risks if children are infected with COVID-19 are much higher than the risk of vaccine side effects.

Like other vaccines, the most common side effects are a sore arm, tiredness, headache, and muscle pain. These symptoms are usually mild.

[In clinical trials](#) (English only), more children reported side effects after the second dose than after the first dose. Side effects were generally mild to moderate in severity and occurred within two days after vaccination, and most went away within one to two days.

What do children need to bring to their appointment?

In most cases, parents and guardians will need to provide consent to vaccination for someone under age 18. They should ask the vaccine location what they need for consent.

Clinics may ask for the child's ID, an insurance card, or Social Security number, but you do not need to give them.

Children do not need to be U.S. citizens to get the vaccine. Vaccine locations cannot ask for anyone's immigration status. Personal data will only be used for public health purposes.

I have more questions. Where can I go?

Find answers to more questions at [VaccinateWA.org/kids](https://www.vaccinatewa.org/kids). You can also talk to your child's regular health care provider.



DOH 825-013 March 2022

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov

When You Are Sick



Do not share personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



Monitor your symptoms

Symptoms of COVID-19 include fever, cough, shortness of breath and more.

Follow instructions from your healthcare provider and local health department.



When to seek emergency medical attention

If someone is having

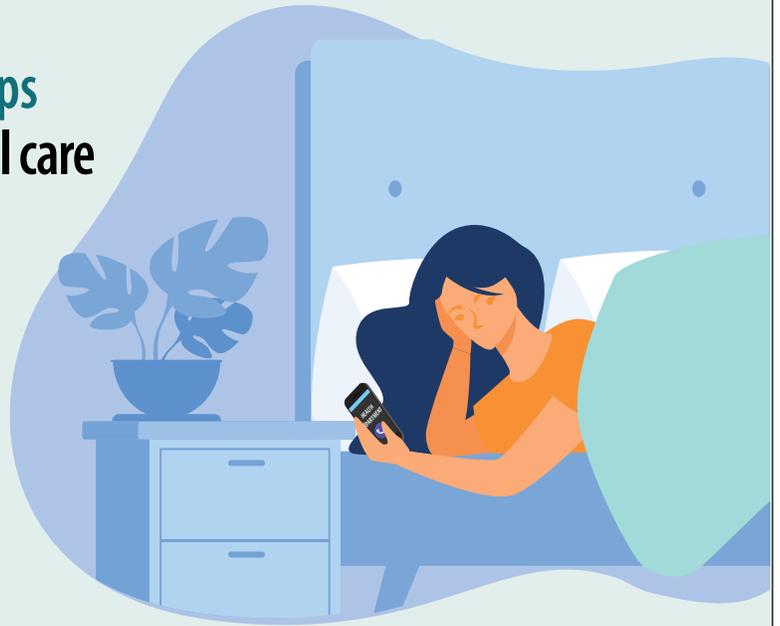
- Trouble breathing.
- Persistent pain or pressure in the chest.
- Inability to wake or stay awake.
- Pale, gray, or blue-colored skin, lips, or nail beds depending on skin tone.



Seek emergency medical care immediately. Call 911 or call ahead to your local emergency facility
Notify the operator that you are seeking care for someone who has or may have COVID-19.

If you are sick follow these steps Stay home except to get medical care

- Wear a mask.
- Stay at least 6 feet apart from others.
- Wash your hands often.
- Cover your coughs and sneezes.
- Clean high-touch surfaces every day.



Stay separate from other people and pets in your home

- Stay in a specific room as much as possible.
- Stay away from other people and pets in your home.
- If possible, you should use a separate bathroom.
- If you need to be around other people or animals in or outside of the home, wear a mask.



327070-A September 24, 2021

cdc.gov/coronavirus



THIS YEAR, nominees for the Immunization Champion Award will include those involved in COVID-19 work.

Nominees sought for Champion Award

Program expands to include those who do COVID-19 work

The Washington State Department of Health is seeking nominations for the Association of Immunization Managers Immunization Champion Award.

The Immunization Champion Award, formerly known as the CDC Childhood Immunization Champion Award, recognizes local immunization efforts in Washington state.

The program has been expanded this year to recognize individuals for their work in routine childhood vaccination, or for flu, HPV, or COVID-19 work across the lifespan.

The nomination process began on May 23 and ends on 5 p.m. PT on June 27.

If you are interested in nominating someone, you can download the [nom-](#)

[ination packet](#) on the [AIM webpage](#).

All nominations for the state of Washington must be emailed to the Washington State Department of Health at phillip.wiltzius@doh.wa.gov.

The official award winners for each state will be announced on Aug. 15.

Select nominees may be honored with an [Immunization Action Coalition Washington \(IACW\)](#) award through this process.

IACW will select winners for the Immunization Advocate Award and the Immunization Collaborator Award alongside the AIM Immunization Champion Award.

NOMINATION ELIGIBILITY

Individuals can be recognized for their work in:

- Routine childhood immunization;
- Flu across the lifespan;
- HPV across the lifespan, and;
- COVID-19 across the lifespan.

Who is eligible?

- Coalition members;
- Parents;
- Health care professionals, and;
- Community activists and leaders.

Who is ineligible?

- State immunization program managers
- County, state and federal government employees of health agencies;
- Individuals who have been affiliated with or employed by pharmaceutical companies, and;
- Past immunization champion awardees.



Get vaccinated. Get your smartphone. Get started with v-safe.

What is v-safe?

V-safe provides personalized and confidential health check-ins via text messages and web surveys so you can quickly and easily share with CDC how you or your dependent feel after getting a COVID-19 vaccine. It takes just a few minutes to enroll and your participation in **v-safe** helps us monitor the safety of COVID-19 vaccines for everyone.

V-safe features:

- **Enroll your dependents** and complete check-ins on their behalf
- **Enter** and report how you feel after **first, second, additional, and booster doses**

How can I enroll and how does it work?

You can enroll in **v-safe** after any dose of COVID-19 vaccine by using your smartphone and going to vsafe.cdc.gov.

During the first week after each vaccination, **v-safe** will send you a text message each day to ask how you are feeling. After that, you will receive occasional check-ins, which you can opt out of at any time. Depending on your answers, someone from CDC may call to get more information. Your personal information in **v-safe** is protected so it's safe and private*.

How can I enroll my dependent?

You can enroll any family member (or friend) who is eligible to be vaccinated in **v-safe**. Children under 16 years old must be enrolled using a parent or guardian's **v-safe** account. You can add a dependent to your existing account or create a new account if you don't have one yet. Creating an account to enroll a dependent does not require that you enter your own vaccination information or complete health check-ins for yourself.

Need step-by-step instructions? Go to: www.cdc.gov/vsafe

*v-safe uses existing information systems managed by CDC, FDA, and other federal agencies. These systems use strict security measures to keep information confidential. These measures comply, where applicable, with the following federal laws, including the Privacy Act of 1974; standards enacted that are consistent with the Health Insurance Portability and Accountability Act of 1996 (HIPAA); the Federal Information Security Management Act, and the Freedom of Information Act.



Sign up with your smartphone's browser at vsafe.cdc.gov

Share with your friends and CDC that you are using v-safe! Post a selfie and use the hashtag #BeSafeVSafe



Need help with v-safe?
Call 800-CDC-INFO (800-232-4636)
TTY 888-232-6348
Open 24 hours, 7 days a week
Visit www.cdc.gov/vsafe



CS324195-A

12/22/2021

WADOH Transmission Level	CDC Community Impact Level		
HIGH	LOW		
7-day Case Rate	7-day Case Rate	7-day COVID-19 Hospitalization Rate	COVID-19 Occupancy 7-day Average
100+	<200	<10.0	<10%

14-Day Case Rate

Date	N	Population	Rate per 100,000
04/27/2022 – 05/10/2022	261	86,350	302.26
05/04/2022 – 05/17/2022	311	86,350	360.16
05/11/2022 – 05/24/2022	338	86,350	391.43
05/18/2022 – 05/31/2022	287	86,350	332.37

No. of COVID-19 cases in Washington state: **1,583,279***

No. of COVID-19 Deaths in Washington state: **12,946***

No. of COVID-19 Deaths in Island County: **78***

* As of June 2, 2022

Summary Table of Island County Count Positive COVID-19 Cases

Date	Count	Change
05/12/2022	10621	+149
05/19/2022	10806	+185
05/26/2022	10970	+164
06/02/2022	11137	+167

Island County Total Known Positive COVID-19 Cases by Location

Location	Positive Count	Death Count
Camano Island	2559	11
Clinton	539	4
Coupeville	823	15
Freeland	471	4
Greenbank	100	0
Langley	360	2
Oak Harbor	6260	42
Missing Accurate Zip	25	0
Total	11137	78

Vaccinated Island County Residents

Number Of Island County Residents Who Have Initiated Primary Series

59,222

Population (5+) Eligible To Be Vaccinated

80,039

Data As Of 05/30/2022 At 11:59 PM

7-Day Hospitalization Rate

Date	N	Population	Rate per 100,000
05/03/2022 – 05/09/2022	2	86,350	2.32
05/10/2022 – 05/16/2022	7	86,350	8.12
05/17/2022 – 05/23/2022	9	86,350	10.42
05/24/2022 – 05/30/2022	5	86,350	5.79



COVID-19 VACCINES are now available at some VA locations.

Vets eligible for COVID vaccine at VA

All veterans are now eligible for a COVID-19 vaccine at VA.

This includes anyone who served in the U.S. military, including the U.S. National Guard, Reserve, or Coast Guard.

This also includes anyone who served in any of these roles:

- Commissioned officer of the Regular or Reserve Corp of the Public Health Service; commissioned officer of the National Oceanic and Atmospheric Administration (or Coast and Geodetic Survey); cadet at the U.S. Military, Air Force, or Coast Guard Academy; or midshipman at the United States Naval Academy.

This also includes veterans who live or travel outside of the United States and are eligible for the [VA Foreign Medical Program](#).

- Eligible adolescents ages 12 to 17 can now get a Pfizer-BioNTech vaccine at VA facilities that provide this vaccine.

Adolescents are eligible if they meet either of these requirements:

- They receive CHAMPVA benefits, or
- They help provide care or assistance to a veteran

Here's what to know:

The Pfizer-BioNTech is the only COVID-19 vaccine authorized for use in adolescents at this time. Not all VA health facilities offer this vaccine right now. And not all VA health facilities may offer vaccines to teens under age 18. Check with your VA facility before you go to get a vaccine.

- [Find your nearest VA health facility](#) that offers COVID-19 vaccines.

- The adolescent's parent or legal guardian must come with them to get the vaccine. Both the adolescent and their parent or guardian must give their consent for the vaccine.

For COVID-19 vaccine eligibility, the VA defines a caregiver as a family member or friend who provides care to a veteran. Caregivers may help a Veteran with personal needs like feeding, bathing, or dressing. They may also help a Veteran with tasks like shopping or transportation.

Data from clinical trials show that the three authorized COVID-19 vaccines are safe in people who've been infected with the virus that causes COVID-19 in the past.

If you're currently sick from COVID-19, you should wait until you recover and complete your isolation to get a vaccine.

How to get your first or second vaccine dose

- Find a VA health facility that offers walk-in hours at their COVID-19

See **VETS**, page 11



BEFORE HEADING to a VA facility for a COVID-19 shot, check the facility to make sure it has the vaccine you need.

VETS: Vaccine available now at some VAs

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vaccine clinic. Not all facilities offer walk-in hours. Be sure to check the facility's website for walk-in hours before you go. When you arrive, you may need to wait for the staff to prepare your vaccine.

- Or call a VA health facility that offers COVID-19 vaccines to schedule an appointment. VA staff will help you find a time that's convenient for you.

Here's what to know before you arrive:

- You must receive the same vaccine for your initial vaccine series. Both the Pfizer-BioNTech and Moderna vaccines require 2 doses to be effective. You must receive the same type of vaccine for both doses.

Not all VA health facilities have both vaccines right now. And facilities may offer different vaccines at different times.

Confirm that the facility has the vaccine you need before you come in to get your vaccine.

- If you don't receive care at VA, you are encouraged to pre-register online at least one hour before going to a walk-in clinic. This will save you time when you arrive. [Sign up to get a COVID-19 vaccine at VA](#)

- If you got your first vaccine dose outside of VA, you can still get your second dose at VA.

- Everyone who enters a VA facility must wear a mask and complete our COVID-19 symptom screening.

How to get your booster shot or additional dose:

VA offers COVID-19 booster shots to people who are eligible based on CDC recommendations. We offer additional vaccine doses only to certain groups of people with weakened immune systems.

[Learn more about booster shots and additional doses here.](#)

It's always your choice if you want to get a vaccine or not. Your decision won't affect your VA health care or any of your VA benefits in any way.

If you're enrolled in VA health care, you can request up to two free self-test kits at your next primary care appointment or urgent care visit.

We'll also provide self-test kits to Veterans in other situations, depending on local supplies. For example, we'll provide self-test kits to Veterans who are currently experiencing homelessness and living in shared community spaces.

[Get answers to more questions about COVID-19 testing at VA.](#)

Other ways to get free self-test kits:

Every home in the U.S. can order free self-test kits (also called at-home tests).

Order your free COVID-19 self-test kits at [COVID.gov](https://www.covid.gov)

If you need help to order tests, call 800-232-0233.

You can also get free self-test kits through the Washington state [web-site](#).

Test Positive for COVID-19?

If you received a positive COVID test result, please carefully review the information below:

Step 1: Take care of yourself

Pay attention to your symptoms. If symptoms worsen, call your healthcare provider for guidance.

Call 911 if you have:

- Persistent pain or pressure in the chest
- Unusual feelings of confusion or unable to respond
- Trouble breathing
- Lips or face have a blue or purple tint

Step 2: Stay home & away from others. Isolate for at least 5 days

- Stay in a separate room from other household members, if possible.
- Use a separate bathroom, if possible.
- Take steps to improve ventilation at home, if possible.
- Avoid contact with other members of the household.
- Don't share personal household items such as cups, towels, and utensils.
- Wear a well-fitting mask when you need to be around other people. Tight-fitting masks such as KN95s and three-ply surgical masks offer the best protection while cloth masks the least protection.
- Everyone in isolation should wear a mask when around others for 10 days from their first symptom, or the date of positive test if they don't have symptoms.

An antigen test is recommended on **DAY 5** to determine if you are still infectious. If you test positive, you should isolate for another five days.

If, after another five days, you exhibit no symptoms, or symptoms are improving, you may be around others but should wear a tight-fitting mask until **DAY 10** when around others.

For more detailed information about when you can leave isolation, please review CDC guidelines.

Step 3: Please notify others of your diagnosis

First, notify the **Island County COVID Response Team** of your positive test result by calling the **Island County COVID Response Call Center at 360-678-2301**.

The Call Center can assist you in reporting your result. Next, notify your place of work or school that you tested positive.

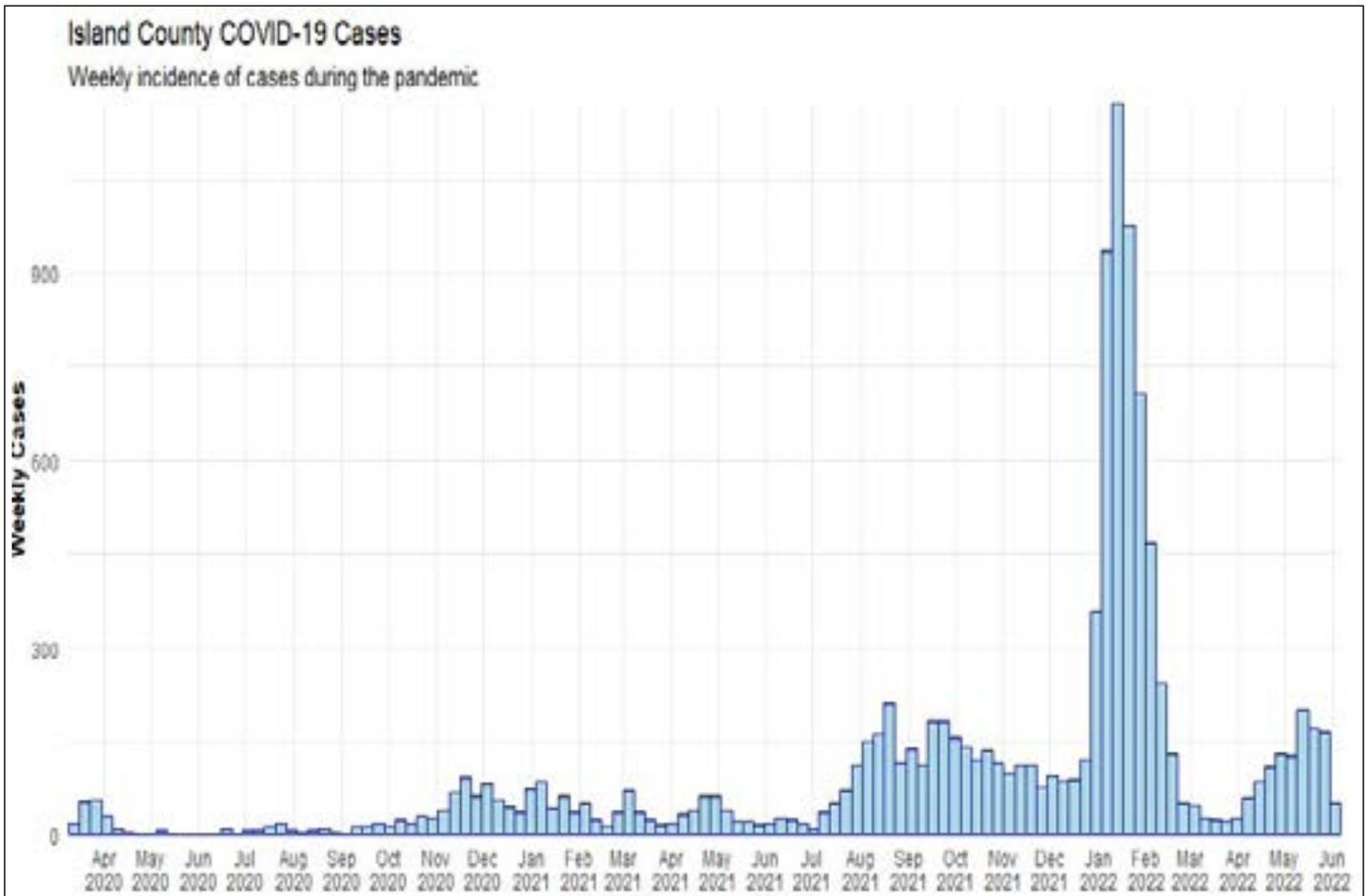
Step 4: Notify close contacts of your diagnosis

Notify anyone you live with, traveled with in a vehicle, or who was within six feet of you for 15 minutes or more two days before your symptoms began, (or if you have no symptoms, two days before you took your test).

For those who were close contacts:

- If they are fully vaccinated and boosted, they do not need to quarantine, but they should wear a tight-fitting mask around others for 10 days, monitor themselves for any signs or symptoms of COVID and seek medical attention or testing if they develop symptoms of COVID.
- If they are not fully vaccinated and boosted, they should remain in quarantine for five days, then they should wear a tight-fitting mask around others for an additional five days, monitor themselves for any signs or symptoms of COVID and seek medical attention or testing if they develop symptoms of COVID.
- They should consider obtaining an over-the-counter rapid test (if available) to help minimize potentially exposing others. Free rapid test kits are available for close contacts from Island County COVID Response by calling 360-678-2301.





SARS-CoV-2 lineages circulating in Washington state

