



Health & Wellness

OAK GROVE SCHOOL DISTRICT

~November 2020~

FREE COVID TESTING FOR EDUCATORS

Free COVID-19 testing for Santa Clara County educators and staff (and their families) is available at Santa Clara County Office of Education Ridder Park campus. It is recommended that educators and staff who have frequent interaction with the public test at least once a month. This type of COVID-19 test is a gentle and non-invasive nasal swabbing. The test is **free** regardless of insurance status. Insurance information will be requested but is **not required**, and copays will not be billed.

Appointment-free testing is available in the

San Jose Room from 12 p.m. - 6 p.m. on the following dates:

- Friday, November 20
- Tuesday, November 24
- Tuesday, December 1



Free Flu Shots on Saturdays at the Santa Clara County Fairgrounds

Saturday, November 14, 2020
9 a.m. - 4 p.m.

Every Saturday

November through mid-December

No flu shots available at the Fairgrounds on Thanksgiving weekend, Saturday, November 28, 2020.

Car entrance for general parking:
Gate D, 2542 Monterey Road, San José, CA 95111

Pedestrian entrance and disabled parking: Gate B, 344 Tully Road, San José, CA 95111

Care Solace Additional Employee Assistance Program for Employees & Families

Care Solace is an online resource with a live 24/7 concierge meant to assist individuals in finding local mental health related programs and counseling services. School district families and staff may access Care Solace services in two ways:

1. Call (888) 515-0595 to speak with someone from your Concierge team
2. Visit your custom district link: www.caresolace.com/oakgrovesd

This program is now available and there is **no charge to use**. Care Solace does not require any personal information. All participant information is kept confidential. Please note: this service is an optional resource available by choice and is not mandatory in any way.

Coronavirus/COVID-19 webinar series

The latest updates, and how Kaiser Permanente is responding



With rapid changes in what we know about COVID-19, we are offering a webinar series focused on the most common questions we hear, the latest clinical news, and the impact of COVID-19 on the mental health and well-being of your workforce. Join us and get information on how to navigate this global crisis. October 30, 2020

Upcoming Sessions

Registration

More Info

December 16, 10:00am PDT – COVID-19 – Updates on the Latest Science

[Click Here](#)

Coming Soon

- **Emotional well-being and your workforce in the time of COVID-19:** [On Demand Here](#)
- **Mental health and COVID-19:** [On Demand Here](#)
- **Updates on COVID-19:** [On Demand Here](#)

Additional Resources:

This is a challenging time for everyone. We're here to help you and your employees get through it. Together, we can work to keep our communities healthy and strong. [Coronavirus support for you and your employees](#)

COVID-19 and Holiday Celebrations

COVID-19 has affected our lives for much of this year. As the holidays approach, we're all hoping for some normal activities - to be with family and friends, to travel and eat out, and to continue traditions. These are normal feelings, but we should remain cautious.

Many people are wondering if it's safe to travel or gather with family and friends. Currently, COVID-19 infections are on the rise in many parts of the country, including Northern California. The Centers for Disease Control and Prevention (CDC) advises that traveling increases your chance of getting and spreading the virus. **Staying home and avoiding gatherings with those outside your household is the best way to protect yourself and others from COVID-19.**

"My family is choosing to stay home this year. After all this time apart, we were really hoping to see family over the holidays. But even though travel is less restricted now, it's still too risky to travel or gather with those outside my household given the increase in infections," says Dr. Charu Ramaprasad, Chair of Infectious Disease for The Permanente Medical Group. "I advise my patients to find other ways to celebrate the holidays this year – such as getting together over video or starting new traditions at home. It's not easy, but I want everyone to be safe." Gathering online or in person only with those in your household carries the lowest risk of getting the virus. If you do get together with others outside your household, you increase your risk of getting or spreading COVID-19. To lower risk:

- Keep any events small and outdoors. If indoors, open windows and doors to increase airflow.
- Maintain at least 6 feet of distance from those not in your household.
- Encourage everyone to wear a mask.
- Keep gatherings to shorter periods of time.
- Avoid crowds, such as at restaurants or bars.
- Avoid contact with anyone who's sick (and isolate at home if you've been in contact with anyone who has COVID-19 or the flu).
- Travel by car instead of public transportation.

Staying safe:

- [Watch how the Rios family manages a gathering.](#)
- [Get the latest information on COVID-19, how to get care, and how to stay safe.](#)
- [Protect yourself and others – get your flu shot.](#)

Holidays are a time to celebrate. We want everyone to find joy this season. We also want you and those you love to stay healthy.

