

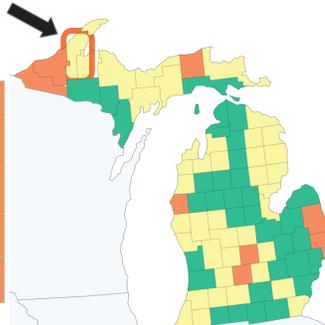
KIP COVID-19 Brief

February 28 - March 4, 2022

CASE TRENDS

CDC's COVID-19 Community Levels and Indicators

New Cases (per 100,000 population in the last 7 days)	Indicators	Low	Medium	High
Fewer than 200	New COVID-19 admissions per 100,000 population (7-day total)	<10.0	10.0-19.9	≥20.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	<10.0%	10.0-14.9%	≥15.0%
200 or more	New COVID-19 admissions per 100,000 population (7-day total)	NA	<10.0	≥10.0
	Percent of staffed inpatient beds occupied by COVID-19 patients (7-day average)	NA	<10.0%	≥10.0%



The COVID-19 community level is determined by the higher of the inpatient beds and new admissions indicators, based on the current level of new cases per 100,000 population in the past 7 days



COVID-19 County Check
Find community levels and prevention steps by county.

What Prevention Steps Should You Take Based on Your COVID-19 Community Level?

Low	Medium	High
<ul style="list-style-type: none"> Stay up to date with COVID-19 vaccines Get tested if you have symptoms 	<ul style="list-style-type: none"> If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions Stay up to date with COVID-19 vaccines Get tested if you have symptoms 	<ul style="list-style-type: none"> Wear a mask indoors in public Stay up to date with COVID-19 vaccines Get tested if you have symptoms Additional precautions may be needed for people at high risk for severe illness

People may choose to mask at any time. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

Medium

In Houghton County, Michigan, community level is Medium.

RESEARCH STUDY OF THE WEEK

SARS-CoV-2 B.1.1.529 (Omicron) Variant Transmission Within Households — Four U.S. Jurisdictions, November 2021–February 2022

In households* of people with COVID-19 caused by the Omicron variant, spread was common

1 in 2 household contacts developed COVID-19†

The spread was lowest among household contacts when the person with COVID-19:

- ✓ isolated from others
- ✓ wore a mask in the home
- ✓ was up to date with COVID-19 vaccines

Prevent COVID-19 spread at home to protect your loved ones

* Chicago, Illinois; Connecticut; Minnesota; Wisconsin; Feb. 2021–Feb. 2022
† Of 413 household contacts of patients with Omicron variant, 237 tested positive or developed COVID-19 symptoms

bit.ly/MMWR7109 **MMWR**

HOW TO FIND INFORMATION

Find a COVID-19 vaccine or booster: Search vaccines.gov, text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

Traveling Internationally?
All air passengers, regardless of vaccination status, must show a negative COVID-19 test taken no more than 1 day before travel to the United States.

Travel

- Domestic Travel During COVID-19
- International Travel +
- Mask Requirement
- Cruise Ship Travel
- Travel FAQs
- Communication Resources for Travelers +

MASK UP IT'S REQUIRED



Everyone on board must wear a mask.

Masks are required on **planes, buses, trains,** and other forms of public transportation in the United States. This includes when you are traveling into and out of the U.S.

Masks are also required anytime you are inside a U.S. **transportation hub,** such as an airport, train station, or bus station.



cdc.gov/coronavirus

HEALTH & WELLBEING

ADULTS

WHO guidelines on physical activity and sedentary behaviour



CDC Lists Physical Inactivity as a Risk Factor for severe COVID-19 outcomes



USEFUL RESOURCES

HealthData.gov



Michigan.gov

Western Upper Peninsula Health Department



COPPER COUNTRY STRONG

To stay up-to-date on Michigan Tech's response, visit: mtu.edu/flex/

TIPS FOR TRAVEL

GET TESTED BEFORE & AFTER -- [CLICK HERE TO FIND A TEST NEAR YOU](#)

CHECK COVID-19 COMMUNITY LEVEL OF DESTINATION -- [CLICK HERE](#)

FREE AT HOME COVID TESTS
[WWW.COVIDTESTS.GOV](https://www.covidtests.gov)