

ASK THE DOC



COVID-19 and Mental Health

COVID-19 DASHBOARD

As of January 10, 2022

Michigan Confirmed Cases

1,681,135

Michigan COVID-19 Deaths

27,878

Wayne County Cases

(excluding Detroit): 20,8945

Wayne County Deaths

(excluding Detroit): 3689

Detroit City Cases: 110,786

Detroit City Deaths: 2981

7-day average of new cases: ~ 15000/day

Michigan case fatality rate: 1.7 %

Wayne County fatality rate: 1.7%

Detroit Case fatality rate: 2.7%

Test positivity: 31.58%



Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.

Vaccination Dashboard

(For > 16 years)

1st dose tracker: 64.1%

Michigan (5 years and older)

First dose given: 5,985,193 (63.5 %)

Two doses given: 5,444,039 (57.8 %)

Wayne County:

First dose given: 720,470 (69.5 %)

Two doses given: 652,206 (71.3 %)

City of Detroit:

First dose given: 284,913 (45.6 %)

Two doses given: 236,030 (37.8 %)

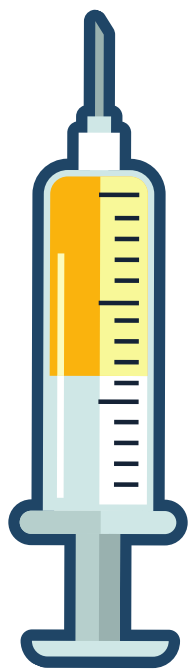
Michigan COVID-19 Vaccination Dashboard began including the population 5 years and older. This increased the population denominator and thus decreased coverage percentage.

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Who Can Get a Booster Shot



<p>IF YOU RECEIVED Pfizer-BioNTech</p>	<p>Who should get a booster:</p> <ul style="list-style-type: none"> Everyone 12 years and older 	<p>When to get a booster:</p> <ul style="list-style-type: none"> At least 5 months after completing your primary COVID-19 vaccination series 	<p>Which booster can you get:</p> <ul style="list-style-type: none"> Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations Teens 12–17 years old may only get a Pfizer-BioNTech COVID-19 vaccine booster
<p>IF YOU RECEIVED Moderna</p>	<p>Who should get a booster:</p> <ul style="list-style-type: none"> Adults 18 years and older 	<p>When to get a booster:</p> <ul style="list-style-type: none"> At least 5 months after completing your primary COVID-19 vaccination series 	<p>Which booster can you get:</p> <ul style="list-style-type: none"> Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations
<p>IF YOU RECEIVED Johnson & Johnson's Janssen*</p>	<p>Who should get a booster:</p> <ul style="list-style-type: none"> Adults 18 years and older 	<p>When to get a booster:</p> <ul style="list-style-type: none"> At least 2 months after receiving your J&J/Janssen COVID-19 vaccination 	<p>Which booster can you get:</p> <ul style="list-style-type: none"> Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) are preferred in most* situations

- Boosters have remained increasingly important as the highly contagious Omicron variant continues to spread quickly. While a booster sometimes is an exact replica of the initial vaccine, it can also be tweaked. With COVID-19, this is key because the vaccine could then be tailored to target particular variants of the virus.
- The current vaccines are still effective against the variants we are now seeing, particularly for protecting against serious illnesses that would require hospitalization or cause death. But if the virus evolves further and there is a worse variant, the vaccine could be modified
- The mRNA technology, which the Pfizer and Moderna vaccines use, is easy to change to match variants, and they can be quickly produced at scale. It is normal for virus-fighting antibodies—such as those that are stimulated by a COVID-19 vaccine—to wane over time. Monitoring antibody levels in the blood is one way to measure vaccine efficacy and research has found that protection remains high for six months after the second shot of a Pfizer or Moderna vaccine.

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However, some studies have shown a decline in antibody levels among vaccinated individuals beyond that point.

- If you felt ill or had any of the rare but largely harmless reactions to your initial COVID-19 vaccination, you may be leery of the idea of a third dose, in case it causes a similar or worse reaction. But according to the FDA, the most commonly reported side effects by individuals who received a booster dose included pain, redness, and swelling at the injection site; fatigue; headache; chills; and muscle or joint pain. Swollen lymph nodes in the underarm were observed more frequently following the booster dose than after the second dose. The FDA has been examining information about the risk of myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the outer lining of the heart) following vaccination with mRNA vaccines and has determined the benefits of a booster outweigh the risk of either condition.
- Case counts from the previous surge of the delta variant — considered more lethal than omicron — had been falling in early December before omicron emerged and ignited a new surge that has been the worst yet of the pandemic. The number of new cases have been reaching a record high during the pandemic.
- Michigan's hospitals are treating a record of over 5,000 confirmed or suspected COVID-19 patients, as omicron continues to rise through the state. For hospitals, the latest surge has put pressure in two directions: increasing the number of COVID-19 patients — now at a record high 27 percent of all occupied beds — and the staff who are contracting the virus.
- Public health experts say that the models predict the peak of the surge could come at the end of January, and the most pessimistic model shows hospitalizations could reach around 8,000 in Michigan.
- The new school guidance from the MDHHS says that you should isolate for five days if you test positive for COVID. Then, if you don't have symptoms, you can return to school as long as you are wearing a well-fitted mask for six to 10 days.

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<h3>School Quarantine Guidance</h3> <p>What to do when students or staff are exposed to COVID-19 in a school setting, but do not have symptoms.</p> <p>Students and staff experiencing symptoms should not attend school activities.</p> <p> Michigan.gov/Coronavirus</p>	<p><small>Students and staff should monitor for symptoms throughout quarantine period (days 1-10). If symptoms develop, test immediately. Day "0" is day of last close contact with a COVID-19 positive student, teacher or staff.</small></p>			
	<table border="1"> <tr> <td> <p> Up to Date on Vaccines No Need to Quarantine</p> </td> <td> <p>Actions to Take</p> <p>Students and staff without symptoms do not need to quarantine. They should monitor for symptoms and wear a well-fitted mask for 10 days.</p> </td> </tr> <tr> <td> <p> Not Up to Date on Vaccines Need to Quarantine</p> </td> <td> <p>Home quarantine for days 1-5 and test on day 5; and "Mask to Stay"* for days 6-10.</p> <p>OR</p> <p>"Test to Stay"** for days 1-6 AND "Mask to Stay"* for days 1-10.</p> <p>OR</p> <p>Home quarantine for days 1-10 if unable/unwilling to mask.</p> </td> </tr> </table> <p><small>*Mask to Stay: The consistent and correct use of a well-fitting mask when around others in school and public places **Test to Stay: Test every other day for six days following the exposure and consistent and correct use of a mask</small></p> <p><small>Students and staff who test positive for COVID-19 should not attend school and should isolate at home for five full days after symptom onset (or five days after the positive test if they do not have symptoms). They may return to school on day six if they have no symptoms and can wear a mask for five additional days.</small></p> <p>MDHHS continues to recommend universal masking in all K-12 school settings.</p>	<p> Up to Date on Vaccines No Need to Quarantine</p>	<p>Actions to Take</p> <p>Students and staff without symptoms do not need to quarantine. They should monitor for symptoms and wear a well-fitted mask for 10 days.</p>	<p> Not Up to Date on Vaccines Need to Quarantine</p>
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COVID-19 Testing Resources:

- [Home COVID tests to be covered by insurers](#)
- [Where to get COVID test in Michigan, what to do with at-home test results](#)

Need help getting vaccinated? Disability Rights Michigan advocates can represent people with disabilities, family members, or caregivers who want a vaccine and cannot get one.

Mental Health Help:

- Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. The COVID-19 pandemic has left many people feeling anxious or depressed. The DWIHN website offers a free and anonymous assessment to help you determine if you or someone you care about should connect with a behavioral health professional. <https://screening.mentalhealthscreening.org/DWIHN>
- Another excellent digital tool to support mental health is myStrength, an app with web and mobile tools designed to support your goals and wellbeing. myStrength's highly interactive, individually-tailored resources allow users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health. Visit the DWIHN website to learn more.