



August 3, 2022



Please share with your networks

Alameda County Health Care Services Agency recognizes the importance of connecting families and school staff with resources to ensure schoolchildren start the school year on a positive note. From masking, COVID-19 vaccinations, immunizations, nutrition, and everything in between, the **Back-to-School Toolkit** is designed to disseminate vital outreach materials to Alameda County families.

As always, thank you for your support. Help us distribute this information to others by sharing this newsletter.

Immunizations

School Requirements and links from the California Department of Health (CDPH):

- [Guide to Immunization Requirements for School Entry](#) (PDF) | [Español](#) (PDF)
- [Parents' Guide](#) (PDF) | [Español](#) (PDF)
- [Vaccine Catch-up for Age 7+ Years](#) (PDF)
- [Letter to Parents: Immunizations Needed](#) (PDF) | [Español](#) (PDF)
- [No Shots? No Records? No School. Poster](#) (PDF) | [Español](#) (PDF)



COVID-19

Testing

The California Department of Public Health encourages all schoolchildren to access at-home COVID-19 testing as they return to school following breaks. Check with your school district about test kit distribution. Parents are encouraged to:

1. Test their children for COVID-19 before they return to school from break.
2. Keep their children home for at least five days if they test positive.
3. Share the test results with the local health department via the [Primary Health](#) link sent by your school or report via the Primary if you did not receive a school link, or by accessing [Primary.Health](#) with a smartphone (by scanning a QR code).

Please use the following resources to encourage parents to access at-home COVID-19

testing as they send their children back to school following breaks. Please also visit the [Testing & COVID-19](#) toolkit for additional resources. COVID-19 testing resources for [parents](#). School administrators, please email schoolOTC@cdph.ca.gov with questions.

Get Free at-home COVID-19 test kits

If you haven't already done so, households are eligible to receive a third round of 8 additional at-home, rapid COVID-19 tests from the federal government. [Order free tests](#). Free tests may also be available through your health care or insurance provider.

Youth Website Messaging

[COVID Chats](#) is a site developed by youth for youth ages 11-25 and professionals working with youth and young adults. The website provides social media content and information on COVID-19, vaccines, and other ways to stay safe from COVID that anyone can use.

COVID-19 School Guidance Video Series

Dr. Joanna Locke, COVID-19 Clinical Guidance Lead, answers the most frequently asked questions regarding school-aged children and COVID-19, including vaccination/boosters, testing, wearing a mask, and more. [Watch the short videos for more information](#). [Back-to-school flyer](#)

Masking

COVID-19 cases remain high in Alameda County. Masks are strongly recommended for everyone in indoor public spaces, including schools. See the masking for kids [flyer](#), and the mask season is now [flyer](#) for more information.

COVID-19 Reduce Your Risk

California State Epidemiologist and former Alameda County Health Officer Dr. Erica Pan remind Californians to take steps to reduce risk:

- Get vaccinated and [boosted](#).
- Wear a well-fitted, high-quality mask indoors, especially in crowded or poorly [ventilated](#) settings.
- Get [tested](#) if exposed or symptomatic, and before and after large gatherings.
- [Stay home](#) if ill or positive..
- Learn about COVID-19 [treatment](#) now before you need it.



Flu is Highly Contagious and Can Cause Serious Illness

Vaccinating against flu is the best way to keep your family healthy and out of the hospital. Annual flu vaccination for everyone six months of age and older is recommended. It takes a couple of weeks after vaccination for the body to build immunity, so the CDC recommends that adults and children older than six months get a flu vaccine by October 31. Even if you wait until after October, get your flu vaccine and reduce



the risk of illness! Share the following downloadable materials. For questions about flu clinics in the community, please contact Public Health Immunization Program at (510) 267-3230 Immunize@acgov.org.

- Fight Flu. Get Vaccinated - [English \(PDF\)](#) and [Spanish \(PDF\)](#) [English PSA video](#) [Anuncio de Servicio Publico en Español](#).

Social media suggested messaging:

Millions of children get sick with seasonal flu yearly, and thousands are hospitalized. Protect yourself, protect others around you. Visit

cdph.ca.gov/fightflu for more information. #FightFluTogether

California Dental Requirements

The State requires children entering kindergarten to have a dental visit to check for oral problems. This check must be done before the first day of school.

- [Office of Dental Health resources for families](#)
- [Training video – Kindergarten Oral Health Assessment](#)



Nutrition Resources

- Alameda County provides meals during the school year at no cost to students. Learn more about this program: <https://www.acoe.org/meals>
- Make every day a healthy snack day! Check out the Personal [Recipe Finder](#) to discover recipes based on the flavors you and your family enjoy.
- [Rethink Your Drink Day](#) Beverage Breakdown activity (learn what's in the beverages you drink) and flavored water [recipes](#). Start a healthy eating adventure with these [games and activities](#)
- [Rethink Your Drink initiative, curriculum available](#)
- [Where to get food in Alameda County](#)
- [Apply for CalFresh \(formerly food stamps\)](#)
- [Healthy recipes](#)

These resource guides, created in partnership with West Oakland Health Council, Mandela MarketPlace, Tiburcio-Vasquez Health Center, and Dig Deep Farms and Produce, give information on local food access points, such as farmers' markets, corner stores, and grocery stores that sell fresh produce in West Oakland and Ashland-Cherryland.

- [Food to Families Resource Guides for Ashland-Cherryland in English | Español](#)
- [Food to Families Resource Guides for West Oakland](#)

Mental Health Resources

Supporting a child's mental health leads to better outcomes, including positive behavior and decision-making. Students' mental health impacts many areas of their lives, including at school.

- [Alameda County Behavioral Health Services Provider Directory](#)
- [Mental Health Resources/Mental Health Resources in Alameda County's 988](#), the National Suicide Prevention Lifeline connects people experiencing mental health-related distress—whether that is thoughts of suicide, mental health or substance use crisis, or any other kind of emotional distress—with locally trained crisis counselors.
- [Alameda County Mental Health Services Act \(MHSA\)](#), MHSA funds effective treatment, [prevention and early intervention](#), [outreach support services](#), and family involvement programs to increase access and reduce inequities for unserved, underserved, and inappropriately served populations.
- [Crisis Support Services of Alameda County](#), CSS supports people of all ages and backgrounds during times of crisis, works to prevent the suicide of those who are actively suicidal, and offers hope and caring during times of hopelessness.
- [Alameda County Behavioral Health Care Children and Youth Services \(0-24\)](#), The Child and Young Adult System of Care (CYASOC) provide mental health services to children, youth, and young adults ages 0-24 years old. The CYASOC provides Mental Health and Substance Use Treatment services to individuals and families who have full-scope Medi-Cal and need support from a behavioral health perspective.
- [Family Paths](#) strengthens family relationships by providing mental health and supportive services with respect, integrity, compassion, and hope.
- Information for parents that we reference supports parents and school staff [Child Mind Institute | Transforming Children's Lives.](#)



Health Insurance Enrollment

Alameda County Health Insurance Technicians are here to help with insurance questions. Enrollment is confidential and open to all eligible county residents regardless of immigration status. Get screened to see what type of program you may be eligible for:

- [Medi-Cal](#) is a health insurance program for children, parents, seniors, and persons with disabilities.
- [HealthPAC](#) is a locally funded program that helps cover the cost of medical services.
- [Covered California™](#) offers a range of plans for individuals and families. See if you are eligible for help to pay monthly premiums for a Covered California health insurance plan or if you qualify for Medi-Cal.

You can be screened and enrolled at the eligibility departments of Alameda County Health Care Services Agency at 1-800-422-9495 or hitassist@acgov.org. Please leave a message, all calls are being returned within the same day.

Child Health and Disability Prevention Program (CHDP)

CHDP provides FREE health check-ups and immunizations to eligible children and youth. The CHDP Brochure has more details about the program.

[English](#) | [Spanish](#) | [Korean](#) | [Russian](#) | [Chinese](#) | [Hmong](#) | [Cambodian](#)

Families can call the Family Health Line at 1-888-604-4636 for assistance with:

- Making medical appointments
- Transportation - help with directions ONLY
- Referrals to other community resources

[Learn about eligibility](#)

[Learn how to get a FREE CHDP exam](#)

Alameda County Youth Centers & Youth Employment

- [REACH Ashland Youth Center – Honor youth power and build our community's resilience](#), San Leandro
- [Youth UpRising](#), Oakland
- [YR Media](#), Oakland
- [Berkeley Youth Alternatives Berkeley Youth Alternatives | Invest in our children, Invest in our future](#), Berkeley
- [East Bay Asian Youth Center](#), Oakland
- [Youth Employment Partnership The Youth Employment Partnership](#), Oakland



Alameda County Office of Education (ACOE) Professional Development

During the month of August, these Professional development opportunities are available to school staff:

- Comprehensive Sexual Health Education & the California Healthy Youth Act (CHYA)
- Stanford Cannabis Curriculum Training
- Human Trafficking Prevention Education & Awareness - PROTECT Training
- YMHFA Training (virtual, two half-sessions plus 2 hours of pre-work)
- Sexual Orientation, Gender Identity and Expression (SOGIE) Allyship **for Educators**
- Fentanyl Poisoning Prevention Education
- Student Mental Health Education & Resources
- Tobacco/Vaping/Cannabis (Triangulum)

[For more information and registration, click here.](#) For staff inquiries, contact Scott Gerbert at sgerbert@acoe.org.

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