

# ASK THE DOC



## COVID-19 and Mental Health

### COVID-19 DASHBOARD

As of November 17, 2021

**Michigan Confirmed Cases**

1,209,712

**Michigan COVID-19 Deaths**

22,862

**Wayne County Cases**

(excluding Detroit): 142,387

**Wayne County Deaths**

(excluding Detroit): 3069

**Detroit City Cases:** 70,240

**Detroit City Deaths:** 2625

**7-day average of new cases:** ~ 7000

**Michigan case fatality rate:** 21.9%

**Wayne County fatality rate:** 2.2%

**Detroit Case fatality rate:** 3.8%

**Test positivity:** 18.39%



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

### Vaccination Dashboard

(For > 16 years)

**1st dose tracker: 70.2%**

**Michigan (12 years and older)**

**First dose given: 5,639,048 (59.9%)**

**Two doses given: 5,155,579 (54.7 %)**

**Wayne County:**

**First dose given: 680,833 (67.4%)**

**Two doses given: 620,624 (61.4 %)**

**City of Detroit:**

**First dose given: 266,682 (42.7%)**

**Two doses given: 223,126 (35.7%)**

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



## COVID-19 and Mental Health

### COVID-19 News

- The state reached its goal of getting 70% of residents ages 16 and older with at least one dose of COVID-19 vaccine, two months later than initially expected.
- Michigan now has the highest COVID-19 rate in the nation, as the state reported 21,034 new cases on Monday, or an average of 7,011 for each of the past three days.
- Case counts are surging in Detroit and 72 of the state's 83 counties. The seven-day average has increased nearly 50 percent in one week.
- In the past week, 16-18% of all coronavirus tests came back .
- COVID-19 hospitalizations in Michigan hit a seven-month high Monday with more than 3,000 people ailing from the virus and a surge of cases.
- Nationally, influenza activity is still low, however, an increasing number of an influenza A(H3N2) viruses have been reported by public health laboratories in the most recent weeks. The majority of influenza positives reported for Week 44 were from Michigan and can be linked to an outbreak among young adults in a school setting in the SE region of the state. Influenza is reported at the University of Michigan's Ann Arbor campus, with 528 cases diagnosed since Oct. 6. A team of investigators from the U.S. Centers for Disease Control and Prevention will be on campus this week trying to learn more about the spread of the virus and the effectiveness of this year's flu vaccine. Per reports, among those who've contracted flu at U-M this fall, 77% didn't get a flu vaccine.
- Per reports, Pfizer has submitted a request to FDA asking for authorizing boosters for all individuals 18 and above regardless of their risks, awaiting further decision.



**COVID-19 and Mental Health**

**"Holiday Blues"**

**WHAT ARE THE HOLIDAY BLUES?**

In a survey on the Holiday Blues

**64% say they are affected**

and 24% say the holidays affect them a lot.

**So, what are they?**

The Holiday Blues are temporary feelings of anxiety or depression during the holidays that can be associated with extra stress, unrealistic expectations or even memories that accompany the season.

**This might include:**

<b>Fatigue</b>	<b>Loneliness or isolation</b>
<b>Tension</b>	<b>Sadness</b>
<b>Frustration</b>	<b>A sense of loss</b>

The difference between the holiday blues and clinical anxiety or depression is that the feelings are temporary. However, short-term problems must still be taken seriously because they can lead to long-term mental health conditions.

**Tips for avoiding the Holiday Blues**

-  Stick to normal routines as much as possible.
-  Get enough sleep.
-  Take time for yourself, but don't isolate yourself. Spend time with supportive, caring people.
-  Eat and drink in moderation. Don't drink alcohol if you are feeling down.
-  Get exercise—even if it's only taking a short walk.
-  Make a to-do list. Keep things simple.
-  Set reasonable expectations and goals for holiday activities such as shopping, cooking, entertaining, attending parties or sending holiday cards.
-  Set a budget for holiday activities. Don't overextend yourself financially in buying presents.
-  Listen to music or find other ways to relax.





## COVID-19 and Mental Health

### Other Useful Information:

Everyone 12 years of age and older is now recommended to get a COVID-19 vaccination. Get a COVID-19 vaccine as soon as you can. Widespread vaccination is a critical tool to help stop the pandemic. Please visit [www.Michigan.gov/COVIDvaccine](http://www.Michigan.gov/COVIDvaccine) for the latest information about vaccination.

You can find vaccination site near you by using:

<https://vaccinefinder.org/search>. You can also find vaccine locations near you by texting your zip code to 438829.

### 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.