**KIP Health Brief**

**December 2022**

**CASE TRENDS**

**Michigan State Synopsis**

<table>
<thead>
<tr>
<th>7 day average as of 12/09/22</th>
<th>New COVID-19 Cases per 100,000</th>
<th>Nucleic Acid Amplification Test (NAAT) positivity rate</th>
<th>New Confirmed COVID-19 Hospital Admissions per 100,000</th>
<th>New COVID-19 Deaths per 100,000</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last Week</td>
<td>Change from Previous Week</td>
<td></td>
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<td>---</td>
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<tr>
<td>119</td>
<td>+35%</td>
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<tr>
<td>12.9%</td>
<td>+0.8%</td>
<td></td>
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<tr>
<td>9.4</td>
<td>+12%</td>
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<tr>
<td>2.4</td>
<td>+114%</td>
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</tbody>
</table>

**COVID-19 Vaccinations**

- Total fully vaccinated: 6,197,737 people (62.1% of total pop.)
- <5 years with at least one dose: 25,073 people (4.4% of <5 pop.)
- 5+ years fully vaccinated: 6,185,541 people (65.7% of 5+ pop.)
- 12+ years received booster: 3,547,164 people (59.6% of 12+ fully vaccinated pop.)
- 65+ years received booster: 1,278,737 people (79.5% of 65+ fully vaccinated pop.)

**USEFUL RESOURCES**

- healthdata.gov
- vaccines.gov
- covid.cdc.gov

**HEALTH&WELL-BEING**

**6 Tips to Stay Active This Winter!**

- Monitor the weather and plan ahead
- Do some chores
- Take nature walks
- Workout online
- Wear layers
- Volunteer in active ways while maintaining social distance

**AVOID WINTER “TRIPLE DEMIC”**

Flu, COVID-19, and Respiratory Syncytial Virus (RSV) are respiratory viruses that can infect people of all ages, spreading the same time this winter.

- Stay home when you're sick
- Get vaccinated for flu and COVID-19
- Washing hands
- Wearing masks

**SCHEDULE VACCINES**

Visit vaccines.gov to find updated vaccines (for those already vaccinated) & primary vaccines (for those not yet vaccinated) & flu vaccines near you

**GATHERING SAFELY DURING HOLIDAYS**

Visit upandmoving.org to find Up and Moving Dates and Times

**COVID-19 Community Level**

- Houghton County
  - Case Rate per 100,000 population: 64.45
  - New COVID-19 admissions per 100,000 population: 4.3
  - % Staffed inpatient beds in use by patients with confirmed COVID-19: 1.96

- Michigan State (Low determined by reported cases, not included at-home test results)