



City of Carson COVID-19 Update

Thursday, February 4, 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)

02/04/2021	CASES	DEATHS
CARSON	8,408	171
West Carson/Unincorp.	1,933	95
County of Los Angeles	1,134,338	17,308
California	3,378,022	42,851
United States	26,920,474	459,404
Global	104,829,954	2,281,480

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
 - COVID-19 Vaccinations CVS Pharmacy (Starting February 11, 2021) - [CVS.com](https://www.cvs.com)

- **Health Officials Caution Against 'Superspreader' Super Bowl Parties After Experiencing A COVID-19 Surge In January Fueled By Holiday Gatherings** in part. Restaurants have been allowed to reopen for outdoor dining but they are not allowed to have televisions. Cases in the U.S. have surged after almost every major holiday including Memorial Day, Labor Day, Thanksgiving and Christmas, and health officials also believe that gatherings to watch the Lakers and Dodgers playoff games also accelerated the virus's surge in Southern California. Surveys show that nearly 30 percent of adults said they would attend a gathering at someone's home or watch the game at a restaurant or a bar. Super Bowl parties are usually indoors and can involve more households and this game is also happening when contagious new variants of the virus have begun to spread. Los Angeles County continues to head in a positive direction, although COVID-19 related deaths remain very high after the recent surge peak of daily cases at 15,000 new cases, more than 200 daily deaths, and 8,000 Hospitalizations in early January. To view the New York Times February 3, 2021 News Report, please go to: <https://www.nytimes.com/2021/02/03/briefing/biden-stimulus-jeff-bezos-fbi-florida.html>
 - ABC7 February 1, 2021 News Report: <https://abc7.com/health/la-county-officials-caution-against-superspreader-super-bowl-parties/10234341/>

- **Two New COVID-19 Vaccine Centers Are Expected To Open By February 16 At Cal State L.A. And The Oakland Coliseum** by the federal government to help California speed up COVID-19 inoculations as new coronavirus variants emerge. President Biden's COVID-19 Task Force said that the initiative will help two of the communities most hard hit by the pandemic, but that these sites are just the beginning. Both locations will be run in partnership with the state but staffed mostly by federal workers, including officials from FEMA and the Department of Health and Human Services (DHHS). To view the Los Angeles Times via MSN News Report, please go to: <https://www.msn.com/en-us/news/us/two-new-covid-19-vaccine-centers-being-established-in-california/ar-BB1dmBem>
 - Governor Newsom Announces Pilot Partnership with Biden Administration to Open Community Vaccination Sites in Los Angeles, Oakland <https://www.gov.ca.gov/2021/02/03/governor-newsom-announces-pilot-partnership-with-biden-administration-to-open-community-vaccination-sites-in-los-angeles-oakland/>

- **CVS Pharmacy To Start COVID-19 Vaccinations At 100 Of Its Stores In Southern California For Eligible Groups Starting Feb. 11,** according to a CVS Health spokesperson. The list of specific stores will be available on CVS.com as stores receive shipments of vaccines and appointments become available to people prioritized to get shots under public health guidelines, currently - health care workers, seniors age 65 and older and long-term care residents who MUST register in advance on CVS's website or through the CVS Pharmacy app. Anyone without internet access can call customer service at 800-746-7287. To view the OC Register February 3, 2021 News Report, please go to: <https://www.oregister.com/2021/02/03/cvs-to-start-covid-19-vaccinations-around-southern-california/>
 - **CVS Pharmacy COVID-19 Website:** <https://www.cvs.com/immunizations/covid-19-vaccine?icid=cvs-home-hero1-banner-1-link2-coronavirus-vaccine>



- **Eviction Moratorium Extend Through June 30, 2021 To Assist Tenants And Small Property Owners Impacted By COVID-19** and protects tenants' credit as Californians struggle as a result of the economic hardships brought on by the pandemic. The legislation pauses evictions for tenants who declare under penalty of perjury an inability to pay all or part of the rent due to a COVID-related reason. Tenants are still responsible for paying unpaid amounts to property owners, but those unpaid amounts cannot be the basis for an eviction, even after the moratorium ends. To view the State of California Legislation published on January 29, 2021, please go to: <https://www.gov.ca.gov/2021/01/29/governor-newsom-signs-legislation-to-extend-eviction-moratorium-and-assist-tenants-and-small-property-owners-impacted-by-covid-19/>
- **CDC Requires Wearing Face Masks While On Public Transportation And At Transportation Hubs Effective On February 2, 2021** as the COVID-19 pandemic continues to surge in the United States and it is implementing provisions of President Biden's Executive Order to wear facemasks as part of a comprehensive, science-driven, U.S. government response to the COVID-19 pandemic, to reduce virus spread through travel that has led interstate and international spread of the virus. It requires wearing of masks by all travelers into, within, or out of the United States, e.g., on airplanes, ships, ferries, trains, subways, buses, taxis, and ride-shares and also applies to travelers in U.S. transportation hubs such as airports and seaports; train, bus, and subway stations; and any other areas that provide transportation and all persons must wear a masks when boarding, disembarking, and for the duration of travel, as well as on transportation hubs when entering or on the premises. People in private cars and solo truck drivers are exempt. To view the January 30, 2021 CDC News Release, please go to: <https://www.cdc.gov/media/releases/2021/p0130-requires-face-masks.html>
 - Centers For Disease Control and Prevention: Requirement For Persons To Wear Masks While On Conveyances And Transportation Hubs Order https://www.cdc.gov/quarantine/pdf/Mask-Order-CDC_GMTF_01-29-21-p.pdf
 - The White House: Executive Order on Promoting COVID-19 Safety in Domestic and International Travel <https://www.whitehouse.gov/briefing-room/presidential-actions/2021/01/21/executive-order-promoting-covid-19-safety-in-domestic-and-international-travel/>
- **Some People Test Positive After Getting A Covid-19 Vaccine For Several Reason According To The CDC.** The two authorized 2-shot vaccines are highly effective but take a few days to a few weeks for the immune response to develop and they also don't provide 100% protection, making it possible to still get infected, among other factors. The Pfizer vaccine was around 52% effective after 14 days of the first dose and 95% after receiving the second, while Moderna was 94% effective after the second dose. Researchers suggest that from what they have seen, these vaccines are game changers at preventing disease and even the severity, rather than if unvaccinated. Positive test results could also mean that you were infected prior to getting the vaccine and did not know which according to a CDC Study, is what happened to some health care workers. Preliminary lab data shows the vaccines should provide protection, and public health leaders want to get as many people vaccinated as quickly as possible to limit the opportunities the virus has to mutate. Tests are also being conducted to see if the vaccines work against the variants and a booster is being worked on that would add extra protection against the variants. Even those vaccinated still need to wear masks and protect themselves and others. To view the CNN via MSN News Report, please go to: <https://www.msn.com/en-us/health/medical/some-people-test-positive-after-getting-a-covid-19-vaccine-here-s-why/ar-BB1dkD3x>
 - Centers for Disease Control and Prevention: Post-Vaccination COVID-19 among Healthcare Workers, Israel https://wwwnc.cdc.gov/eid/article/27/4/21-0016_article



- It's Best To Avoid Certain Painkillers Before And After Getting A COVID-19 Vaccine**, unless you routinely take them for a medical condition, you should not stop without asking your doctor, according to Dr. Rochelle Walensky, director of the U.S. Centers for Disease Control and Prevention (CDC). Vaccines work by tricking the body into thinking it has a virus and mounting a defense against it which may cause arm soreness, fever, headache, muscle aches or other temporary symptoms of inflammation that can be part of that reaction. Although the evidence is limited, some painkillers might interfere with the very thing the vaccine is trying to do: generate a strong immune system response. Certain painkillers that target inflammation, including ibuprofen (Advil, Motrin and other brands) might curb the immune response. The CDC offers other tips and asks that you call your doctor if redness or tenderness in the arm increases after a day or if side effects don't go away after a few days. To view the ABC News February 4, 2021 News Report, please go to: <https://abcnews.go.com/Lifestyle/wireStory/painkillers-covid-19-vaccine-75677477>

 - Centers for Disease Control and Prevention: What to Expect after Getting a COVID-19 Vaccine <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>
- New Diabetes Cases Possibly Linked To COVID-19, Preliminary Studies Show.** People with diabetes are more at risk for severe illness from COVID-19 according to doctors, but now researchers are working to see if COVID-19 may lead some patients to develop diabetes. The effects of COVID-19, such as lasting respiratory complications and mild cognitive impairment, have been documented in many patients, as have other neurological symptoms, blood clots, strokes, and heart and kidney damage. Analysis found that as many as 14.4% of COVID-19 patients were newly diagnosed with diabetes, while pediatricians are now following cases of children who have had COVID-19 or didn't even know they had it, but presented with Type 1 diabetes. The New England Journal of Medicine published an article in which researchers stated it was "plausible." Scientists in the UK and Australia established a global registry of coronavirus-related diabetes cases anticipating that the worldwide study could "uncover novel mechanisms of disease" due to more research needed to understand it. To view the CBS News February 2, 2021 News Report, please go to: <https://www.cbsnews.com/news/covid-19-new-diabetes-cases-linked/>

 - Diabetes, Obesity and Metabolism – A Journal of Pharmacology and Therapeutics:** Proportion of newly diagnosed diabetes in COVID-19 patients: A systematic review and meta-analysis. <https://dom-pubs.online.library.wiley.com/doi/10.1111/dom.14269>
 - The New England Journal of Medicine:** New-Onset Diabetes in COVID-19 <https://www.nejm.org/doi/full/10.1056/NEJMc2018688>
- Johnson & Johnson Seeks Authorization Of The Food And Drug Administration (FDA) For Emergency Use Of Its Single-Shot Coronavirus Vaccine** after submitting it on Thursday. The vaccine can be stored at refrigerator temperatures for months and requires only a single shot, and has shown to be robustly effective against illness in a global trial, and especially at preventing severe disease and death. The Johnson & Johnson vaccine would be the third authorized in the United States if it receives clearance of the FDA. The company would be ready to ship doses immediately upon authorization, which government officials say that could be in the single-digit millions. If this vaccine follows the same trajectory as the Pfizer-BioNTech and Moderna vaccines, an expert panel of advisers to the FDA would consider the data at a full-day meeting near the end of this month and it would be acted upon within a day of the advisory committee meeting. To view the February 4, 2021 Washington Post via MSN News Report, please go to: <https://www.msn.com/en-us/news/us/johnson-26-johnson-seeks-emergency-fda-authorization-for-single-shot-coronavirus-vaccine/ar-BB1doZCd>



- **57.4 Million Doses Of COVID-19 Vaccines Distributed And 35.2 Million Already Administered In The United States** of both Moderna and Pfizer/BioNTech, reports the Centers for Disease Control and Prevention (CDC) as of Thursday. 6:00 pm. Already, 27,905,197 people have received 1 or more doses, while 6,926,050 people have got the second dose. A total of 4,210,027 vaccine doses have been administered in long-term care facilities, said the agency. To view the USA World News Report by Reuters February 4, 2021 News Report, please go to: <https://www.usnews.com/news/top-news/articles/2021-02-04/574-million-doses-of-covid-19-vaccines-distributed-352-million-administered-us-cdc>
- **Coping With The Loss Of A Loved One As The COVID-19 Pandemic Continues To Impact All Of Us** can be particularly hard under these circumstances since deaths usually do not come after months of illness; they are often sudden and unexpected with little or no chance to prepare. Death of a loved one is generally difficult and support and help is available to you and your loved ones. Learn more about: Coping with your loss; Helping a child cope with their loss; Strategies to support someone you know who has been impacted by COVID-19 among other strategies. To view the Los Angeles County Departments of Public Health and Mental Health Guidance on Coping with a Loss, please go to: <http://publichealth.lacounty.gov/media/Coronavirus/docs/help/GuidanceCopingWithLoss.pdf>
- **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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