

RICHLAND COUNTY

COVID-19 RESOURCE GUIDE

Making Tough Decisions During Tough Times

What are the best choices for me?

Our world is full of information and opinions, which can be both helpful and overwhelming. To help you make the best choices for yourself and your loved ones, this resource guide focuses on facts. If you have any questions or concerns, please call us at 419-774-4500.



www.richlandhealth.org

Comparing COVID-19 Vaccines

Which vaccine should I choose?

COVID-19 was the 3rd leading cause of death in 2020, contributing to more than 375,000 deaths in the United States. With new, more contagious versions of the COVID-19 virus on the rise, we've come to a critical moment in navigating this deadly pandemic.

In Richland County, anyone over the age of 12 is eligible for a COVID-19 vaccine. Getting vaccinated and determining which vaccine is best for you and your family is a personal decision. It requires clear, trusted information about all of the options currently available to you.

On the following page, we compare the Johnson & Johnson, Pfizer and Moderna vaccines. If necessary, any local expert would gladly provide you with more information to help you make your decision.



How do vaccines work?

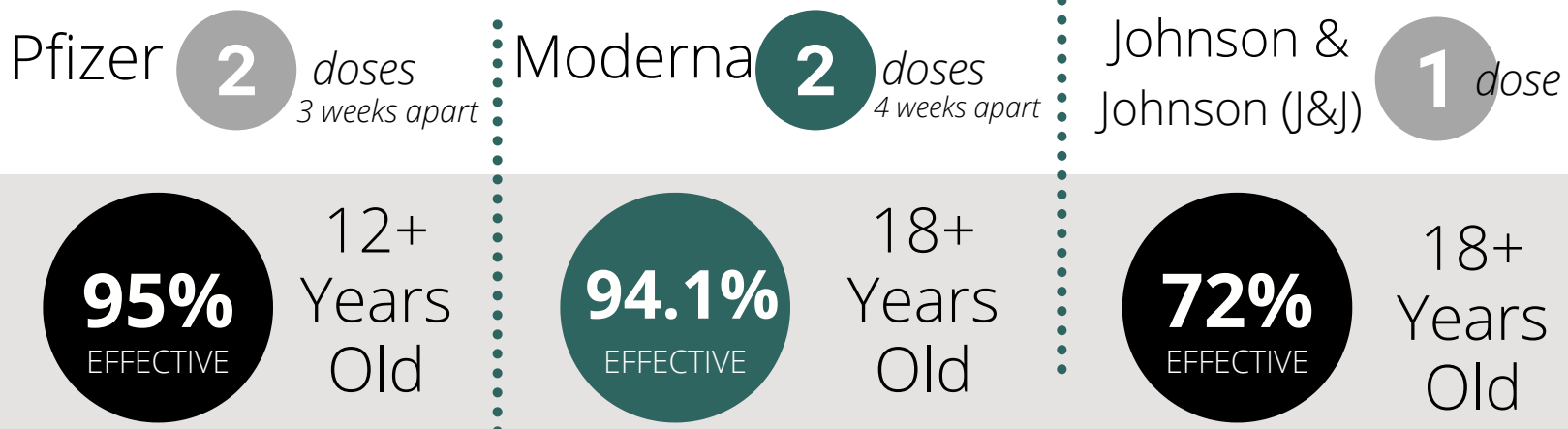
A vaccine tricks your body into thinking it has an infection, triggering a response in your cells to contain the germs, attack the germs, and attack the cells that have been infected by the germs.

Since the vaccine only imitates germs instead of introducing real germs, the vaccine doesn't cause illness. Vaccine side effects (fever, fatigue, etc.) are not caused by a germ, but by your body building immunity to what it thinks is a germ.

Once your body fights a real infection or the imitation infection created by a vaccine, the body will remember how to fight that germ in the future. It does take the body a few weeks to build protection after vaccination. After that time, you are considered "fully vaccinated".

***All COVID-19
vaccines are FREE!
Medical insurance is
not a requirement.***

COVID-19 Vaccine Comparison



Pfizer and Moderna are messenger RNA (mRNA) vaccines. The vaccines instruct our cells to make a harmless piece of what is known as the spike protein. This is the protein found on the surface of the coronavirus that causes COVID-19. The body learns to fight off the real infection when it shows up.

Is there anyone who shouldn't get a mRNA vaccine? People with a history of allergic reactions to vaccine ingredients including polyethylene glycol and anyone with a history of allergic reactions to polysorbate.

Is there anyone who shouldn't get a vector vaccine? Anyone who has had a severe allergic reaction to an ingredient in the vaccine.

The J&J vaccine uses vector vaccine technology. It introduces a modified version of a different virus (the vector) to instruct cells to produce the harmless spike protein of the virus that causes COVID. This triggers the body's immune system for protection against future infection. See the next page for more information on J&J and the extremely low risk of developing a very rare blood clotting disorder.

Possible Side Effects from COVID vaccines...



Injection site pain



Headache



Fever



Fatigue



Joint Pain



Muscle Pain



Chills

Regardless of which vaccine you receive, these are the most commonly reported side effects. Symptoms are usually more noticeable after the second dose in a 2-dose series.

Closer look at the Johnson & Johnson vaccine

In April 2021, the U.S. Food and Drug Administration (FDA) and U.S. Centers for Disease Control and Prevention (CDC) recommended a pause on the administration of the Johnson & Johnson (J&J) vaccine for a thorough safety review involving six reported U.S. cases of a **rare and severe type of blood clot** called cerebral venous sinus thrombosis (CVST) seen in combination **with low levels of blood platelets** (thrombocytopenia). The pause gave experts a chance to thoroughly assess the risks and educate clinicians on how to identify and treat this rare condition. After 11 days, the pause was lifted. The FDA and CDC will continue to closely monitor the situation.

The six cases occurred among **women between the ages of 18 and 48, and symptoms occurred 6 to 13 days after vaccination**. The J&J vaccine is now being administered with the warning that there is an extremely rare risk of developing this severe condition. These six cases prompted the pause, but there have been more documented cases since. If you are considering a J&J vaccine, research the recent data and ask your doctor for advice. There have been **no reports of the condition linked to** the mRNA vaccines from **Pfizer and Moderna**.



If you do get the J&J vaccine, you should **watch for possible symptoms** of a blood clot with low platelets **for three weeks** after your vaccination. These include:

- Severe or persistent headaches or blurred vision
- Shortness of breath
- Chest pain
- Leg swelling
- Persistent abdominal pain
- Easy bruising or tiny blood spots under the skin beyond the injection site

Seek medical care right away if you develop one or more of these symptoms, making sure to tell the doctors and nurses about your recent J&J vaccine.

Richland County COVID-19 Vaccine Providers

Provider	Address	City	Phone
Avita	715 Richland Mall	Ontario	419-468-0800
Discount Drug Mart	25 Briggs Drive	Mansfield	884-625-0843
Kroger Pharmacy	1060 Ashland Road	Mansfield	866-211-5320
Kroger Pharmacy	1240 Park Ave. West	Mansfield	866-211-5320
Kroger Pharmacy	1500 Lexington Avenue	Mansfield	866-211-5320
Meijer	1355 N Lexington-Springmill Road	Mansfield	419-747-8310
OhioHealth Ontario Health & Fitness Center	1750 E. 4 th Street	Ontario	614-533-6999
Richland Public Health	555 Lexington Avenue	Mansfield	419-774-4700
Rite Aid	355 East Main Street	Lexington	419-884-6107
Rite Aid	875 Lexington Avenue	Mansfield	419-756-1224
Rite Aid	1075 Ashland Road	Mansfield	419-589-8843
Rite Aid	11 Mansfield Avenue	Shelby	419-347-1506
Third Street Family Health Services <small>Vaccinations may be available at multiple TSFHS locations</small>	600 West Third Street	Mansfield	419-522-6191
Walgreens	1000 Park Avenue West	Mansfield	419-529-3790
Walmart	359 N Lexington-Springmill Road	Mansfield	419-529-2950
Walmart	2485 Possum Run Road	Mansfield	419-756-2850

Locations change periodically. Visit CountOnMeRC.com for a link to the most updated listing.

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Free door-to-door rides are available for Richland County residents who need transportation to their vaccine appointment(s) within Richland County. Thanks to funding from ODOT's Rides to Community for Immunity grant, the vaccine shuttle service covers all of Richland County and includes evening and Saturday appointments. Passengers must wear masks and follow social distancing guidelines.

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*Free Vaccine
Transportation*

*Call RCT at
419-522-4504, ext 101
24-48 hours in advance*

*Wheelchair accessible vehicles
available upon request*

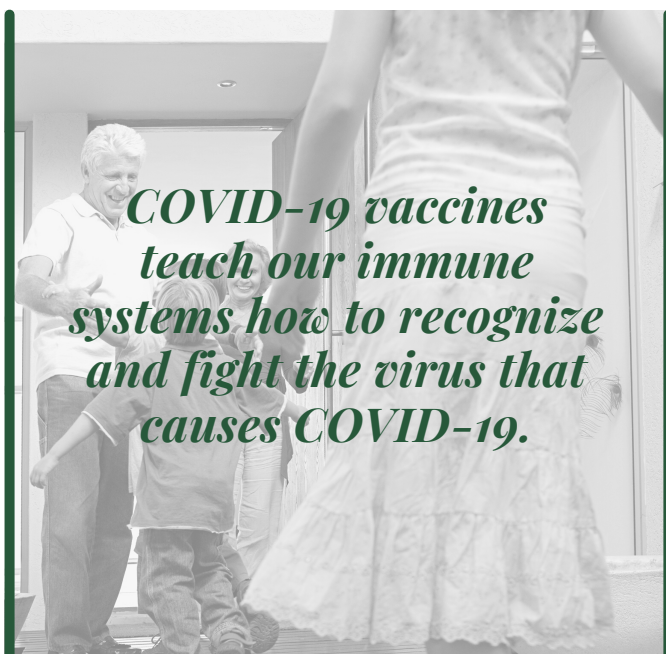
What to do before, during and after your COVID vaccine

Before & During

To protect yourself from COVID-19 and other illnesses, eat a well-balanced diet, drink plenty of water, exercise regularly, get at least 7 hours of sleep every night, and wash your hands frequently. Check with your doctor or pharmacist about taking vitamins or supplements. Other precautions you may choose to follow (if not required by the establishment you are visiting) include wearing a face mask and staying 6 feet apart.

After

You are considered fully vaccinated **two weeks** after your second shot in a 2-dose vaccine (Pfizer or Moderna) OR **two weeks** after your first shot of a single-dose vaccine (Johnson & Johnson). If you have a weakened immune system, talk to your doctor about your activities after you are fully vaccinated.



CDC guidelines say if you are fully vaccinated you can...

- ✓ Resume activities that you did prior to the pandemic.
- ✓ Resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, or local regulations, including local business and workplace guidance.
- ✓ Travel domestically without a pre- or post-travel COVID-19 test
- ✓ Travel domestically without quarantining after travel
- ✓ Travel internationally without pre-travel test unless your destination requires it
- ✓ Travel internationally without quarantining after arriving in the United States
 - You still need to show a negative test result or documentation of recovery from COVID-19 before boarding an international flight to the United States
 - You should still get tested 3-5 days after international travel

What you should keep doing after you are fully vaccinated...

- ✓ Follow guidance at your workplace and local businesses
- ✓ Wear a mask on public transportation like planes, buses and trains
- ✓ Watch for symptoms of COVID-19, especially if you've been around someone who is sick
 - If you've been around someone with COVID-19, you do not need to be tested or stay away from others unless you have symptoms

Frequently Asked Questions

Will I need to quarantine if I am exposed to COVID-19 after I am fully vaccinated?

If you've been around someone who has COVID-19 after you are fully vaccinated, you do not need to stay away from others or get tested unless you have symptoms.

If I have symptoms of COVID-19 after I am fully vaccinated, what should I do?

The vaccines are highly effective, but you can still get COVID-19 after you are fully vaccinated. If you have COVID-19 symptoms, you should get tested and stay away from others.

Will I still need to wear a mask in public after I am fully vaccinated?

You may still have to practice precautions like wearing a mask or staying 6 feet apart. Plan ahead by checking with the establishment you plan to visit. Also, check with the local health department for current requirements, especially if you are traveling, as guidelines vary from state to state.

Will the vaccine protect me from COVID-19 variants?

We are still learning how effective the vaccines are against different forms of COVID-19. Early data show the vaccines may work against some variants but might be less effective against other variants.

How long will the vaccine protect me?

We are still learning how long COVID-19 vaccines protect people.

Will I have to miss work because of the side effects of the vaccine?

It's possible, but most people who do experience side effects feel better after 24 hours. If you are concerned about missing work, talk with your employer, or try to schedule your vaccine around your days off.

Will COVID-19 ever go away?

Probably not. COVID-19 is a coronavirus. Coronaviruses have been around for years and cause the common cold. COVID-19 is a different and new strain. In some people, the symptoms are very mild and are no worse than a cold. Other people get very sick from COVID-19, and many people have died. Experts continue to study COVID-19, and are trying to understand how to care for people suffering from long term symptoms.



**Take a picture of your
COVID-19 Vaccination
Record Card in case you
lose it!**



COVID-19 Testing

You don't hear much about COVID-19 testing anymore, especially with the focus on COVID-19 vaccines. COVID-19 testing is just as important now as it was early in the pandemic. Testing is still used to slow the spread of the virus by isolating individuals who test positive, and quarantining non vaccinated people who were exposed.

However, as more and more places open and more activities resume, you might have to show proof of vaccination. If you are not fully vaccinated, you might have to show proof of a negative COVID-19 test in order to participate.

Types of COVID-19 Testing

COVID-19 tests can identify current infection or past infection. Molecular tests and rapid antigen tests detect current infection. An antibody test identifies a past infection, but shouldn't be used to diagnose a current infection.



PCR Tests...the gold standard

Specimens are collected through nasal swabs with both molecular tests & antigen tests. A PCR molecular test is the most accurate & reliable because it detects the smallest traces of the virus.

PCR tests need to be processed in a lab and can take 24 hours or longer for results. Rapid antigen tests do not need to be sent to a lab and can provide results in as little as 15 minutes. Rapid antigen tests are usually cheaper, but patients are more likely to get a false negative with rapid antigen tests.

**Over-the-counter at home
COVID-19 test kits are
now available at some
major retailers.**



Who should get tested?

- People who have symptoms of COVID-19, even if they are fully vaccinated or had a prior COVID-19 infection.
- Unvaccinated people who have had close contact (within 6 feet for a total of 15 minutes or more over a 24-hour period) with someone with confirmed COVID-19.
- Unvaccinated people who have traveled, attended large social or mass gatherings, or were in crowded or poorly-ventilated indoor settings.
- People who have been asked or referred to get tested.



- Fully vaccinated people with no COVID-19 symptoms do not need to be tested following an exposure to someone with COVID-19.
- People who have tested positive for COVID-19 within the past 3 months and recovered do not need to get tested following an exposure as long as they do not develop new symptoms.

COVID-19 Testing Sites in Richland County

Visit CountOnMeRC.com for the most updated list.

Avita Health System

987 State Route 97 West, Bellville
567-560-3790, Appointment Required

Avita Health System - Ontario Hospital

715 Richland Mall, Ontario
419-562-3437, Appointment Required

Avita Ontario Walk-In Clinic

2007 West Fourth Street, Ontario
419-562-3437, Appointment Required

CVS Store 6176

1049 West Fourth Street, Mansfield
<https://www.cvs.com/minuteclinic/covid-19-testing>
Appointment required by completing online
questionnaire

OhioHealth

Mansfield and Shelby Hospitals
614-788-2299 COVID-19 testing information

Third Street Family Health Services

600 West Third Street, Mansfield
419-522-6191, appointments only available to
Third Street Family Health Services' patients

Walk In Urgent Care

1341 South Trimble Road, Mansfield
419-775-7807, No appointment necessary
Call ahead to verify test availability

Walk In Urgent Care

375 North Lexington-Springmill Road, Ontario
419-528-0047, No appointment necessary
Call ahead to verify test availability

Take home test kits...

(Available at no cost while supplies last)

Mansfield Richland County Public Library

Main Library, 43 W 3rd Street, Mansfield

- 419-521-3040

Bellville Branch, 97 Bell Street, Bellville

- 419-886-3811

Butler Branch, 21 Elm Street, Butler

- 419-883-2220

Crestview Branch, 1575 SR 96, Ashland

- 419-895-0010

Lexington Branch, 25 Lutz Avenue, Lexington

- 419-884-2500

Lucas Branch, 34 W Main Street, Lucas

- 419-892-2576

Madison Branch, 1395 Grace Street, Mansfield

- 419-589-7050

Ontario Branch, 2221 Village Mall Drive, Ontario

- 419-529-4912

Plymouth, 29 West Broadway, Plymouth

- 419-687-5655

Request a take home test kit through curbside pickup. You must be at least 18 years old with an email address & internet access. A free Navica app must be downloaded & installed on a compatible iPhone or android device.

Marvin Memorial Public Library

29 West Whitney Avenue, Shelby

- 419-347-5576

Available at the front desk or through curbside pickup. You must be at least 18 years old with an email address & internet access. A free Navica app must be downloaded & installed on a compatible iPhone or android device.

Some schools have take home test kits available to families in their district. Check with your child's school for availability.

Support in Richland County

Abuse and Assault

Adult Protective Services.....	774-5473
Children's Services.....	774-4100
Dove Program, Forensic Center.....	774-5970
Domestic Violence Shelter/Rape Crisis Hotline (24 hours a day).....	1-800-931-SAFE or 774-5840
Victim Assistance Program.....	755-9667

Child Health

Child Care (YWCA)	774-5179
Child Passenger Car Seat Program.....	774-4500
Help Me Grow!.....	524-2660
Immunizations.....	774-4700
Job & Family Services.....	1-844-640-6446
Newborn Home Visits.....	774-4540
Vision Aid (United Way).....	525-2816
WIC (Food Supplement Program).....	774-4560

Counseling/Mental Health

Children's Services.....	774-4100
Family Life Counseling & Psychiatric Services.....	774-9969
Foundations for Living.....	589-5511
Gateway.....	756-1133
Richland Newhope (MR/DD).....	774-4200
Mental Health & Recovery Services.....	774-5811
NAMI (local chapter).....	522-6264
Catalyst (The Center).....	522-4357
Suicide/Crisis Help Line.....	522-4357

Employment Services

Bureau for Vocational Rehabilitation.....	747-3000
Ohio Means Jobs.....	774-5300
Unemployment Compensation Consumer Hotline.....	1-877-644-6562

Emergency Assistance

Financial aid, crisis, food, housing, clothing, etc.

American Red Cross.....	524-0311
Catholic Charities.....	524-0733
Crisis Help Line.....	522-HELP (4357)
Community Action Program/HEAP.....	419-589-2520
First Call (Info Line).....	2-1-1 or 522-INFO (4636)
Job & Family Services.....	1-844-640-6446
Salvation Army.....	525-2912
Shelby Helpline Ministries.....	347-6307

Financial Resources

Catholic Charities	524-0733
Child Support Enforcement Agency.....	774-5700
Aprisen.....	524-2962
Richland Co. Disaster Assistance.....	524-0733
Social Security Administration..	1-888-491-1882

Housing

Dayspring-Richland County Home.....	774-5894
Harmony House.....	522-2323
Metro Housing.....	524-0029
Office of Community Development/Fair Housing.....	755-9796

Substance Abuse

Alcoholics Anonymous Hotline.....	522-4800
CACY.....	774-5683
New Beginnings Recovery Services.....	526-6190
Catalyst (The Center).....	756-1717
UMADAOP.....	525-3525

Agency Transportation Advisory Committee.....	774-6396
Jobs and Family Services (Medicaid & Income Eligible).....	774-5470
Richland County Transit.....	522-4504

Transportation