

# ASK THE DOC



## COVID-19 and Mental Health



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### COVID-19 DASHBOARD

**As of October 26, 2021**

**Michigan Confirmed Cases**

1,112,490

**Michigan COVID-19 Deaths**

21,918

**Wayne County Cases**

(excluding Detroit): 132,760

**Wayne County Deaths**

(excluding Detroit): 2976

**Detroit City Cases:** 65,438

**Detroit City Deaths:** 2575

**7-day average of new cases:** ~ 3210

**Michigan case fatality rate:** 2.0%

**Wayne County fatality rate:** 2.3%

**Detroit Case fatality rate:** 4.0%

**Test positivity:** 10.72%

### Vaccination Dashboard

**(For > 16 years)**

**1st dose tracker: 68.7%**

**Michigan (12 years and older)**

**First dose given: 5,457,034 (63.5 %)**

**Two doses given: 5,075,029 (59 %)**

**Wayne County:**

**First dose given: 661,209 (71.9%)**

**Two doses given: 610,479 (66.4 %)**

**City of Detroit:**

**First dose given: 259,082 (46.56%)**

**Two doses given: 216,669 (38.9%)**

On 5/13/2021, the Michigan COVID-19 Vaccination Dashboard began including the population 12 years and older. This increased the population denominator by 497,961 people (from 8,096,917 to 8,594,878) and thus decreased coverage percentage.

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### COVID-19 News

Recently, the FDA authorized and the CDC recommended boosters for millions of people who received the Moderna and Johnson & Johnson vaccines, following a similar endorsement for Pfizer boosters last month.

- Pfizer and Moderna boosters are now recommended for people 65 and up and younger adults with health problems, high-risk jobs, or other situations that put them at high risk of COVID-19 infection. The doses are for those who received their second shot at least six months ago. The J & J booster is recommended for people 18 and older at least two months after the initial dose.
- Although Pfizer has been given full authorization for its vaccine for ages 16 and up, boosters from all three vaccine manufacturers are still under an EUA.

#### ***Why might we need a booster for COVID-19?***

While a booster sometimes is an exact replica of the initial vaccine, it can also be tweaked. With COVID-19, this is key because the vaccine could then be tailored to target particular variants of the virus.

#### ***How will we know if we need a booster?***

It is normal for virus-fighting antibodies—such as those that are stimulated by a COVID-19 vaccine—to wane over time. Monitoring antibody levels in the blood is one way to measure vaccine efficacy and research has found that protection remains high for six months after the second shot of a Pfizer or Moderna vaccine.

#### ***Could you mix and match vaccines in a booster?***

The FDA and CDC recently supported a “mix-and-match” approach that allows people to choose a different vaccine for their booster than the one they started with.

#### ***Could a booster cause more or worse side effects?***

The most common side effects reported after getting a third shot of an mRNA vaccine, the type made by Moderna and Pfizer, were pain at the injection site, fatigue, muscle pain, headache and fever, followed by chills and nausea, according to the CDC data. Side effects were similar to those seen after the second dose of an mRNA vaccine, according to the data.



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### ***What is the status of vaccine approval for children ages 5-12 years old?***

The FDA's Vaccines and Related Biological Products Advisory Committee is meeting this week to discuss this topic. Many parents are anxiously awaiting the approval with schools now open across the U.S. and the delta variant driving a surge in children's cases. The FDA is expected to quickly grant emergency approval for the shots before passing the matter on to the CDC for review next week. The plan is to vote on a smaller dosage for kids at a third of the amount of an adult dose, which is what Pfizer and BioNTech tested on kids.

### ***Should children receive the Covid-19 vaccine?***

There have been more than 2,000 Covid-19 related school closures nationwide since August, affecting more than 1 million children and 68,000 teachers. School closures can impact a child's social, emotional and physical well-being. The CDC presented data at the FDA's meeting on 562 children ages 5 to 11 who were hospitalized from March 2020 through August. The CDC's analysis identified underlying medical conditions – such as obesity, chronic lung disease and neurological disorders – as risk factors for severe disease. Of the 562 children hospitalized, 68% had at least one underlying condition. The most common underlying medical condition was lung disease, primarily asthma.

Although fewer children have been infected compared to adults, children can:

- Be infected with the virus that causes COVID-19
- Get sick from COVID-19
- Spread it to others

The CDC continues to recommend the vaccine for children 12 years and older.

### ***Myocarditis Cases***

There have been 1,640 cases of myocarditis reported in people under 30 who received Pfizer or Moderna's vaccines as of Oct. 6, according to a CDC official. Just 877 met the CDC's case definition for myocarditis, and 637 of the reported cases are still under review. At least 829 of the people with the rare heart condition were hospitalized, but the majority of them recovered and were discharged.



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### Other Useful Information:

Everyone 12 years of age and older is now recommended to get a COVID-19 vaccination. Get a COVID-19 vaccine as soon as you can. Widespread vaccination is a critical tool to help stop the pandemic. Please visit [www.Michigan.gov/COVIDvaccine](http://www.Michigan.gov/COVIDvaccine) for the latest information about vaccination.

You can find vaccination site near you by using:

<https://vaccinefinder.org/search>. You can also find vaccine locations near you by texting your zip code to 438829.

#### 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.