2021 Flu Shot Clinics at Asian Health Services

Adult Flu Shot Clinic Location & Times*
Call 510-735-3222 to make an appointment or for any questions.
Open to any adult at least 19 years old. Females must not be pregnant. If you are a member of Asian Health Services, please bring your membership card and photo ID.

Frank Kiang Medical Center
250 East 18th Street
November 6
Saturdays: 9:00am - 1:00pm

Rolland & Kathryn Lowe Medical Center
835 Webster Street
November 13
Saturdays: 9:00am – 1:00pm

Main Vaccination Clinic – 416 8th Street
Every Friday | 9:15am - 12pm & 1:30pm - 4pm from 10/15 – 12/17 (except 11/26)

Pediatric Flu Shot Clinic Location & Times*
Call 510-735-3222 to make an appointment or for any questions.
ONLY open to current Asian Health Services patients who are 6 months - 18 years old. Patient must be accompanied by parent/legal guardian. Please bring child's AHS membership card and insurance card.

Chenming & Margaret Hu Medical Center: 818 Webster Street, 3rd Floor
December 4
Saturdays: 9:00 AM – 1:00 PM

*Patients with any of the following symptoms are asked to consult their medical provider BEFORE getting the flu vaccine:
- Fever/Chills
- Cough
- Sore Throat
- Difficulty Breathing
- New Muscle Pain all over your body

- New Loss of Taste/Smell
- Congestion or Runny Nose
- Nausea/Vomiting
- Diarrhea

Clinic Dates/Times are subject to cancellation based on availability of flu vaccine. A $5 - $10 Donation is appreciated. Thank you for your support.

We Want to Hear From You
By Agnita Pal

To our patients, in November, AHS will text you a survey link. We would like to know how you feel about us, and how your experience at AHS has been in the last 12 months. We know that the COVID pandemic has changed your experience and we want to understand. Your responses will be kept confidential. Thank you for taking our survey.
Who is eligible for booster shot?

Calfresh (Formerly known as Food Stamps) is a nutrition program that provides financial assistance for purchasing healthy foods to low-income California residents who are U.S citizen or Legal Permanent resident.
- Effective 10/01/2021, Calfresh allotment benefits will increase by 25% permanently.
- Calfresh benefits can be used at most local grocery stores, farmer’s markets, online groceries delivery such as Amazon, Walmart

Who is eligible for a vaccine?

There are now booster recommendations for Pfizer, Moderna, J&J. CDC’s new recommendations allow for mix and match dosing for booster shots. Eligible individuals may choose which vaccine they receive as a booster dose.

<table>
<thead>
<tr>
<th>Vaccine</th>
<th>Who is eligible for primary dose(s) full vaccination?</th>
<th>Who is eligible for additional shot?</th>
<th>Who is eligible for booster shot?</th>
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</table>
| Pfizer      | 12 years and older                                   | 12 years and older who are moderately to severely immunocompromised | • 65 years and older
• Residents of long-term care facility
• 18 years and above who have underlying medical conditions
When: additional dose of Pfizer is given at least 28 days after the second dose |
| Moderna     | 18 years and older                                   | Not available                        | If you completed your J&J shot more than 2 months ago, you may get a booster of J&J, Moderna, or Pfizer. |
| Johnson and Johnson (J&J) | 18 years and older                                   | Not available                        | If you completed your J&J shot more than 2 months ago, you may get a booster of J&J, Moderna, or Pfizer. |

How to Protect Our Community from COVID

What do we know about COVID?

- Effective 10/01/2021, Calfresh allotment benefits will increase by 25% permanently.
- We are currently accepting new medical patients! We can also assist you in a wide range of services from enrollment assistance to annual renewal of government program, such as Medi-Cal and Covered CA.
- You can apply to this program year-round (no deadline).
- If you are eligible, you can get Medi-Cal as long as you continue to meet the eligibility and comply with their requirements.
- We warmly invite you to call our new Community Health Unit. Our services are provided in English and multiple Asian languages. There you can speak, in your language, with caring health care professionals, who can provide counseling, wellness support, and case management support. We can refer you to other types of services to help you, including legal and social services, if needed. These services at the Community Health Unit are open to Alameda County residents. You do not have to be our current patient.
- We are part of this beloved community - we understand and we feel compassion for each other. We are in this together.

Accepting New Medical Patients and Applying for Health Coverage

By Dinh Ly, Senior Member Services Manager

Asian Health Services is open and available to serve your health needs. We are currently accepting new medical patients! We can also assist you in a wide range of services from enrollment assistance to annual renewal of government program, such as Medi-Cal and Covered CA.
- Calfresh: Calfresh is a nutrition program that provides financial assistance for purchasing healthy foods to low-income California residents who are U.S citizen or Legal Permanent resident.
- Effective 10/01/2021, Calfresh allotment benefits will increase by 25% permanently.
- Calfresh benefits can be used at most local grocery stores, farmer’s markets, online groceries delivery such as Amazon, Walmart

Where to get a vaccination shot from Asian Health Services?

To schedule an appointment at our vaccine clinic, please call (510) 735-3222. We currently offer Pfizer, Moderna, and J&J vaccines.

Go to the Asian Health Services Covid-19 website https://asianhealthservices.org/covid19vaccine/ for the latest vaccine information

New Community Healing Unit: We are here for you.

This has been a difficult time. We are experiencing and witnessing attacks and threats on our community, causing us to feel scared and anxious. This trauma is real and we at Asian Health Services want you to know you are not alone. Whether a victim, a family member, or a community member, we are here to offer you support. Your health and well-being are important to us, and we are here for you.

We warmly invite you to call our new Community Healing Unit. Our services are provided in English and multiple Asian languages. There you can speak, in your language, with caring health care professionals, who can provide counseling, wellness support, and case management support. We can refer you to other types of services to help you, including legal and social services, if needed. These services at the Community Healing Unit are open to Alameda County residents. You do not have to be our current patient.

We are part of this beloved community - we understand and we feel compassion for each other. We are in this together.

Call us at 510-735-3940 or email ashshingunit@ahshc.org

Video and Phone Visits

By George Lee

Do you know that you can have a visit with your provider by video or by phone? It is a very convenient way to get medical care because it saves you time. You do not have to travel to the clinic and you can be cared for in the comforts of your own home. Sometimes it is also easier for family members to participate in the visit.

All you need for a video visit is either an Apple iphone or a phone with a camera that can receive texts.

Video visits and phone visits are very good if you have chronic conditions such as high blood pressure or diabetes that are well controlled. They are also good for simple urgent care issues such as a cold.

If you are interested, simply ask for it when scheduling your appointment.