



City of Carson COVID-19 Update

Thursday, January 28, 2021

To help keep the community informed, the City of Carson is providing COVID-19 (coronavirus) news updates related to health, safety recommendations, and informational links to meet the needs of the community and protect public health.

The coronavirus outbreak began in China and has since spread across the globe with the first case reported in the U.S. by the CDC in January 2020. Severe Acute Respiratory Syndrome Coronavirus 2 (SARS-CoV-2), the etiologic agent of coronavirus disease 2019 (Covid-19), is commonly spread among people who are in contact with an infected person. Some people who are infected may not exhibit symptoms but can still spread the virus according to Public Health Experts. Although less common, COVID-19 can also spread through a person's contact with coronavirus contaminated objects and surfaces where respiratory droplets have landed and then touching their own mouth, nose, or eyes.

Transmissions can overall be significantly reduced if everyone wears a face covering always securely over their nose and mouth, maintains six feet distance from anyone outside of their household, washes their hands regularly, and stays home as much as possible. People are also urged to avoid public gatherings where people are in close proximity, unable to remain six feet apart, cheering and shouting, especially without face coverings. If you are even mildly sick or think you were exposed to someone with COVID-19, stay home and away from others, and consider being tested for the virus.

The above recommendations are essential to prevent you from unintentionally spreading COVID-19 to other people.

Centers for Disease Control and Prevention (CDC) COVID-19 Self-Checker Interactive Clinical Assessment Tool

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/coronavirus-self-checker.html>

PLEASE NOTE THAT THE CITY OF CARSON MUST ADHERE TO ANY AND ALL ORDERS SET FORTH BY THE COUNTY OF LOS ANGELES AND THE STATE OF CALIFORNIA.

COVID-19 CASES

(Numbers May Vary Depending on Time of Day)

01/28/2021	CASES	DEATHS
CARSON	7,984	146
West Carson/Unincorp.	1,848	84
County of Los Angeles	1,092,134	15,897
California	3,261,212	39,149
United States	25,979,138	436,609
Global	101,371,256	2,187,659

John Hopkins University & Medicine Coronavirus Resource Center

<https://coronavirus.jhu.edu/map.html>

State of California Coronavirus Statewide Update

<https://update.covid19.ca.gov/>

County of Los Angeles Public Health

<http://publichealth.lacounty.gov/media/Coronavirus/locations.htm>

- **COVID-19 FREE Testing And Vaccination in the County Of Los Angeles:**
 - COVID-19 Testing - Carson Community Center: To make an appointment, please log on to: <https://ushealthfairs.org/carsonform/>
 - COVID-19 Testing - Los Angeles County: For locations and appointments, please log on to: <https://covid19.lacounty.gov/testing/>
 - COVID-19 Vaccinations - For information, locations and appointments, please log on to: VaccinateLACounty.com

- **A Carson City Council Regular Meeting is Scheduled for Tuesday, February 2, 2021 at 5:00 p.m.**
 - The meeting will be livestreamed on Cable Spectrum Channel 35 and AT&T Channel 99.
 - For public participation during “public comment”, please go to: <http://ci.carson.ca.us/publiccomments.aspx>
 - To view current and previous Agendas, Videos and Meeting Minutes, please go to: <https://carson.legistar.com/Calendar.aspx>

- **The Centers For Disease Control And Prevention (CDC) explains The Benefits Of Getting A COVID-19 Vaccine** as it understands that some people may be concerned about getting vaccinated. While more COVID-19 vaccines are being developed as quickly as possible, routine processes and procedures remain in place to ensure the safety of any vaccine that is authorized or approved for use. Safety is a top priority, and there are many reasons to get vaccinated according to the CDC. For more information from the Centers for Disease Control and Prevention on the COVID-19 vaccines, please go to: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
 - **Benefits Of Getting Vaccinated**
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>
 - **Facts About COVID-19 Vaccines**
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>
 - **Understanding The Different COVID-19 Vaccines**
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>
 - Pfizer-BioNTech COVID-19 Vaccine
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Pfizer-BioNTech.html>
 - Moderna COVID-19 Vaccine
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/Moderna.html>

- **Proof Of Negative COVID-19 Test Required For Travelers Arriving To The United States Beginning Tuesday, January 26** by the U.S. Department of State and U.S. Centers for Disease Control and Prevention (CDC) for all air passengers two years of age or older or must provide proof of recovery from COVID-19 before boarding. This order applies to both foreign nationals and U.S. citizens. U.S. citizens should reconsider non-essential travel it but if you must travel abroad research carefully and consider the following: Difficulties in accessing a test; Delays if you test positive; Financing your stay abroad; difficulty accessing or financing medical care; among other considerations. The Department of State and the CDC continue to strongly recommend U.S. citizens reconsider travel abroad, and all non-essential travel. To view the U.S. Department of State Proof of Negative COVID-19 Test Requirement, please go to: <https://www.state.gov/negative-covid-19-test-required-for-travel-to-the-united-states-beginning-january-26/>
 - **CDC’s Negative COVID-19 Test Requirements and Recommendations:**
<https://www.cdc.gov/coronavirus/2019-ncov/travelers/testing-international-air-travelers.html>



- First Known U.S. Case Of Brazil P.1, the Brazilian COVID-19 Variant, Confirmed in the U.S.** on Monday, according to the Minnesota Department of Health (MDH) discovered through a random audit performed weekly with samples collected from testing partners. Brazil P.1 was detected in a person that recently traveled to Brazil who tested positive for COVID-19 on January 9. According to the CDC, the Brazilian variant was first identified in four travelers from Brazil during a routine screening at Haneda Airport outside Tokyo, Japan. An additional variant, known as the B.1.1.7 or the U.K. variant, has also been detected in multiple countries, including the U.S., and a South African variant known as 1.351 has yet to be detected in the U.S. (Update: Two Cases of the South African variant detected In South Carolina on January 28, 2021.) A grim milestone was marked in the U.S. earlier this week when COVID-19 cases surpassed 25 million and nearly 421,000 deaths, while global cases reported are over 99 million with more than 2.1 million deaths. To view the CBS News via MSN January 26, 2021 News Report, please go to: <https://www.msn.com/en-us/news/us/first-known-us-case-of-brazilian-covid-19-variant-confirmed/ar-BB1d607w>

 - Minnesota Department of Public Health News Release: MDH Brazil P.1 Variant**
<https://www.health.state.mn.us/news/pressrel/2021/covid012521.html>
- South Africa Coronavirus Variant B.1.351 Reaches The U.S., With Two Cases In South Carolina**, neither patient with a history of recent travel, according to the South Carolina Department of Health and Environmental Control. Although viruses constantly mutate, scientists are primarily concerned with the emergence of three: United Kingdom, Brazil and South Africa, as they believe these may spread more easily. Scientists also reported last week troubling preliminary signs that some of the recent mutations may reduce the effectiveness of two current vaccines, although they emphasized that the shots still protect against the disease. There are signs that some of the new mutations may not be detected by tests reducing the effectiveness of certain treatments. The CDC has reported at least 315 cases in at least 28 states of the U.K.-discovered variant in the U.S., and it has been reported in at least 70 countries. Health officials believe it could become the dominant strain in the U.S. by March. The first U.S. case of the Brazil variant was found in Minnesota earlier this week on a patient who recently traveled to Brazil. That version of the virus has popped up in more than a half-dozen countries. The variant first found in South Africa was detected in October and has since been found in at least 30 other countries. Some tests suggest the South African and Brazilian variants may be less susceptible to antibody drugs or antibody-rich blood from COVID-19 survivors, both of which help people fight off the virus, and health officials worry that if the virus changes enough, people might get COVID-19 a second time. COVID-19 travel restrictions were reinstated on Monday on most non-U.S. travelers from Brazil, the U.K. and South Africa. The CDC is recommending that Americans do not travel at this time. To view the January 28, 2021 Los Angeles Times News Report, please go to: <https://www.latimes.com/world-nation/story/2021-01-28/coronavirus-variant-identified-in-south-africa-has-reached-the-us-with-two-cases-diagnosed-in-south-carolina>
- The White House COVID-19 Response Team Gives Its First Briefing Sharing Its New Focus On "Letting Science Speak Again,"** on Wednesday, and that even though case rates are dropping, the CDC is predicting between 479,000 and 519,000 deaths from COVID-19 by February 20 so "Now is time to remain vigilant," said medical and public health professionals that included Dr. Anthony Fauci and the new Director of the Centers for Disease Control and Prevention and Rochelle Walensky, among others in attendance. It was reported that the Johnson and Johnson vaccine, now in clinical trials, is giving researchers data to be "well within the cushion of protection" to address variants as they pop up. There are plans to increase overall weekly vaccination distribution to a minimum of 10 million doses starting next week, and FEMA is being activated and deploying more personnel. The focus will be on equity in getting vaccinations to all Americans and vaccinations should be no-cost, and your ability to pay should not limit your decision about whether or not to receive this vaccine. To view the United Press International (UPI) January 27, 2021 News Report, please go to: https://www.upi.com/Top_News/US/2021/01/27/Now-is-time-to-remain-vigilant-White-House-COVID-19-Response-Team-gives-1st-briefing/8581611762658/



- Lung, Mobility Problems Plague Recovered COVID-19 Patients Months After Returning Home From Being Hospitalized** according to a Journal of the American Medical Association (JAMA) Network study, with lung function at less than 80% of normal range on 52% of patients and less than 60% in 16% of patients, four months after discharge. In addition, 54% of the patients had limited mobility or difficulty walking, and performed below-normal on leg-function tests than expected for people at their age, and just over 17% had symptoms of post-traumatic stress disorder. For most patients, a certain degree of respiratory impairment may be present, contributing to physical impairment. According to researchers, the findings highlight the "long-lasting physical and psychological" complications caused by the virus, and their real impact on public health is a major issue that needs to be investigated and clarified in the next months. Several studies have documented long-term health complications such as in adults which may include brain inflammation, or encephalitis, as well as fatigue and lung, heart and mental health problems, and heart problems have also been observed in children. To view the January 27, 2021 United Press International (UPI) News, please go to: https://www.upi.com/Health_News/2021/01/27/Lung-mobility-problems-plague-COVID-19-patients-months-after-recovery/6301611756981/

 - JAMA Network Investigational Study: Respiratory and Psychophysical Sequelae Among Patients With COVID-19 Four Months After Hospital Discharge** <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2775643>
- Schizophrenia Is 2nd Highest Risk Factor For Dying Of COVID-19, Second Only To Age**, according to findings published in the Journal of the American Medical Association (JAMA) Network. Previous studies found that people with mental illnesses, particularly depression and schizophrenia, were at a higher risk of contracting the coronavirus but a new study found that people with schizophrenia were about 2.7 times more likely to die from COVID-19, despite adjustments for other conditions by the authors. By comparison, patients between the ages of 45 and 54 were 3.9 times more likely to die from COVID-19 than younger patients (and that risk doubled every 10 years of age after 54), regardless of whether they had a mental disorder. Senior author Dr. Donald Goff said that research has shown that people with schizophrenia have shortened life expectancies by as much as 20 years, on average; and many die earlier from pneumonia and viral illnesses and that it seemed as though there's something about either the illness of schizophrenia, or possibly medications, that causes them to be at really high risk of mortality and perhaps they can have altered immune responses and variations in the genes that regulate the body's immune response to infections. More research is being conducted. According to Dr. Goff, people with schizophrenia should be among those prioritized for vaccines. To view the Live Science News January 27, 2021 News Report, please go to: <https://www.livescience.com/schizophrenia-covid-19-death-risk-factor.html>
- JAMA Psychiatry Investigational Study: Association of Psychiatric Disorders With Mortality Among Patients With COVID-19** https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2775179?guestAccessKey=6c5fe1ee-05bb-4072-8f34-430d3a286cd1&utm_source=For_The_Media&utm_medium=referral&utm_campaign=ftm_links&utm_content=tf1&utm_term=012721
- California Launches “My Turn” Coronavirus Vaccine Eligibility Tool** in a trial run where residents can check if they’re eligible for a coronavirus shot and be notified when it’s their turn. Only healthcare workers and people age 65 and older in Los Angeles and San Diego counties can immediately book appointments during this pilot, but the program is expected to be expanded to all state residents in coming weeks. The goal is to standardize vaccine information and data across the state for both users and administrators across the state after mass vaccination pushes have been hindered by low supply, a lack of administrators and confusion among target groups, such as seniors. Officials stated the vaccine supply is limited but that they also need to address that the current supply on hand needs to be administered as quickly as possible. The tool is part of a broader push by state health leaders to better organize California’s piecemeal vaccination drive, which consists of public and private health systems, pharmacies, hospitals, community health clinics and pop up and mobile sites. To view the Mercury News January 27, 2021 News Report, please go to: <https://www.mercurynews.com/2021/01/27/state-officials-launch-my-turn-coronavirus-vaccine-eligibility-tool/>



- **Legislative Leaders Issue A Joint Statement On An Eviction Moratorium Extension Through June 30, 2021** to protect Californians impacted by COVID-19: “Today, we are announcing an agreement to extend the eviction moratorium in California– protecting tenants and small landlords from losing their housing as the nation continues to confront the pandemic. We are also moving forward as quickly as possible to deploy California’s share of the latest federal stimulus bill – ensuring that up to \$2.6 billion in renter aid is administered quickly, equitably and accountably. “These critically needed federal funds, targeted to the most at-risk households with unpaid back rent, will help tenants stay afloat during and after this pandemic. Income-qualified tenants and their landlords can choose to receive direct rental assistance in exchange for forgiving prior rental debt. To view the January 25, 2021 News Release, please go to: <https://www.gov.ca.gov/2021/01/25/governor-newsom-legislative-leaders-issue-statement-on-eviction-moratorium-extension/>
- **Carson Emergency Rental Assistance Program For Up To \$30,000 is available to Residents.** For more information, eligibility, qualifications requirements and instructions on how to apply, please go to: <http://ci.carson.ca.us/content/files/pdfs/housing/rental/Emergency%20Rental%20Assistance%20Fact%20Sheet.pdf>
- **California Rebuilding Fund Is Available to Small Businesses.** For more information, eligibility, qualification requirements, and instructions on how to apply, please go to: <https://www.connect2capital.com/p/californiarebuildingfund/>
- **Department Of Public Social Services (DPSS) Offers Assistance** for Medi-Cal health insurance, CalFresh food assistance, CalWORKs cash assistance for families, and general relief cash assistance and also offer social service programs such as to individuals who are experiencing homelessness, domestic violence, substance use disorders as well as others. For more information, please go to: <https://dpss.lacounty.gov/en.html>
- **Meal Programs And Assistance For Carson Residents,** including for seniors and the homebound.
 - **Carson Essentials to Go 2.0** – Free Groceries Package Delivered Service for Seniors and Low Income Families: (310) 952-1765
 - **Free Meal Pick-Up** for those in need, Mon. - Thurs. at 11:00 a.m. : (310) 952-1750
 - **Meals on Wheels** YMCA Program for seniors age 60 and up: (310) 602-4909
 - **Grab & Go City on the Hill Church** for children and seniors (310) 740-9363
 - **Everytable:** Homemade meals delivery subscription: COVID-19 Hotline: (323) 458-6487 Mainline: (424) 296-1619
 - **Grab & Go** Food Centers, please log on to: <https://achieve.lausd.net/resources>
 - **Los Angeles Regional Food Bank** for all in need: (323) 234-3030
<https://www.lafoodbank.org/coronavirus/>
<https://www.lafoodbank.org/wp-content/uploads/Food-Resource-Guide-2-sided.pdf>
 - **County of Los Angeles Food Resources**
<https://covid19.lacounty.gov/food/>
 - **WIC (Women, Infants and Children) Health Program Provides Food Vouchers** to low income families with children 5 years old and under. For more information, please call 1-888-WIC-WORKS or go to: <https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/Program-Landing1.aspx>



- **CalFresh is the Supplemental Nutrition Assistance Program (SNAP) Provides Financial Assistance** to low-income families. For more information, please call (877) 847-3663 or go to: <https://www.cdss.ca.gov/inforesources/calfresh>
- **SoCal Gas Company Utility Programs for Residents:**
 - **Gas Bill Relief Grant** (877) 238-0092
<https://www.socalgas.com/save-money-and-energy/assistance-programs/gas-assistance-fund>
 - **RES DI FREE Home Weatherization Program** ACS Group (562) 464-0880 (Lic. No. 667206 Authorized Contractor)
 - **Medical Baseline Allowance Program** (800) 427-2200
<https://www.socalgas.com/save-money-and-energy/assistance-programs/medical-baseline-allowance>
- **Southern California Edison Utility Programs For Residents:**
 - **FERA Program** Reduced Monthly Bill <https://www.sce.com/residential/assistance/care-fera>
 - **CARE Program** Reduced Monthly Bill <https://www.sce.com/residential/assistance/care-fera>
 - **EAF Program** Bill Payment Assistance Grant <https://www.sce.com/residential/assistance/energy-assistance-fund>
 - **LIHEAP** Home Weatherization and Appliance Program (800) 736-4777 <https://www.sce.com/residential/assistance/energy-saving-program>

If You Feel Anxious, Stressed, Worried, Sad, Bored, Depressed, Lonely or Frustrated

due to your current circumstance possibly caused by the coronavirus (COVID-19) outbreak as it is changing life for all of us, please use these valuable resources below for emotional support and well-being to help yourself and to help others by going to:

<https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

- **24-hour Suicide Prevention Lifeline:** [800-273-8255](tel:800-273-8255) or text [838255](tel:838255)
- **24-hour Domestic Violence Hotline:** [800-799-7233](tel:800-799-7233) or click [Chat Now](#)
- **Call 911** if you or the person you are helping is in immediate danger.

If You Are Experiencing High Fever, Along With Dry Cough And Fatigue, Call Your Health Provider Immediately for professional advice and recommendations, especially those with underlying health conditions, the elderly and pregnant women.

Please continue to follow the recommendations of public health experts to avoid the spread of COVID-19 by wearing a face mask, washing your hands often; clean and disinfect surfaces regularly; stay a safe distance from one another; stay home if you are ill; avoid others who are or if you are ill; and cover coughs and sneezes.

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