

## ASK THE DOC



## Latest COVID-19 News

## Ask The Doc

**Q: If I am caring for someone who has COVID-19 but I am asymptomatic. Do I need to be tested or should I cancel personal medical appointments?**

Whether you need asymptomatic testing and quarantine depends on several factors, such as your vaccination status and whether you have had an “exposure.” It also depends on the level of precautions you were taking while caring for the person.

Given the close contact, quarantine and testing is recommended if you are not vaccinated. 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.

### Quarantine instructions for people who are fully vaccinated:

Fully vaccinated persons who meet certain criteria are no longer need to be tested or quarantine following an exposure to someone with COVID-19. Individuals should keep their COVID-19 Vaccination Record Card to confirm their exemption from quarantine.

The immune period begins two weeks after vaccination:

- If given a two-dose vaccine series (Pfizer, Moderna) immunity builds two weeks after the second dose.
- If given a one-dose vaccine (Johnson & Johnson) immunity builds two weeks after that dose. Based on the schedules above, the individual may be exempt from quarantine, provided the individual does not have any COVID-19 symptoms.

***You can submit COVID-19 related questions by emailing us at: [AskTheDoc@dwihn.org](mailto:AskTheDoc@dwihn.org)***



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



## Latest COVID-19 News

### Ask The Doc

**Q: You stated “People vaccinated with Pfizer-BioNTech COVID-19 vaccine who develop COVID-19 have a four-fold lower viral load than unvaccinated people.” What is the viral load for people who were vaccinated with the Moderna vaccine?**

Studies are ongoing and no formal number is yet available for Moderna. However, preliminary data from the clinical trials suggest that the approved COVID-19 vaccinations may also protect against asymptomatic infection. In the Moderna trial, among people who had received a first dose, the number of asymptomatic people who tested positive for SARS-CoV-2 at their second-dose appointment was approximately two-thirds lower among vaccines than among placebo recipients (0.1% and 0.3%, respectively). Source: [CDC](#)

**Q: I wasn't told not to take Motrin after receiving my two COVID-19 vaccines. I took Motrin after receiving both shots because my arm pain was so bad. Now people are telling me that I wasn't supposed to take anything for pain except Tylenol. Why is that? Does Motrin do something to the efficacy of the vaccine?**

You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally. It is not recommended you take these medicines before vaccination for the purpose of trying to prevent side effects because it's not clear how that could affect the vaccine's effectiveness. Source: CDC

## COVID-19 Vaccine: What Parents Need to Know

**Can my child get a COVID-19 vaccine?**

The U.S. Food and Drug Administration (FDA) and the U.S. Centers for Disease Control (CDC) have recently expanded the emergency use authorization (EUA) for the COVID-19 Pfizer vaccine to adolescents ages 12 – 15. This means the FDA and the CDC determined that clinical trials show this vaccine is safe and effective for kids in this age range.



## Latest COVID-19 News

### **Should I consider getting my child vaccinated for COVID-19?**

Yes. Although COVID-19 in children is usually milder than in adults, some kids can get very sick and have complications or long-lasting symptoms that affect their health and well-being. The virus can cause death in children although this is rarer than for adults. Like adults, children also can transmit the coronavirus to others if they're infected, even when no symptoms are present. The COVID-19 vaccine protects against this potential harm to the child and others, including family members and friends who may be susceptible.

Another reason to consider a COVID-19 vaccine for your child is to protect the health of the broader community. Each child or adult infected with the coronavirus provides a chance for the virus to mutate and create a variant that might prove more dangerous or resistant to the available vaccines and therapies. Fewer overall infections among the population means less chance of dangerous coronavirus variants.

Finally, schools sometimes require vaccinations (such as those for diphtheria or whooping cough), and your child's school might require COVID-19 vaccination for students returning to in-person learning.

### **When can my child get a COVID-19 vaccine?**

The FDA and CDC have expanded use of the COVID-19 Pfizer vaccine for children ages 12 and up. Once thorough testing has demonstrated that the vaccines are safe and effective for kids under 12, COVID-19 vaccines may also be authorized by the FDA for administration to younger children.

### **Would side effects be the same in children getting coronavirus shots?**

Generally, yes. Pfizer has reported that side effects of the shots appear to be similar in children and adults. Your child might notice pain at the injection site (upper arm) and could feel more tired than usual. Headache, achy muscles or joints, and even fever and chills are also possible. These side effects are usually temporary and generally clear up within 48 hours.

## ASK THE DOC



## Latest COVID-19 News

**Are there specific concerns for kids getting COVID vaccines?**

The FDA and the CDC take vaccine safety precautions seriously. They will examine the available clinical trial data before deciding whether to authorize vaccination among different age groups, and they will work with vaccine manufacturers to continue to watch for any signs of safety issues as vaccination programs continue among the public.

**Can I get COVID-19 from my child?**

Yes, it is possible for a child infected with the coronavirus to transmit COVID-19 to another person. Data from some studies suggest that young children may be less likely than older children and adults to spread the coronavirus to others, but it can still happen.

**Would getting the COVID-19 vaccination protect me if my child gets COVID-19?**

There's a very good chance it will. The COVID-19 vaccines from Moderna and Pfizer each provide about a 95% chance of protecting you from developing symptoms from COVID-19 after completion of the two-dose series. The vaccine appears to be very effective in preventing severe illness from COVID-19.

**Will getting the COVID-19 vaccine help my child go back to school, sports and other activities?**

It is expected that when enough people are protected from the coronavirus, the risk of infection for your child — and the population in general — will begin to decline, even before vaccines are available for all children. Vaccines, along with mask-wearing, physical distancing and other precautions will help ensure your child's gradual return to school, sports and other group activities in the future.

**Does going back to school increase my child's risk of catching or transmitting the coronavirus?**

According to a report published by the CDC, going back to in-person school is not a major COVID-19 risk factor for children if they maintain prevention measures such as wearing masks and physical distancing. Attending parties, playdates, and in-person family gatherings such as weddings and funerals is associated with a higher risk of children testing positive for the coronavirus. Having your teen or child vaccinated as soon as he or she is eligible will help prevent infections and spread of COVID-19.

## ASK THE DOC



## Latest COVID-19 News

## COVID-19 Totals As of May 18:

**Michigan Cases:** 876,854

**Michigan Deaths:** 18,627

**Wayne County Cases**  
(excluding Detroit): 99,941

**Wayne County Deaths**  
(excluding Detroit): 2,450

**Detroit City Cases:** 49,940

**Detroit City Deaths:** 2,143

As of May 18, COVID-19 cases and test positivity continue to decline. The 7-day average for new cases is 1,644 (down from 2,199 last week) and the test positivity rate is 5.68% (down from 8.10% last week). Hospitalizations continued to decline, continuing the trend of the previous two weeks.

**Vaccination Totals as of 5/18/21**

*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 initiation coverage.*

**Michigan**

First Dose: 4,292,525 (49.9%)  
Two Doses: 3,622,082 (42.1%)

**Wayne County**

First Dose: 511,239 (55.6%)  
Two Doses: 418,370 (45.5%)

**City of Detroit**

First Dose: 175,847 (31.6%)  
Two Doses: 133,872 (24.1%)

People who experience very severe COVID-19 illness have a higher prevalence of persistent symptoms, according to a new University of Michigan study. The findings highlight the urgent need to characterize and treat long-haulers—people who continue to experience lingering symptoms months after their initial diagnosis. Referred to as post-acute sequelae of SARS-CoV-2 infection, or PASC, symptoms include extreme fatigue, shortness of breath and persistent loss of taste or smell.

**[Click Here to Find a Vaccination Site Near You](#)**

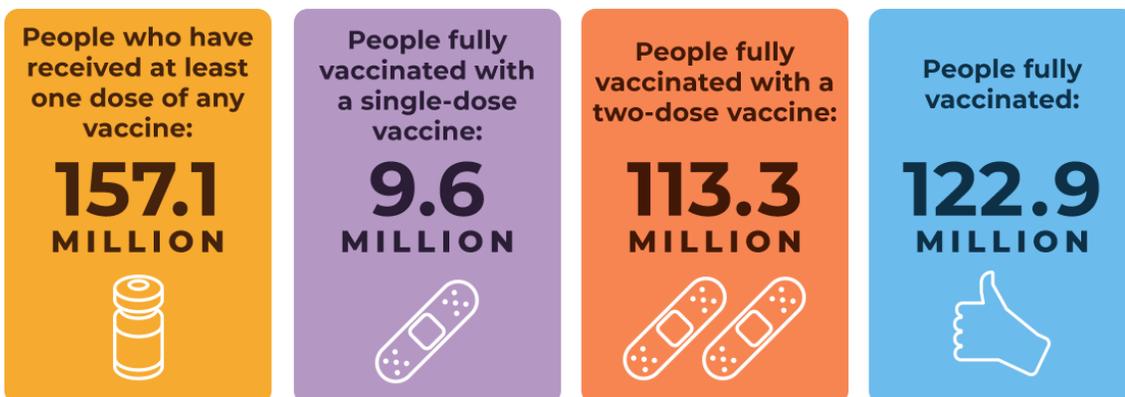


## Latest COVID-19 News

- Michiganders who meet income eligibility requirements or have been financially impacted by COVID-19 will be able to receive financial help to pay for home broadband connections and internet-enabled devices as the Federal Communications Commission (FCC) rolls out the Emergency Broadband Benefit program recently approved by Congress. Federal lawmakers appropriated \$3.2 billion to help low-income households pay for home broadband service and equipment. Through the new program, eligible consumers may receive a \$50 monthly discount on their broadband bill - \$75 a month for eligible consumers living on qualifying tribal lands.
- The number of Michigan families eligible for additional food assistance in response to the COVID-19 pandemic will be increasing in May with everyone who is eligible now receiving an increased amount, the Michigan Department of Health and Human Services (MDHHS) announced. An additional 350,000 families will receive the extra food assistance under approval from the U.S. Department of Agriculture Food and Nutrition Service, bringing the total in Michigan receiving extra benefits due to the pandemic to more than 700,000.

### COVID DATA TRACKER

## U.S. COVID-19 Vaccination Progress



Find the latest data on **CDC's COVID Data Tracker**

Data as of May 16, 2021  
Source: COVID Data Tracker - Vaccinations



[Click Here to Find a Vaccination Site Near You](#)



## Latest COVID-19 News

### Mental Health Resources

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.

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.

Additionally, 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)

- People with existing mental health conditions who need extra support 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

**Please call your treatment team, crisis lines or seek emergency help if you are facing a mental health crisis.**

### Upcoming Webinars

#### **Let's Talk Mental Health: A Courageous Conversation for Parents & Students**

Tuesday, May 25 at 6:30 p.m. - 7:30 p.m.

Free and open to the public

Register at: <https://bit.ly/2SSsOQ3>

#### **Addressing Burnout (for supervisory staff):**

Wednesday, May 26 at 12:00 p.m.

Register at [https://zoom.us/webinar/register/WN\\_aF4VD2MOQmuLxD4u7ISn6Q](https://zoom.us/webinar/register/WN_aF4VD2MOQmuLxD4u7ISn6Q)