**COVID-19 CASE TRENDS**

<table>
<thead>
<tr>
<th>Houghton County</th>
<th>Michigan State Synopsis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Case Rate per 100,000 population</td>
<td>8.67</td>
</tr>
<tr>
<td>% Staffed inpatient beds in use by patients with confirmed COVID-19</td>
<td>6.5%</td>
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7 day average as of 09/08/22

- **New COVID-19 Cases per 100,000**
  - New COVID-19 Deaths per 100,000
  - Nucleic Acid Amplification Test (NAAT) positivity rate

**COVID-19 Vaccinations**

- Total fully vaccinated
- <5 years with at least one dose
- 5-11 years fully vaccinated
- 12+ years fully vaccinated
- 65+ years received booster

**RESEARCH STUDY OF THE MONTH**


Guidance to help you make informed decisions to prevent severe COVID-19

1. Know your risk
2. Protect yourself
3. Take action if exposed
4. Take action if you are sick or test positive

**COVID-19 BOOSTER GUIDANCE**

**Am I eligible for a booster?**

- **1st booster:** 5 months after completing first series (ages 5+)
- **2nd booster:** 4 months after 1st booster (ages 18+)

**What is the new bivalent booster?**

The updated booster vaccine protects against two variants: the original COVID-19 variant and the Omicron variant

**Can I get my flu shot at the same time as my booster?**

Yes! Both the COVID-19 vaccine & flu shot help reduce the burden of illnesses, hospitalizations, & deaths on the health care system each year. If you're able to, it's recommended to get both vaccines

**USEFUL RESOURCES**

- HealthData.gov
- Michigan.gov
- CDC
- Western Upper Peninsula Health Department
- Copper County Strong

**SCHEDULE YOUR COVID-19 BOOSTER**

Visit vaccines.gov to find a COVID-19 vaccine or booster near you

To find information regarding recent changes in Michigan’s reproductive health access, visit plannedparenthoodaction.org

**HEALTH & WELL-BEING**

6 Strategies for Improving Your Emotional Health

- Build resilience
- Reduce stress
- Get quality sleep
- Strengthen social connections
- Cope with loss
- Be mindful

NIH Emotional Wellness Toolkit; nih.gov

**KIP Department Seminar:**

Autonomic Control of Circulation for Health & Disease
September 30th from 3-4pm
ATDC 101 or via Zoom