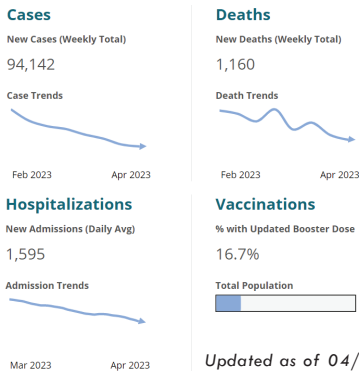


# KIP Health Brief

## April 2023

### COVID-19 UPDATE

U.S. Public Health Emergency expires May 11th - we are in a much better place in our response than we were 3 years ago!



The WHO still considers COVID-19 a pandemic



#### Feeling unwell after COVID-19?

Nearly 1 in 5 adults who have had COVID-19 still have "Long COVID"

People with long COVID can experience symptoms that can last weeks, months, or even years following infection

Visit [cdc.gov](https://www.cdc.gov) for more information on Long COVID

### RESEARCH STUDY OF THE MONTH

#### Early Estimates of Bivalent mRNA Booster Dose Vaccine Effectiveness in Preventing Symptomatic SARS-CoV2 Infection

An updated COVID-19 vaccine *helped prevent* illness from Omicron XBB-related variants\*

APPOINTMENT SCHEDULED

Thank you for scheduling your appointment for a COVID-19 vaccine. We look forward to seeing you next week.

TUESDAY  
COVID-19 Vaccine Appt.

Talk to your doctor about getting an updated COVID-19 vaccine if your last dose was before September 2022

\* Among people receiving 2-4 doses of the original COVID-19 vaccine

[bit.ly/mm72051](https://bit.ly/mm72051)

MMWR

JANUARY 26, 2023

### HEALTH & WELL-BEING

#### 6 Strategies for a Healthy Spring



Move more, sit less



Eat healthy foods



Choose your drinks wisely



Get enough sleep



Be sun safe



Learn your health history

[cdc.gov](https://www.cdc.gov)

### REMINDERS

#### Am I up-to-date on my COVID-19 vaccine?

COVID-19 vaccine recommendations are based on three things:

1. Your age
2. The vaccine you first received
3. The length of time since your last dose



Visit [vaccines.gov](https://www.vaccines.gov) to check out updated booster guidances & to find a COVID-19 vaccine location near you

#### Should I go out if I'm feeling under the weather, even if it's not COVID-19?

No, please stay home! Just like with COVID-19, staying home when feeling symptoms, such as headache, fever, or runny nose, can allow yourself to recover & protect others from getting sick

### USEFUL RESOURCES

[HealthData.gov](https://www.healthdata.gov)



[Michigan.gov](https://www.michigan.gov)



Western Upper Peninsula Health Department



To stay up-to-date on Michigan's reproductive health access, visit: [plannedparenthoodaction.org](https://www.plannedparenthoodaction.org)

#### MAY IS...

**National Bike Month**

National Bike to Work Week is May 15-31

**Mental Health Awareness Month**

[Click here for resources](#)

**UP COMMUNITY HEALTH TOWN HALL**

Final Thursday of every month