

Direct to You

Tuesday
11/10/20

Patricia Wells, OHA Executive Director



Good Afternoon OHA Team,



My Daddy used to tell me a story that always makes me smile this time a year. My Father's birthday is November 11th. As a child growing up during the Great Depression of the 1930's, he knew what lean times were. So to help him feel special, my father's Daddy, my "Poppa", told him that the Veteran's Day parade was actually a parade to celebrate his birthday. For years my Daddy would brag to his classmates about his birthday parade. He pouted for day's once he realized the truth – until he himself served in the United States Navy and the parades were once again a special celebration for him.

While we won't have the traditional parades this year, let us each capture a moment tomorrow during our holiday from work to remember the dedication, bravery and service of the men and women who are serving or have served in our Armed Forces to protect our freedom.

The freedom we hold dear is especially poignant at this time, as we start a new journey as a nation with the first woman, first person of color, and thus first woman of color as the Vice President of our United States. It is my hope, that our nation will embrace that which makes us similar, respect our differences, and work together to create vibrant, diverse, equitable, safe, healthy and welcoming communities.

As a daughter, granddaughter, sister, aunt and friend of active and retired members of those who have served in the military, I honor each of our Veterans with sincere thanks and gratitude for your collective service. And I offer a special thanks to the OHA employees who have served and continue to do so through Reserve forces and the National Guard or in any other way you give back to our nation through military service.

Have a wonderful day off!

Patricia



VETERANS DAY | NOVEMBER 11

Veterans Day is a time for us to pay our respects to those who have served. For one day, we stand united in respect for our veterans.

This holiday started as a day to reflect upon the heroism of those who died in our country's service and was originally called Armistice Day. It fell on Nov. 11 because that is the anniversary of the signing of the Armistice that ended World War I. However, in 1954, the holiday was changed to "Veterans Day" in order to account for all veterans in all wars.

THANK YOU FOR YOUR SERVICE!

All past issues of Direct To You are available on the OHA website for 24/7 access. In addition to the messages sent directly from the OHA executive director, you can also find links to other resources, articles, and up-to-date information about OHA operations and the ways we are addressing the current health crisis.



Flu Season is Here



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness. Serious outcomes of flu infection can result in hospitalization or death. Some people, such as older people, young children, and people with certain health conditions, are at high risk of serious flu complications.

It's likely that flu viruses and the virus that causes COVID-19 will both spread this fall and winter. Healthcare systems could be overwhelmed treating both patients with flu and patients with COVID-19. This means getting a flu vaccine during 2020-2021 is more important than ever. While getting a flu vaccine will not protect against COVID-19, there are many important benefits, such as:

1. Flu vaccines have been shown to reduce the risk of flu illness, hospitalization, and death.
2. Getting a flu vaccine can also save healthcare resources for the care of patients with COVID-19.

Below are highlights of some additional benefits of flu vaccination and selected scientific studies that support these benefits:

- **Flu vaccination can keep you from getting sick with flu.**
 - **Flu vaccine prevents millions of illnesses and flu-related doctor's visits each year.**
 - **During seasons when the flu vaccine viruses are similar to circulating flu viruses, flu vaccine has been shown to reduce the risk of having to go to the doctor with flu by 40 percent to 60 percent.**
- **Flu vaccination can reduce the risk of flu-associated hospitalization for children, working age adults, and older adults.**
- **Flu vaccination is an important preventive tool for people with chronic health conditions.**
- **Flu vaccination helps protect women during and after pregnancy.**
- **Flu vaccine can be lifesaving in children.**
- **Flu vaccination has been shown in several studies to reduce severity of illness in people who get vaccinated but still get sick.**
- **Getting vaccinated yourself may also protect people around you**, including those who are more vulnerable to serious flu illness, like babies and young children, older people, and people with certain chronic health conditions. Despite the many benefits offered by flu vaccination, only about half of Americans get an annual flu vaccine and flu continues to cause millions of illnesses, hundreds of thousands of hospitalizations and tens of thousands of deaths.

Source: Centers for Disease Control & Prevention (CDC)

REMEMBER: if you have reasonable suspicion that you have been exposed to someone with COVID-19 or if you are experiencing symptoms of fever (100.4 Fahrenheit or higher), coughing, or shortness of breath, do not report to work. Immediately contact your primary care provider and then your supervisor for instructions on what you need to do next. If you have any questions regarding your schedule, please contact your supervisor or Director. If you have questions in regards to pay or leave time, please contact Human Resources at (510) 874-1575.

COVID-19 Updates



Earlier this week Governor Gavin Newsom warned that some of California's counties would be falling back in his coronavirus reopening protocols. The state's Secretary of Health and Human Services, Dr. Mark Ghaly, announced on Tuesday that a total of 11 counties were being required to move back to more restrictive measures. Alameda was not one of the 11, and is currently at the "Moderate" level. See chart below.

A total of 11 counties, including one of the state's most populous, fell back in the governor's tiering structure. Sacramento, Stanislaus and San Diego retreated to the most restrictive Purple tier. That means movie theaters in those counties — which had been allowed to reopen up to 100 people or 25%, whichever is less in the Red tier — must shutter indoor operations once again.

Other moves included Amador, Contra Costa, Placer, Santa Cruz and El Dorado counties going from the Orange tier down to the more restrictive Red tier. Modoc, Siskiyou and Trinity moved back to Orange. Yolo County, also at risk of demotion, stayed in the Red tier. No counties moved forward.

You can view a chart of the tiers and their restrictions below:

WIDESPREAD Most non-essential indoor business operations are closed.	More than 7 Daily new cases (per 100k)	More than 8% Positive tests
SUBSTANTIAL Some non-essential indoor business operations are closed.	4-7 Daily new cases (per 100k)	5-8% Positive tests
MODERATE Some business operations are open with modifications.	1-3.9 Daily new cases (per 100k)	2-4.9% Positive tests
MINIMAL Most business operations are open with modifications.	Less than 1 Daily new cases (per 100k)	Less than 2% Positive tests

If you were planning travel over the weekend or during the upcoming holiday season, please be sure to check on the status of your destination prior to departure and learn what restrictions are in place. Visit the State of California's COVID-19 Tracking Dashboard and enter your county for more information.

<https://covid19.ca.gov/state-dashboard/>

RESOURCES & REMINDERS

Employee COVID-19 Resources

All employees are reminded that you are not alone during this time. We have compiled an array of resources that may be helpful to you and your family during this unprecedented time. Please feel free to utilize the many services included on the Employee COVID-19 Resources List.

Social Distancing and Face Masks

Use a cloth face covering that covers the nose and mouth whenever interacting with another person at OHA, walking through common spaces, and if you are in the rare situation that you are in a vehicle with another person. Team members working independently in a vacant unit may opt to not wear a face covering while working alone in the unit. Similarly, if working in an office, you may opt to not use a face covering while in your work area alone and you are keeping to the 6 ft. Social Distancing Space requirements. If someone comes into your office or within 6ft, you must put on your face covering.