



## Weekly COVID-19 Newsletter

Shama Faheem, M.D



As of May 3<sup>rd</sup>, 2021

### Michigan

Total COVID-19 Confirmed Cases: 849,420

Total COVID-19 Deaths: 17,771

Wayne County cases (excluding Detroit): 97238

Wayne County Deaths (excluding Detroit): 2348

Detroit City Cases: 47698

Detroit City Deaths: 2034

7-Day Average of New cases: 3368

Michigan Case Fatality Rate: 2.1

Michigan Test Positivity Rate: 11%

### Vaccination Dashboard:

#### Michigan

First dose given: 4,079,349 (50.4%)

Two doses given: 3,148, 457(38.9%)

#### Wayne County:

First dose given:482,644 (55.9%)

Two doses given: 357,765 (41.4%)

#### City of Detroit:

First dose given:162,249 (31.2%)

Two doses given:115,631 (22.2%)

### **Latest COVID-19 News:**

- ❖ Hospitalizations dropped 17% last week compared to the previous week; the number of new cases was down 26% during that time. Seventy of Michigan's 83 counties saw a decline in cases last week compared to April 18-24, and 60 saw a drop in their positivity rates.
- ❖ Pfizer has applied for emergency use authorization for its coronavirus vaccine for teens and children ages 12 to 15. The US Food and Drug Administration is expected to authorize Pfizer/BioNTech's coronavirus vaccine in children and teens ages 12 to 15 soon.
- ❖ The first case of the India variant of COVID-19, B.1.617, has been identified in Clinton County north of Lansing.
- ❖ Effective April 23, 2021, CDC and FDA have recommended that use of Johnson & Johnson's Janssen (J&J/Janssen) COVID-19 Vaccine resume in the United States. However, women younger than 50 years old especially should be aware of the rare risk of blood clots with low platelets after vaccination, and that other COVID-19 vaccines are available where this risk has

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not been seen. If you received a J&J/Janssen vaccine. The FDA has determined that the available data show that the vaccine's known and potential benefits outweigh its known and potential risks in individuals 18 years of age and older.

- ❖ The Ford Field mass vaccination site will be offering free one-dose Johnson & Johnson COVID-19 vaccines during its final two weeks of operation, starting Tuesday, May 4 through May 17. The site will also provide free second doses of the Pfizer vaccine for anyone who has a need, no matter where the first dose was received. First dose needs to have occurred 21 days prior to receiving the second dose, and people should bring their CDC vaccination card. The site will accept walk-ins starting May 4, but people are still encouraged to register for an appointment by texting EndCOVID to 75049 or calling the MDHHS COVID-19 Hotline at 888-535-6136.

- ❖ Based on updated CDC guide on April 27<sup>th</sup>, fully vaccinated people can:

- *Visit with other fully vaccinated people indoors without wearing masks or physical distancing*
- *Visit with unvaccinated people (including children) from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing*
- *Participate in outdoor activities and recreation without a mask, except in certain crowded settings and venues*
- *Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel*
- *Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States*
- *Refrain from testing following a known exposure, if asymptomatic, with some exceptions for specific settings*
- *Refrain from quarantine following a known exposure if asymptomatic*
- *Refrain from routine screening testing if asymptomatic and feasible.*
- *Underscores that immunocompromised people need to consult their healthcare provider about these recommendations, even if fully vaccinated.*

- ❖ CDC real world data released earlier in April included prospective cohorts of 3,950 health care personnel, first responders, and other essential and frontline workers who completed weekly SARS-CoV-2 testing for 13 consecutive weeks. Under real-world conditions, mRNA vaccine effectiveness of full immunization ( $\geq 14$  days after second dose) was 90% against SARS-CoV-2 infections regardless of symptom status; vaccine effectiveness of partial immunization ( $\geq 14$  days after first dose but before second dose) was 80%. Preliminary evidence suggests that the currently authorized COVID-19 vaccines may provide some protection against a variety of strains.

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- ❖ A growing body of evidence suggests that fully vaccinated people are less likely to have asymptomatic infection and potentially less likely to transmit SARS-CoV-2 to others. However, further investigation is ongoing. (<https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/fully-vaccinated-people.html>)
- ❖ In an attempt to mitigate the spread of COVID-19, the Michigan Department of Health and Human Services (MDHHS), in partnership with the Michigan Department of Transportation (MDOT) and select Michigan airports, are piloting a *Travel Points Testing* program this spring - bringing antigen COVID-19 testing to locations with high volumes of travel. Quick and cost-free testing will be offered at several Michigan Welcome Centers and airports throughout the state, with results available in as little as 15 minutes. Walk ups are taken as space allows, and an option to register online while in line via a mobile device will also be available.
- ❖ Governor Gretchen Whitmer and the Michigan Department of Health and Human Services announced the state is working to expand the use of a medical intervention designed to significantly reduce hospitalizations and deaths due to COVID-19. This involves additional doses of monoclonal antibodies being made available to providers and requests to providers to expand the number of infusion sites in the state. There are many sites providing mAb in Michigan currently in at least 37 counties. The goal is for 50% of eligible high-risk Michiganders who test positive for COVID-19 to receive the mAb therapy within 10 days of symptom onset.
  - *The National Institutes of Health and Infectious Disease Society of America recommend the following combinations of monoclonal antibodies to treat outpatients with mild to moderate COVID-19 who are at risk of clinical progression for severe disease as defined by the EUA: Bamlanivimab plus etesevimab or casirivimab plus imdevimab. Treatment should be started as soon as possible after receiving a positive COVID-19 test result, and within 10 days of symptom onset*

### **WHAT CAN YOU DO AFTER GETTING VACCINATED WITH COVID? (FROM CDC, (U OF M HEALTH))**

- **First of all, before anything else: Be proud.**
- **Breathe easier.**
- **Walk or sit taller.**
- **Let go of some of the worry that's lurked in the back of your mind for the past year.**
- **Pat yourself on the back!**

Now that you've done all that, here are seven practical tips for living your post-vaccinated life:

#### **1. Remember that COVID vaccination is a journey.**

If you've had the first dose of a two-dose vaccine (Pfizer or Moderna) but not the second, you're still on that journey. Same thing if you're still less than two weeks out from your second dose, or less than two weeks out from your only dose of the Johnson & Johnson vaccine. You're almost there! In the meantime, take the same precautions as an unvaccinated person, though you're



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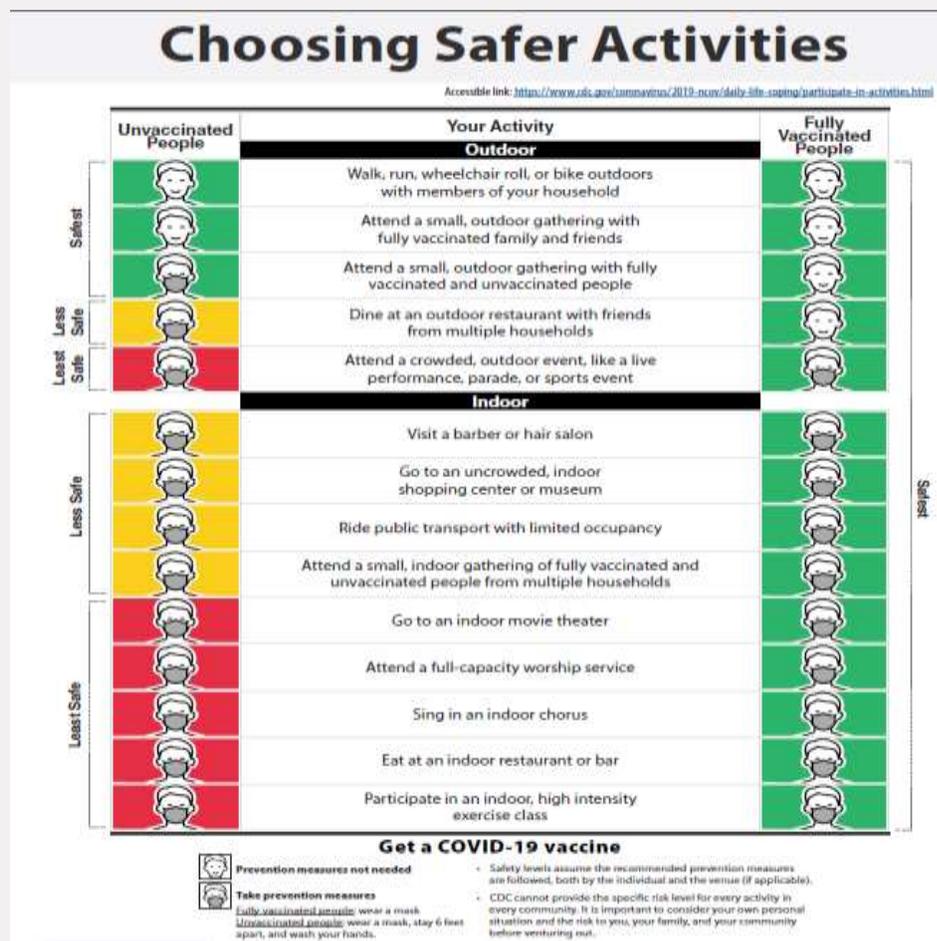
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already more protected than they are. As soon as you're fully vaccinated for COVID, you'll have more freedom! Keep reading to find out what that means.

## 2. You can do some pre-pandemic activities again – but not everything, yet.

The vaccines against COVID-19 are incredibly powerful – better than our vaccines against many other diseases at preventing serious illness and death. But they don't give you superpowers. So experts have taken a “go slow” approach to post-vaccine recommendations.



## 3. You've got a new “force field” around you – but it's not impenetrable.

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With your immune system primed to spot coronavirus, you're far more protected than you were before. But we're still learning. If there's a lot of COVID activity in your area – which is the case in much of Michigan right now – you could still get a “breakthrough” infection. But if you get sick, it will most likely be much milder than it would have been if you hadn't gotten vaccinated. That's what happens every year with the flu vaccine.

#### 4. [You can join the effort to track COVID vaccine reactions.](#)

The thousands of people who volunteered to get the vaccines in clinical trials last year made it possible for you to get your vaccine this year.

Now you can do your part. All it takes is responding to a few text messages, or telling your health care provider if you experience something unusual. Do this by signing up for the text-based V-Safe program (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/vsafe.html>) run by the Centers for Disease Control and Prevention. Just answer the quick surveys they'll text to you in the days and weeks after your vaccination(s).

#### 5. [You can help those who are on the fence about vaccination.](#)

The faster we can get most U.S. adults and teens vaccinated, the faster we can go back to normal. The problem is, some adults are still not sure they want to get vaccinated, or even have made up their minds against it. They may have heard false claims about the vaccines, or may worry about how they'll react to the vaccine because of their health. Or they may have only just become eligible, or gave up trying to find a vaccine appointment because it seemed too complicated. The word of a friend, relative or neighbor carries more weight with some people than the voices of hundreds of national experts with degrees after their names. By sharing your experience with people, you know, and helping them get solid information, you can make a real difference in the total vaccination effort.

#### 6. [You're spared the inconvenience of quarantining after an exposure.](#)

Staying completely home for 10 to 14 days is no one's idea of a good time. It can cost people lost wages, lost school time, extra costs to have things delivered, and more. But that's what unvaccinated and partly vaccinated people have to do if they get close to a person who turns out to have COVID-19, whether or not they have symptoms.

But not you! If you're vaccinated, and you haven't developed symptoms, you're good to go.

### Other Useful Information:

All Michiganders aged 16 years and older are eligible to be vaccinated. 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>

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**COVID-19 Testing:** Most people are eligible to be tested for COVID-19, even if they don't have symptoms. Look for a testing site using the Testing Site Look Up Tool <https://www.michigan.gov/coronavirustest> or call the COVID-19 hotline at 888-535-6136 (press option 2) for help finding a site near you.

If you are quarantining because you were exposed to the virus, but don't have any symptoms, it is recommended you wait until at least 5 days have passed since your quarantine began before getting tested. However, a negative test result cannot be used to end quarantine early.

### **Mental Health Help:**

- Please call your treatment team, crisis lines or seek emergency help if you are facing a mental health crisis.
- A lot of people are feeling anxious, stressed or depressed because of the pandemic – even people who have never worried about their mental health in the past. This is normal and there are other State resources to help you as well.
- You can call 2-1-1 to find resources in your local community.
  - Everyone in Michigan is invited to use the Headspace app – free of charge. This is a mindfulness tool that may help you process what is happening around you.
  - For people with existing mental health conditions who need extra support right now, you can call the Certified Peer Support Specialist Warmline. Call 1-888-733-7753 10 a.m. to 2 a.m. daily.
  - Help is also available 24/7 for everyone through:
    - National Disaster Distress Helpline: Call 1-800-985-5990 or text “TalkWithUs” to 66746
    - National Suicide Prevention Lifeline: Call 1-800-273-8255 or text “TALK to 741741
    - Staying mentally healthy during a pandemic can be challenging, but help is available. Connect with emotional-support resources and services without having to leave home. If you're feeling emotional distress due to the COVID-19 pandemic, get free, confidential support from a Michigan Stay Well counselor. Dial 1-888-535-6136 and press “8”. The Stay Well counseling line is available 24/7. [www.Michigan.gov/StayWell](http://www.Michigan.gov/StayWell)
  - Some upcoming State Webinars include:
    - Uplifting our Immigrant Communities - Wednesday, May 5 at 1:00 p.m.
    - Uplifting our Unemployed Community - Friday, May 7 at 12:00 p.m.
    - Addressing Burnout (for direct supervisory staff) - Tuesday, May 11 at 1:00 p.m.
    - Uplifting our Direct Care Workers - Thursday, May 13 at 2:00 p.m.
    - Emotional Support for people within marginalized racial/ethnic groups - Friday, May 14 at 1:00 p.m.
    - Addressing Burnout (for supervisory staff) - Wednesday, May 26 at 12:00 p.m.
    - To register for upcoming webinars or watch a recorded webinar, visit:

[https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_99557\\_99710\\_104507\\_104508---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_99557_99710_104507_104508---,00.html)

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