

MOORPARK COLLEGE STUDENT HEALTH CENTER NEWSLETTER

MOORPARK COLLEGE
STUDENT HEALTH CENTER

Edition
2



Winter Break and the Student Health Center

SHC Closure

The MC Student Health Center will be **closed starting Thursday, 12/16/2021, and will not reopen until Monday, 1/10/2022**. There will be no on-call staffing. Fortunately, there are some excellent resources to share with anyone needing mental health support.



Winter Break and Raider Central



Raider Central will be **closed from December 17, 2021 - January 10, 2022**.

Ruben Castro Charities will be open for "Grab 'n' Go" on Tuesdays in Lot E:

- December 21, 2p-5p
- December 28, 2p-5p
- January 4, 2p-5p



[Raider Central Schedule](#)



MC Student Health Center



Healthcare and Mental Health Services

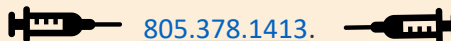
By appointment and via telehealth!
For any currently enrolled student!

[805.378.1413](tel:805.378.1413)

Hours: M/Th 8-5 pm, T/W 8-6 pm,
F 8-12 noon

The flu vaccine is available for students and staff!

Call the Student Health Center for an appointment. \$20 fee.



[805.378.1413](tel:805.378.1413).

For questions on the coadministration of vaccinations, visit the [CDC's](#) website. But at this time, individuals can receive the COVID and flu vaccine.

Important COVID-19 Links:

[Uploading your COVID-19 test results](#)

[Uploading your vaccination card](#)

[Lost vaccine card?](#)

[Frequently Asked Questions](#)

Important Mental Health Resources:

- In the event of a mental health emergency, call 911
- **Suicide Hotline:**
[800.273.TALK \(8255\)](tel:800.273.TALK)
 - Video Relay Service
 - Voice/Caption Phone
 - TTY 800.799.4889. (For Deaf/Hard of Hearing Students)
 - Veterans Suicide Hotline (As above—they just need to press 1): 800.273.8255 (press 1)
 - 24/7
- **Trevor Lifeline~LGBTQ+:**
[866.488.7386](tel:866.488.7386)
 - 24/7
- **Crisis Textline: 741741**
 - 24/7 via text.
- **Ventura County Crisis and Referral: 866.998.2243**
- **Ventura County Warmline**
 - This website has lots of easy-to-access resources on the "homepage," so the person doesn't have to search for help.
- **LA County Department of Mental Health**

What's Inside?

Student Voice: Andrew Roland-p. 2

Important links-p.1

Winter break updates-p.1

Mental health resources-p.1

Fact_ccinated-p.3

Let's talk about sex-p.3

Any reason is a good reason-p.3

SAFEZONE-p.4

Stay connected for veterans-p.4

Flex tip-p.4

Meet Dr. Sack-p.5

Ask Jazzy-p.5

Student Voice: Andrew Roland

Andrew Roland is the captain of the MC football team, a social justice advocate, and an academic liaison. Like many folks, he was hesitant to get the COVID-19 vaccine when it first came out. However, he finally chose to get vaccinated at the end of July. When talking with Roland, he indicated that the vaccine meant more than just personal protection; it was a symbol to others that it was okay; it was time to get vaccinated. Below are highlights from an interview with him.

Jazzy: Why didn't you want to get vaccinated in the first place?

Roland: The media. It felt like there was so much information and bad information on social media and online that I didn't trust anything. I didn't know who to trust because it seemed like everyone was just making money off of COVID information. Some people were saying it wasn't safe for me.

Jazzy: Why did you finally choose to get vaccinated?

Roland: I knew it was what I needed to do to further my football career. There was no more getting around it. It was time. And honestly, there is a lot of hate for COVID, and for testing, and for masks.

Jazzy: Why is it so important for you, as the captain, to get vaccinated?

Roland: As a captain, it was important for me to get vaccinated because a lot of our players are not vaccinated, and I have to set the example. Over the summer, I had to quarantine because of exposure, and I missed practice, and that affected the team's chemistry and flow. It is my responsibility to be here and healthy, and that means getting vaccinated. When we don't get vaccinated and do what we need in order to show up, we become like missing puzzle pieces. My presence helps the team. We are unified, and that means getting vaccinated.

Jazzy: What would you want to tell others who are hesitant?

Roland: You have to think about what is important and what is stopping you. Do not be stubborn. If you want to be a part of everything, you have to get vaccinated. Think about it like the coach making you lift. You may not want to, and you may not get why the coach is making you do certain things, but it is to make you better. So think about why you are not doing it. If it is because of family or religion, you have to think of why and not just be stubborn about it. The more we follow guidelines, the faster we get back to our lives.

Jazzy: How did you feel from the vaccine?

Roland: I know everyone feels different, but I was fine. I was a little lethargic, and my arm was sore for a couple of days, but I didn't have a fever or anything else.

I want to thank Andrew for being brave enough to lead by example. To find a vaccine location, visit [Ventura County Recovers](#). Andrew is right; we are all unified and need to show up for one another.



Mindful minute:

What is your intention for today? Stop, take a minute, and remember your goal. Take a deep breath and refocus.

For more mindfulness tips, visit [MCSHC's mindfulness page](#).



CDC Seasonal Health Tips



Wash hands often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.

Manage stress. Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.

Don't drink and drive or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.

Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.

Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, cook foods to proper temperatures and refrigerate foods promptly.

Get exams and screenings. Ask your health care provider what exams you need and when to get them. Update your personal and family history.

Get your vaccinations. Vaccinations help prevent diseases and save lives. Everyone 6 months and older should get a flu vaccine each year.

Fact_ccinated: Myocarditis

Let's look at the numbers!

Risk of myocarditis and pericarditis from the COVID-19 vaccine.

The CDC's Vaccine Adverse Event Reporting System (VAERS) tracks and monitors adverse reactions to vaccines. The CDC continuously collects data through VAERS and other sources to monitor the safety and efficacy of the COVID-19 vaccine. Although VAERS is an essential part of monitoring vaccine safety, just because something is reported to VAERS does not mean the CDC has confirmed it.

As of Oct. 6, 2021, the [CDC](#) reported that out of 402,469,096 vaccines administered, 3,336 people have reported myocarditis or pericarditis after an mRNA COVID-19 vaccine. This equates to a **.0008%** rate of myocarditis or pericarditis following an mRNA COVID-19 vaccine.

However, the [CDC](#) reports that 1-10 people per 100,000 (10 to 100 people per 1,000,000) get myocarditis regardless of vaccination status. In comparison, the risk from the vaccine has an estimated rate of **.2-1.9 per 1,000,000 people** after adjusting for the 7-day risk period following vaccination.

Most individuals who experience myocarditis or pericarditis following the COVID-19 vaccine make a full recovery, and many only report mild symptoms.

Data on the risk of myocarditis and COVID-19 is still being collected. But, more studies show that being infected with COVID-19 also carries a risk of myocarditis, even in healthy young adults.

One study reported by the [Journal of American Medicine Association](#) studied myocarditis rates in competitive athletes. **1597 athletes who had COVID-19 were studied. 2.3% developed myocarditis.**

A similar study published by the [American Heart Association](#) studied college athletes with COVID. **In over 3,000 athletes who had COVID, .7% developed myocarditis.**

So, when assessing the risk of myocarditis and the COVID-19 vaccine, one should also consider the risk that natural infection poses. For more information and statistics around myocarditis, visit [the CDC's website](#).

Fact_ccinated videos



Check out some of the information behind top COVID vaccine concerns.

[Vaccine Adverse Event Reporting System: Moorpark College Student Health Center Fact_ccinated](#)

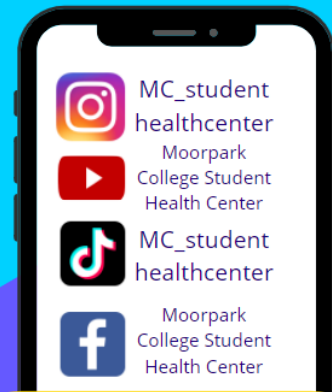
[COVID-19 vaccines and myocarditis: Moorpark College Fact_ccinated](#)

Connect with us.

Wellness
Tips

COVID
Information

And
more!



Moorpark College
Student Health
Center.



Let's talk about sex: DIY Dental Dam

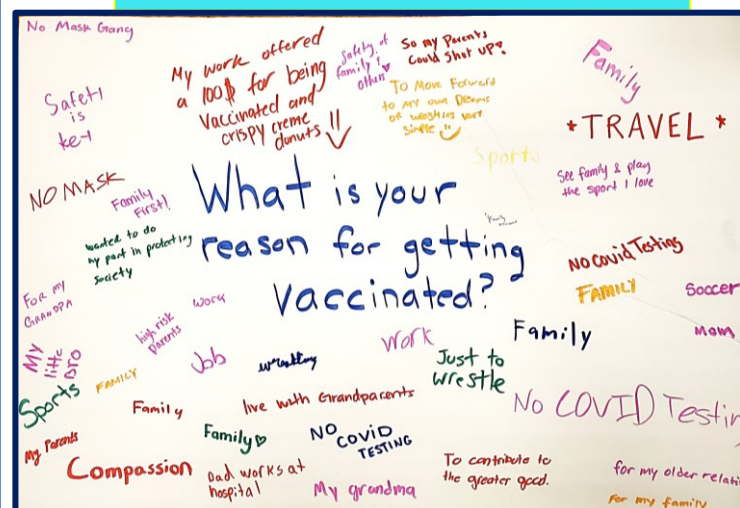
Dental dams help reduce your risk of STIs during oral sex. They should be used as an oral barrier.

Since dental dams are not as easy to access as condoms, it can be beneficial to learn how to make one using a non-lubricated latex or polyurethane condom (it can be flavored).

- 1) Remove the condom from the package and unroll it.
- 2) Use scissors to snip the tip of the condom off
- 3) Cut off the rubber base of the condom
- 4) Cut the condom lengthwise from tip to base. Do not poke a hole in the condom as you trim it! If you do, start again. (Very Well Health).

Free condoms are available at the SHC for all students.

Any reason is a good reason...



What does the SAFEZONE logo mean?

Moorpark College strives to create a safe and nurturing environment that promotes learning and growth and is free of discrimination.

The SAFEZONE program was developed to support LGBTQ+ students, employees, and allies. The four-hour training provides participants an in-depth look at language, behavior, and resources to better support our LGBTQ+ community.

An individual who displays this logo has pledged a commitment to support this community and has completed the SAFEZONE training.

For more information, or to find additional resources, visit the Moorpark College Student Health Center's [SAFEZONE page](#).

If you are an employee interested in completing this training, please contact the Student Health Center.

Already trained? In addition to posting the SAFEZONE logo in physical spaces, consider including it in your email signature and your syllabus and Canvas page if you teach.



Stay Connected: For Veterans

Moorpark College strives to support our veterans and help them find the resources and tools they need to succeed.

Whether it is counseling through the health center or linking veterans with local and community resources, MC is here to help.

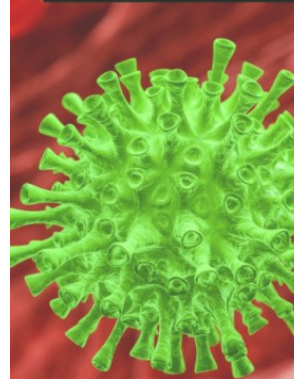
Free counseling is available through the [Student Health Center](#).

The [MC Veteran Resources Center](#) is a great place to find resources and support. The vet center can provide vet debt relief information, GI bill information, and more.

Locally, the [Ventura Vet Center](#) and [Los Angeles Vet Center](#) can also provide free resources and information to eligible vets.

This Photo by Unknown author is licensed under CC BY-NC-ND.

Natural Immunity (getting sick) vs. Acquired Immunity (vaccine): Even if you had COVID, the vaccine can help!



Researchers at the National Institute of Health studied COVID-19's receptor binding domain (RBD), the part of COVID that is responsible for latching on to a key body protein before entering the cell, and found that "antibodies elicited by the mRNA vaccine were more focused to the RBD compared to antibodies elicited by an infection." **This means that even if someone has had COVID, they can benefit from getting vaccinated, and vaccines help target a broader range of variants than natural immunity.**

STOP
COVID-19

Questions? Contact us at:
MCSHC@vcccd.edu
(805) 378-1413
To learn more and view our source, visit the [NIH's website](#).



Flex Tip

Flexibility is an important part of wellness.

Try the Iron Cross Stretch.

- 1) Lay flat on your back with your arms out to your sides so that your body forms a T.
- 2) Lift one leg straight in the air and slowly move it towards the opposite hand.
- 3) Hold this position for 30-45 seconds.
- 4) Now, try the other side.



Source: Pm Pulse

Herd Immunity

Some people may wonder, if others are vaccinated, why do I have to get vaccinated?

Check out this [short video](#) where math professor Rena Petrello helps explain how herd immunity works.



Meet Dr. Robert Sack:

• What do you do at Moorpark?

I am licensed clinical psychologists at the Moorpark College Student Health Center. In my role, I provide support to the mental health team, assist in creating policy and producer, supervise the post-doctoral training program, and am the liaison to the Exotic Animal Training Management (EATM) program. As a liaison, I spend time at the program to engage with the staff and students to support any mental health needs that may arise.

• What is your favorite part of the job?

The most enjoyable part about my job are the students and staff I get to work with. Moorpark College understands and emphasizes the importance and need for mental health services and support. Being able to provide those services and see the positive impact being made is very rewarding for me. I also enjoy seeing the EATM students learn and perform their craft while training the animals. What they do is truly amazing.

• What do enjoy doing for fun?

When not working, I enjoy CrossFit, hiking, playing fantasy football and spending time with my wife and three children.

• What do you want students to know about using MC mental health services?

We are here for YOU! The Student Health Center, including mental health services, are here for the students of Moorpark College. As a student you receive up to 6 free therapy sessions per semester. Please take advantage and schedule a session with us. We have an amazing mental health team that would enjoy working with you.

Oops, I did it again: Bad one liners.

Why is corn the best vegetable to talk to? Because it is all ears.

If you want to talk to a human, contact the MC Student Health Center at [\(805\) 378-1413](tel:8053781413).



Ask Jazzy:

Question: If vaccinated people are still getting sick with COVID, why do I need to get vaccinated?

First off, we know that vaccinations reduce the spread of COVID-19 and significantly reduce hospitalization and severity of illness ([CDC](#)). Although being vaccinated does not completely prevent one from contracting COVID-19, the [CDC](#) believes that vaccinated people will spread the virus for less time than unvaccinated people, which helps us reduce the spread and get back to normal.

In September 2021, an **unvaccinated person was 5.8 times more likely to test positive for COVID-19 and 14 times more likely to die** from COVID-19 compared to a fully vaccinated individual ([CDC](#)). As of October 2021, unvaccinated individuals were over **12 times more likely to be hospitalized** for COVID-19 compared to vaccinated individuals.

As of December 8, 2021, in Ventura County (VC), unvaccinated individuals were 5.5 times more likely to contract COVID-19. When looking at the overall success of vaccinations in VC, as of December 8, 2021, the rate of infection among all vaccinated individuals in VC was .92%. The rate of hospitalization among the fully vaccinated population in VC was .045%.

However, we know that no vaccine is 100% effective against an illness, and we expect to see some hospitalizations and even deaths from vaccinated individuals. In VC, as of December 8, 2021, only about 5% of vaccinated COVID-19 cases resulted in hospitalization, and only .8% of vaccinated cases resulted in death. ([Ventura County Recovers](#))

The United States has about a 1.6% death rate from COVID-19, which may not sound extremely deadly, and many people think that because they are healthy, they will not be very affected. But, we know that death is not the only concern with COVID, as many people are experiencing debilitating, lasting symptoms commonly referred to as long COVID or long-haulers. Data and understanding long COVID is still rapidly evolving.

A [study](#) from the University of Washington found that "32.7% of COVID-19 outpatients developed long-haul symptoms and 31.3% of hospitalized patients became long hauler." And a study reported by [Penn State](#) found that nearly half of COVID patients will have long COVID for 6 months or more.

Long-haul symptoms are scary, but data shows that vaccinated individuals do much better. A national [study](#) in the United Kingdom of nearly 1 million people found that individuals who are vaccinated had a 49% lower chance of developing COVID symptoms that lasted longer than 4 weeks.

All in all, vaccinations can help us keep ourselves and others more protected against COVID-19.

Ask Jazzy

Have a COVID or COVID-19 vaccine question? Submit your question to mchealtheducator@gmail.com

Jazzy is the Student Health Center health education assistant. She has her bachelor's degree in health science and is currently a second year Master of Public Health (MPH) student at SJSU.