**KIP COVID-19 Brief**  
October 4-8, 2021

**CASE TRENDS**

**Michigan State Synopsis**
7 day average as of 10/01/21

- **Rate of New COVID-19 Cases Per 100,000**
- **Nucleic Acid Amplification Test (NAAT) Positivity Rate**
- **New Confirmed COVID-19 Hospital Admissions / 100 Beds**
- **Rate of New COVID-19 Deaths Per 100,000**
- **Community Transmission Level**
- **People Received At Least 1 Dose**
- **People 18+ Received At Least 1 Dose**
- **People Fully Vaccinated**
- **People 18+ Fully Vaccinated**

**LAST WEEK** | **CHANGE FROM PREVIOUS WEEK**
---|---
252 | +10%
8.0% | -0.2%
7.0 | +11%
1.1 | +14%

**Houghton County**
44.8 new daily cases per 100,000 people

**USEFUL RESOURCES**
- [HealthData.gov](https://healthdata.gov)
- [Coronavirus.jhu.edu](https://coronavirus.jhu.edu)

**RESEARCH STUDY OF THE WEEK**

**MMWR**
Monitoring Incidence of COVID-19 Cases, Hospitalizations, and Deaths, by Vaccination Status
Scobie et al.

- After Delta became the most common variant,* fully vaccinated people had reduced risk of...

**INFECTION** | **HOSPITALIZATION** | **DEATH**
---|---|---
5X | >10X | >10X

**Vaccination offers strong protection against COVID-19**

**PHYSICAL ACTIVITY BENEFIT OF THE WEEK**

**Why should we resistance train?**

- Muscle strength, endurance, & power
- Bone, muscle, & connective tissue growth & durability
- Communication between brain & muscle
- Blood glucose regulation
- Growth hormones
- Aerobic fitness

**USEFUL RESOURCES**
- [HealthData.gov](https://healthdata.gov)
- [Michigan.gov](https://michigan.gov)
- [CDC](https://www.cdc.gov)
- [WHO](https://www.who.int)
- [Educational Institutions](https://www.mtu.edu)
- [CDC](https://www.cdc.gov)
- [WHO](https://www.who.int)
- [Peer-Reviewed Articles](https://www.ncbi.nlm.nih.gov)

**How to find information**
Consuming a healthy news diet: What's on your plate?

**CALL FOR ABSTRACTS!**
The Health Research Institute is accepting abstracts for the HRI Journal Fall Club Student Forum, to be held Thursday, November 18 from 1-8pm in GLRC 201/202

Abstracts due: October 18 at 11:59pm

**October Flu Shot Clinics**
- Tuesday, October 12, 2021
- Tuesday, October 19, 2021
- Thursday, October 28, 2021

---

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