

# ASK THE DOC



## COVID-19 and Mental Health



*Dr. Shama Faheem is the Chief Medical Officer for the Detroit Wayne Integrated Health Network.*

### COVID-19 DASHBOARD

**As of January 31, 2022**

**Michigan Confirmed Cases**  
1,959,371

**Michigan COVID-19 Deaths**  
29,778

**Wayne County Cases**  
(excluding Detroit): 24,8855

**Wayne County Deaths**  
(excluding Detroit): 3958

**Detroit City Cases:** 125,473

**Detroit City Deaths:** 3160

**7-day average of new cases:** ~ 13000/day

**Michigan case fatality rate:** 1.5 %

**Wayne County fatality rate:** 1.6%

**Detroit Case fatality rate:** 2.5%

**Test positivity:** 23.17%

### Vaccination Dashboard

(For > 16 years)  
1st dose tracker: 65.10%

Michigan (5 years and older)  
First dose given: 6,074,162 (64.5 %)  
Two doses given: 5,528,343 (58.7 %)

Wayne County:  
First dose given: 730,682 (72.3 %)  
Two doses given: 661,886 (65.5%)

City of Detroit:  
First dose given: 292,283 (46.8 %)  
Two doses given: 242,230 (38.8 %)

## ASK THE DOC



## COVID-19 and Mental Health

### Ask the Doc Q & A

#### Q: Is Omicron really mild?

For many people, especially those who are vaccinated and otherwise healthy, Omicron does appear to have relatively mild symptoms, including upper respiratory or cold-like symptoms like runny nose congestion, sneezing, and sore throat, which is relatively common, and headaches.



#### If Omicron is relatively mild, why are hospitals overloaded?

The number of individuals infected with COVID-19 is dramatically higher than at any other time in the pandemic. While the infections are mild in most people, those who have more severe symptoms still represent a significant number of people. A small percent of a large number is still a large number. There are serious cases of all ages with Omicron infection who are ill enough to need intensive care unit level care and we continue to see deaths, particularly in people who are unvaccinated.

#### We have heard that Omicron is mild so is there any benefit to deliberately catching Omicron to improve your immunity if you are vaccinated?

Getting deliberately exposed is not suggested. This can lead to people getting infected at once and if you happen to need medical care, you may encounter long wait times and place unnecessary stress on already overburdened healthcare providers and systems. You can also place other potentially vulnerable people at risk for infection that could result in serious illness for those individuals. In addition, if you are infected you will need to isolate potentially taking you away from important occupational or educational functions. Vaccination and, in particular, getting a booster provide robust immunity. Whether or not infection in the setting of being fully boosted provides more durable immunity isn't yet known.

#### Does the booster offer any protection against COVID-19 infection?

Vaccine effectiveness is lower for infections from Omicron than from Delta, especially for those who have only completed a primary series but have not been boosted. Those who have received a booster have significantly higher protection against any severity of disease compared to those without a booster. Vaccine effectiveness of a booster for Omicron is about 65% for symptomatic infection and more highly protective against severe disease and hospitalization.

#### Are we nearing the peak of Omicron cases?

It is not a peak until after you see the upward slope turn downward. We may be reaching a plateau, and this is where prevention behaviors can really help us. Those include getting vaccinated including getting boosted, wearing masks whenever indoors when around people not in your immediate household, and staying home if you are sick.

## ASK THE DOC



## COVID-19 and Mental Health

### How long after getting a positive Covid-19 test can a person retest for Covid-19?

Once you've tested positive for the virus, you do not need to be tested again for 90 days from symptom onset if you remained asymptomatic. However, if you develop symptoms of COVID-19 during that three-month period, and if clinicians cannot identify another cause for these symptoms, you may need to be re-tested at that time. The page and charts on this CDC page can be further helpful:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html>

- Test positivity has decreased to some extent. Some hospitals reported seeing a plateau.
- Every home in the U.S. is eligible to order #4 free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. People can order your tests now so you have them when you need them. [Order Free At-Home Tests](#)

If you need a COVID-19 test now, please see [other testing resources](#) for free testing locations in your area.

The White House said "tests will typically ship within 7-12 days of ordering" through the U.S. Postal Service, which reports shipping times of 1-3 days for its first-class package service in the continental United States. The Centers for Disease Control and Prevention recommends at-home testing when experiencing COVID-19 symptoms including fever, cough, sore throat, respiratory symptoms, and muscle aches, five days after potential COVID-19 exposure, or as part of test-to-stay protocols in schools and workplaces.

- Governor Gretchen Whitmer announced the Michigan Department of Health and Human Services (MDHHS) is distributing 10 million free KN95 masks to ensure Michiganders can protect themselves from COVID-19 as the state continues to face the Omicron variant. Find a distribution site at [Michigan.gov/MaskUpMichigan](https://Michigan.gov/MaskUpMichigan)

Masks are available through [MDHHS offices](#), [local health departments](#), [Area Agency on Aging offices](#), [Community Action Agencies](#), [Federally Qualified Health Centers](#), and [Programs of All-Inclusive Care for the Elderly \(PACE\)](#).

Some agencies will further distribute the masks to local partners such as homeless shelters.

Meijer and Kroger are offering three free N95 masks to customers. The masks are delivered as part of the U.S. Department of Health & Human Services' free mask program.

# ASK THE DOC



## COVID-19 and Mental Health

### **Mental Health Help:**

- Behavioral health – which includes mental health, substance use, and more – is a key part of your overall well-being. The COVID-19 pandemic has left many people feeling anxious or depressed. The DWIHN website offers a free and anonymous assessment to help you determine if you or someone you care about should connect with a behavioral health professional.  
<https://screening.mentalhealthscreening.org/DWIHN>
- Another excellent digital tool to support mental health is myStrength, an app with web and mobile tools designed to support your goals and wellbeing. myStrength's highly interactive, individually-tailored resources allow users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health. Visit the DWIHN website to learn more.