

KIP Health Brief

September 2022

COVID-19 CASE TRENDS

Michigan State Synopsis

7 day average as of 09/08/22

New COVID-19 Cases per 100,000

Nucleic Acid Amplification Test (NAAT) positivity rate

New Confirmed COVID-19 Hospital Admissions per 100,000

New COVID-19 Deaths per 100,000

Last Week

Change from Previous Week

159	-17%
20.6%	-0.3%
10.9	+2%
0.8	-36%

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

6,105,673 people

18,282 people

225,663 people

5,876,098 people

1,232,093 people

61.1% of total pop.

3.2% of <5 pop.

27.3% of 5+ pop.

68.4% of 12+ pop.

77.9% of fully vaccinated 65+ pop.

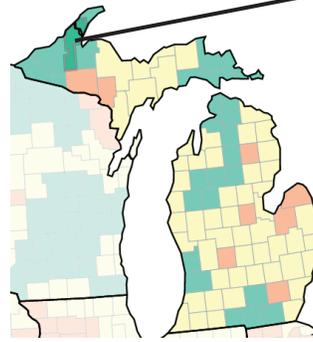
healthdata.gov

Houghton County

Case Rate per 100,000 population 86.87

New COVID-19 admissions per 100,000 population 6.5

% Staffed inpatient beds in use by patients with confirmed COVID-19 0.5%



Indicator	Low	Medium	High
New COVID-19 admissions per 100,000 population (7-day total)²	<10.0	10.0-19.9	≥20.0
Percent of staffed inpatient beds in use by COVID-19 patients (7-day average)³	<10.0%	10.0-14.9%	≥15.0%

Low
Limited impact on healthcare system; low levels of severe illness

covid.cdc.gov

RESEARCH STUDY OF THE MONTH

Summary of Guidance for Minimizing the Impact of COVID-19 on Individual Persons, Communities, & Health Care Systems — August 2022

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

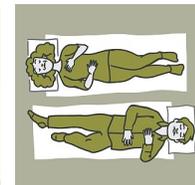
CDC MMWR AUGUST 11, 2022

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

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

Don't forget to schedule your booster shot!

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

Western Upper Peninsula Health Department



COPPER COUNTRY STRONG

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

SCHEDULE YOUR COVID-19 BOOSTER

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

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