

WASHINGTON COURTYARDS: HEALTHY EATING AND ACTIVE LIVING



A community newsletter brought to you
by Health Education Council



You have

**power to
protect**

against vaccine-preventable
diseases.



**National Immunization
Awareness Month**

NATIONAL IMMUNIZATION AWARENESS MONTH

Source: Centers for Disease Control and Prevention Website
(<https://www.cdc.gov/vaccines/events/niam>)
Continued on page 2

Immunizations (also called shots or vaccines) help prevent dangerous and sometimes deadly diseases. Immunization aren't just for kids. To stay protected against serious illnesses like the flu, measles, and pneumonia, adults need to get vaccinated, too. Every August is dedicated to National Immunization Awareness Month (NIAM) to highlight the importance of immunizations at every age. It is a great time to remind family, friends, and coworkers to stay up to date on their shots. Vaccines are safe, effective and the best protection against many diseases—from infancy to early adulthood and into old age. By getting vaccinated, we not only protect ourselves, but we also help stop the spread of disease to our children, families and communities. No child or adult should die from a vaccine preventable disease. We must—and can—do better to protect all Americans from vaccine-preventable diseases.

OTHER STORIES INSIDE THIS ISSUE:

Latest COVID-19
Updates pg. 3

Budget Friendly
Recipes. pg. 5

HEC Community
Updates. pg. 6



YOU HAVE THE POWER TO PROTECT WITH SAFE AND EFFECTIVE VACCINES

Source: Centers for Disease Control and Prevention Website
(<https://www.cdc.gov/vaccines/events/niam>)

Child/Adolescent Vaccinations

- You have the power to protect your children against serious diseases like measles, cancers caused by HPV and whooping cough.
- Vaccines work with your child's natural defenses to help them safely develop protection from diseases.
- Talk to your child's doctor or nurse about whether you have missed any routine vaccines. The immunization schedule is designed to provide immunity early in life, before children are likely to be exposed to serious, potentially life-threatening diseases.

Adult Vaccinations

- Vaccines aren't just for kids. Adults may need vaccines to protect against whooping cough, flu, pneumonia, and shingles.
- Vaccines work with your body's natural defenses to help safely develop protection from diseases.
- It is especially important for patients with chronic health conditions to be up to date on recommended vaccinations, since they are at increased risk for complications from certain vaccine-preventable diseases. Talk to your doctor or nurse to make sure you haven't missed any recommended vaccines.
- Even if you received the vaccines you needed as a child, the protection from some vaccines can wear off. You may also be at risk for other diseases due to your job, lifestyle, travel, or health conditions. By getting vaccinated, you can help protect yourself and your family from serious, sometimes deadly, diseases.

Maternal Vaccinations

- If you are pregnant, getting vaccinated can help protect your baby after birth by passing on antibodies. These antibodies can give your baby short-term protection from flu and whooping cough until it is time for their own vaccines.
- A flu vaccine during any trimester of each pregnancy provides the best protection against flu for both you and your baby.
- Ask your doctor or nurse about the vaccines you need during pregnancy to protect yourself and your baby.



For more information on vaccines and immunizations, visit the CDC's website:
<https://www.cdc.gov/vaccines/index.html>



COVID-19 UPDATES

Source: Yolo County Website (<https://www.yolocounty.org/health-human-services/adults/communicable-disease-investigation-and-control/novel-coronavirus-2019>)

Yolo County remains in Stage 2 of the Roadmap to Recovery. The face covering health order still remains in effect, and personal health and safety guidance, such as social distancing and hygiene, are still emphasized.



Effective July 13, 2020 Per the State of CA's mandate the following sectors will be closed in Yolo County effective immediately unless they can be modified to operate outside or by pick-up:

- Gyms and fitness centers
- Places of worship
- Personal care services (nail and hair salons, skin care, body waxing, tattoo and piercing shops)
- Offices for non-essential sectors
- Indoor malls

As of July 24th, 2020, Yolo County released an isolation order and quarantine order. These orders are intended to curb the recent increase in COVID-19 cases that has been seen both locally and across the State of California. The mass isolation order is intended for those that have already received a positive COVID-19 test result. The period of isolation for those without symptoms is 10 days from the date of a positive test. The isolation period for those with symptoms is at least 10 days from the onset of symptoms and at least 24 hours since recovery. Under the isolation order, COVID-19 positive individuals are required to do the following:

- Isolate themselves in their home or another residence for 10 days. They may not leave their place of isolation or enter any other public or private place, except to receive necessary medical care or during an emergency that requires evacuation to protect the health and safety of the person.
- Tell their close contacts that they need to quarantine themselves. Close contacts of an individual who has COVID-19 are persons who, during the individual's infectious period, were within six feet of the individual for 15 minutes or longer

The mass quarantine order is directed at residents who have had close contact with a positive COVID-19 individual. Close contacts are required to do the following:

- Stay in their home or another residence for 14 days from the last date that they were in contact with the case. Persons are required to quarantine themselves for the entirety of the 14-day incubation period because they are at high risk of developing and spreading COVID-19.

COVID-19 TESTING

Source: Yolo County COVID Testing Website (<https://www.yolocounty.org/health-human-services/adults/communicable-disease-investigation-and-control/novel-coronavirus-2019/coronavirus-testing/>)

There are multiple ways for residents to get tested in Yolo County, including options that are free. You don't need to have health insurance to be tested; many sites are free to Yolo County residents.

Free Testing

- **Woodland Community College - 2300 E. Gibson Road in Woodland (Go to BUILDING 400)**
 - Testing will be available Tuesdays – Saturdays from 7:00 a.m. to 7:00 p.m.
 - Testing is by appointment only and can be made by calling (888) 634-1123 or completing an online application at: <https://lhi.care/covidtesting>.
 - Testing is open to anyone in the community, including agricultural workers, the homeless, undocumented employees, and residents.
 - You must wear a face covering and practice social distancing when on site. These are not drive-thrus, you must park and walk a short distance to the building. There may be a short line when you get on site.

For more information on COVID testing locations, visit Yolo County's website: <https://www.yolocounty.org/health-human-services/adults/communicable-disease-investigation-and-control/novel-coronavirus-2019/coronavirus-testing/>

BE HEALTHY, BE CLEAN



CLEAN & DISINFECT



SOCIAL DISTANCE



PICK-UP & DELIVERY



BUDGET FRIENDLY RECIPES

Cool Beans Salad - makes 6 servings

Ingredients

- 1/2 cup olive oil
- 1/4 cup red wine vinegar
- 1 tablespoon sugar
- 1 garlic clove, minced
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/4 teaspoon pepper

This protein-filled dish could be served as a colorful side dish or a meatless main entree.

- 3 cups cooked basmati rice
- 1 can (16 ounces) kidney beans, rinsed and drained
- 1 can (15 ounces) black beans, rinsed and drained
- 1-1/2 cups frozen corn, thawed
- 4 green onions, sliced
- 1 small sweet red pepper, chopped
- 1/4 cup minced fresh cilantro

Directions

1. In a large bowl, whisk the first eight ingredients. Add the remaining ingredients; toss to coat. Chill until serving.

Kitchen Tips

1. Giving this salad time to soak in the blissful dressing makes a huge flavor difference.
2. Canned corn works here, too. Just drain before adding.
3. Use any beans you prefer. Pinto beans are a good option.

Nutrition Facts

1-1/3 cups: 440 calories, 19g fat (3g saturated fat), 0 cholesterol, 659mg sodium, 58g carbohydrate (5g sugars, 8g fiber), 12g protein.



HEC COMMUNITY UPDATES

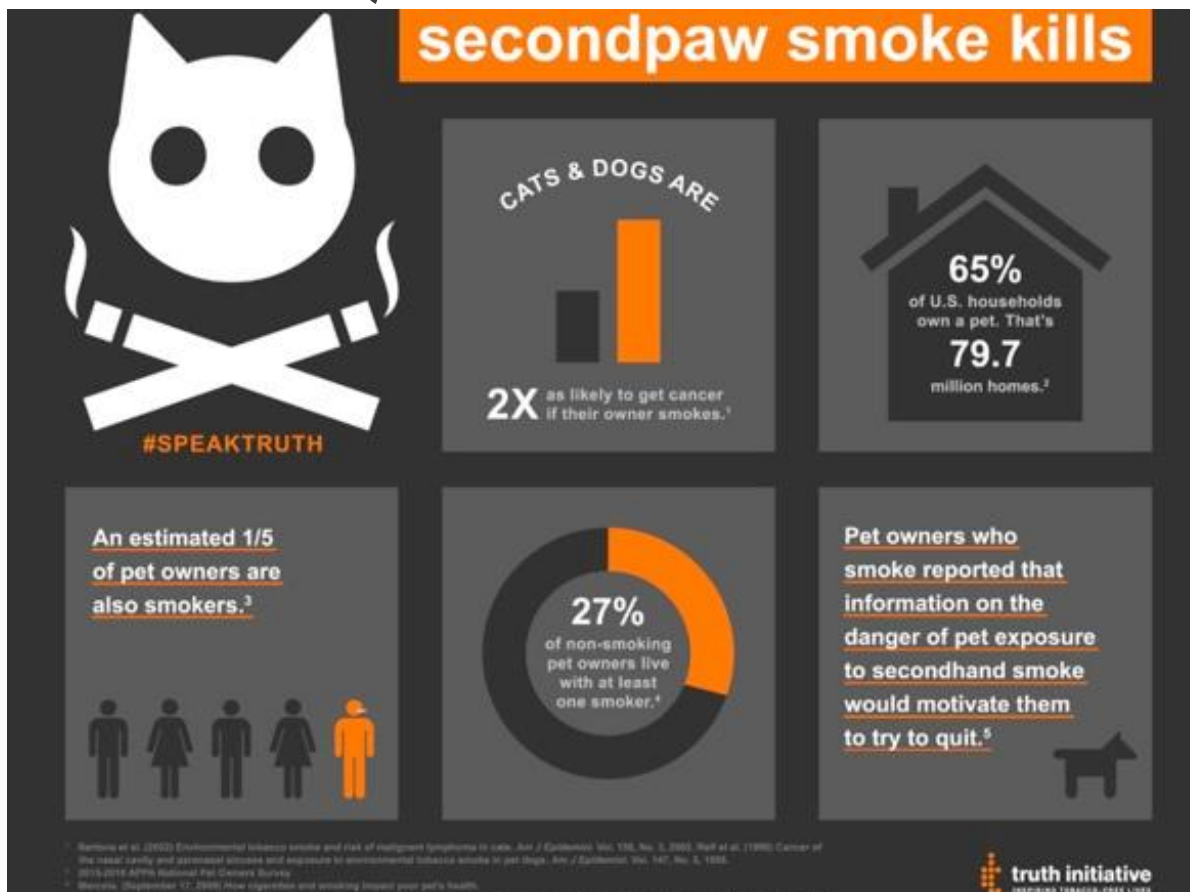
Food Resources within West Sacramento

More distribution sites can be found by visiting <https://yolofoodbank.org/get-help/>

Distribution Locations

- BRYTE CHURCH (Drive Thru, pre-packed food)
 - Items Available: Free produce, dairy, groceries
 - Days: Every Wednesday
 - Hours: 9:00am - while supplies last
 - Address: 1000 Sacramento Ave, West Sacramento, CA 95605, USA
 - Contact: (530) 668-0690
- OUR LADY OF GRACE ST. VINCENT DE PAUL (Call to make appointment)
 - Items Available: Canned, Dry Goods, Bread, Frozen Foods
 - Days: By appointment only
 - Hours: Appointment only.
 - Address: 911 Park Blvd, West Sacramento, CA 95691, USA
 - Contact: (916) 371-5264
 - Website: <http://westsacolg.com/>
- CITY OF WEST SACRAMENTO CITY HALL (Bring you own bags or cart)
 - Items Available: Grocery items
 - Days: Every Saturday
 - Hours: 9:30 AM until supplies last
 - Address: 1110 West Capitol Avenue, West Sacramento, CA, USA

NEED HELP QUITTING TOBACCO?



Call 1-800-NO-BUTTS (1-800-662-8887) to double your chances of quitting for good.

One-on-one support is available from trained professionals in English, Spanish, Chinese, Korean and Vietnamese.

Call 1-800-NoButts (1-800-662-8887) for a free nicotine patch* starter kit.

