



Ask Dr. Arwady

January 3, 2023




IT'S OKAY TO NOT BE OKAY DURING THE HOLIDAYS

If you or someone you know needs support, reach out to these resources



FIND MENTAL HEALTH SUPPORT
MentalHealth.chicago.gov/find-mental-health-support

TALK TO A LIVE MENTAL HEALTH PROFESSIONAL
1-833-626-4244
namichicago.org/helpline

IMMEDIATE OPIOID TREATMENT
1-833-234-6343

ONLINE SUPPORT GROUPS:
SHERECOVERS.ORG
 A space for women and nonbinary people in recovery

MARA-INTERNATIONAL.ORG
 Medication Assisted Recovery Anonymous groups

LINKTR.EE/HRW
 Directory of virtual meetings for people in recovery

INTHEROOMS.COM
 Harm reduction-centered meetings and support groups

Nationwide
 mental
 health crisis
 number:
988



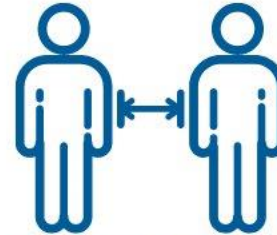
Things You Can Do To Stay Safe from COVID-19 in the New Year:



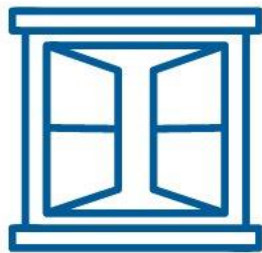
VAX UP



MASK UP



BACK UP



OPEN UP

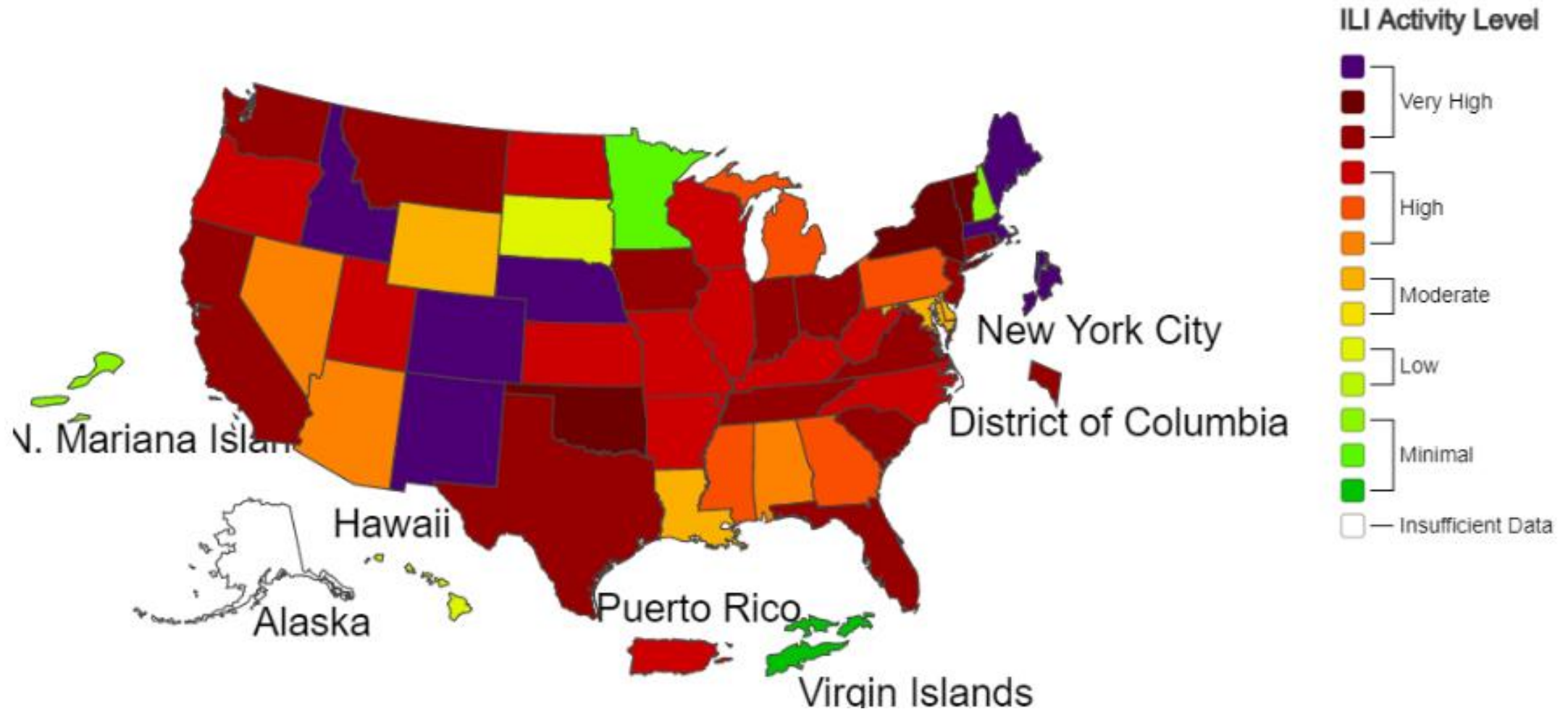


WASH UP



TEST UP

2022-23 Influenza Season (December 2022, Week 51)



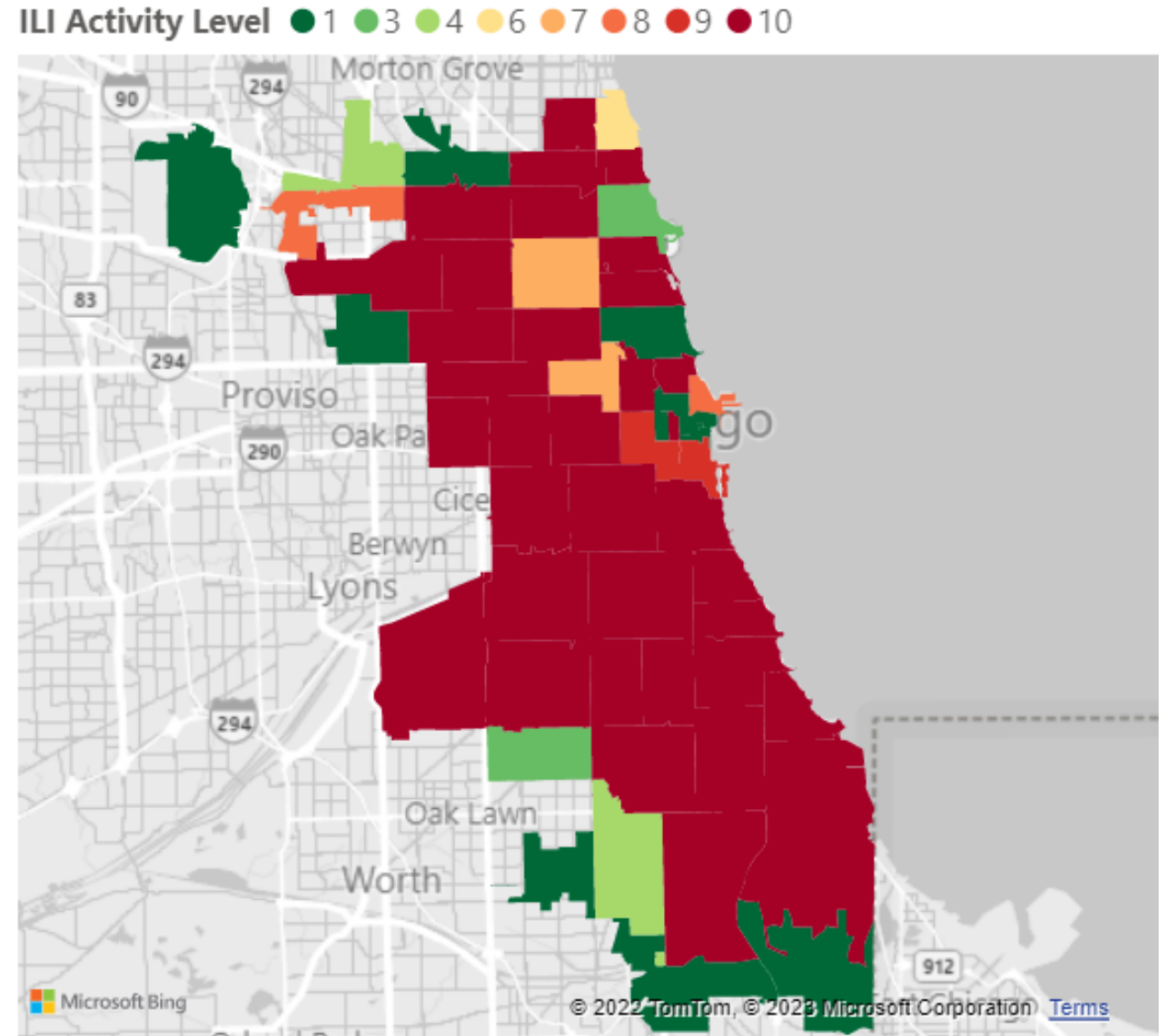


Chicago: Influenza levels by patient zip code

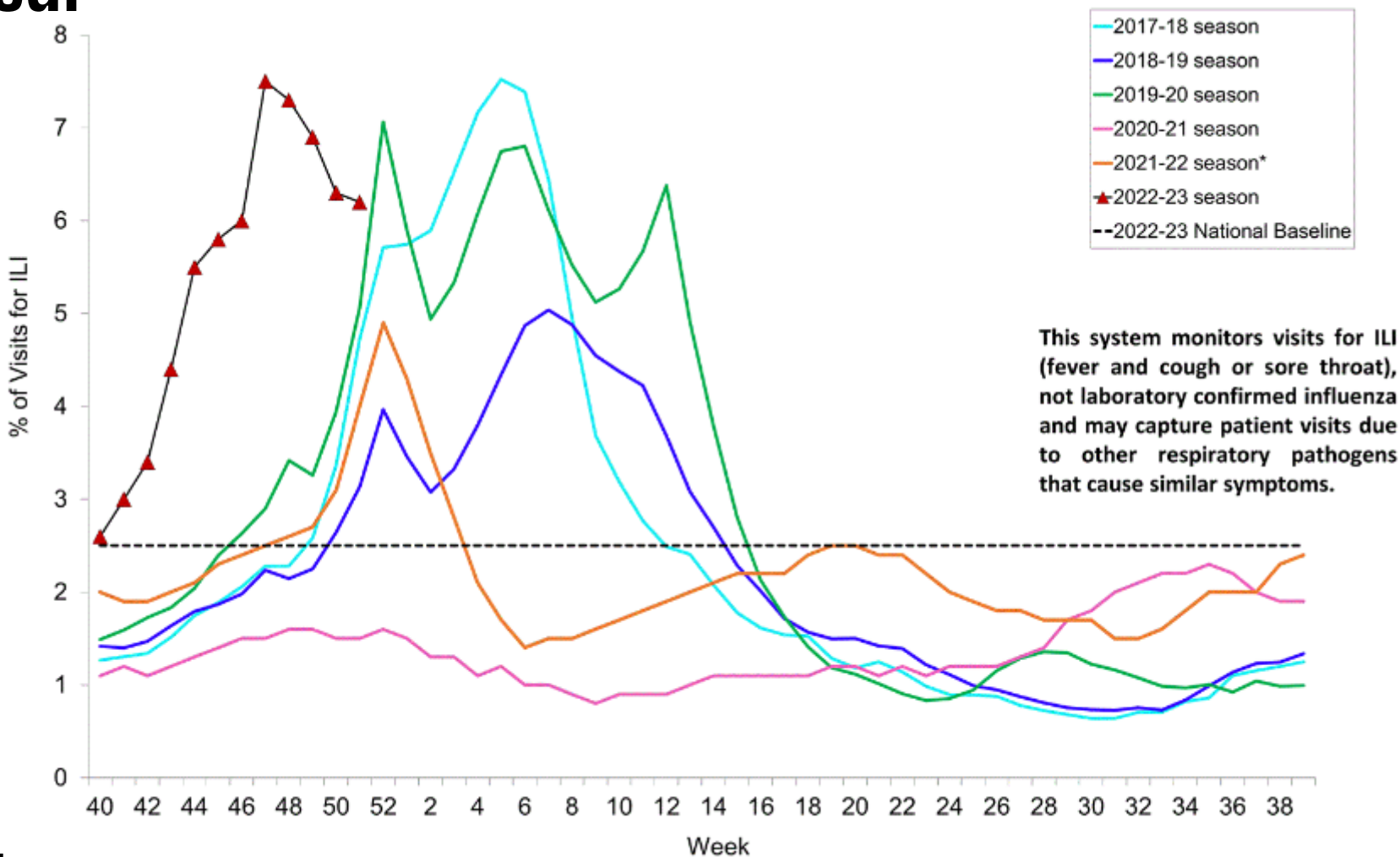
Influenza activity in Chicago remains high.

This season (since October 2, 2022) **156 Chicagoans** have been admitted to the **intensive care unit (ICU)** with **influenza**.

This season, **nationally**, at least **61 children** have already **died** from **influenza** (3 in Illinois).



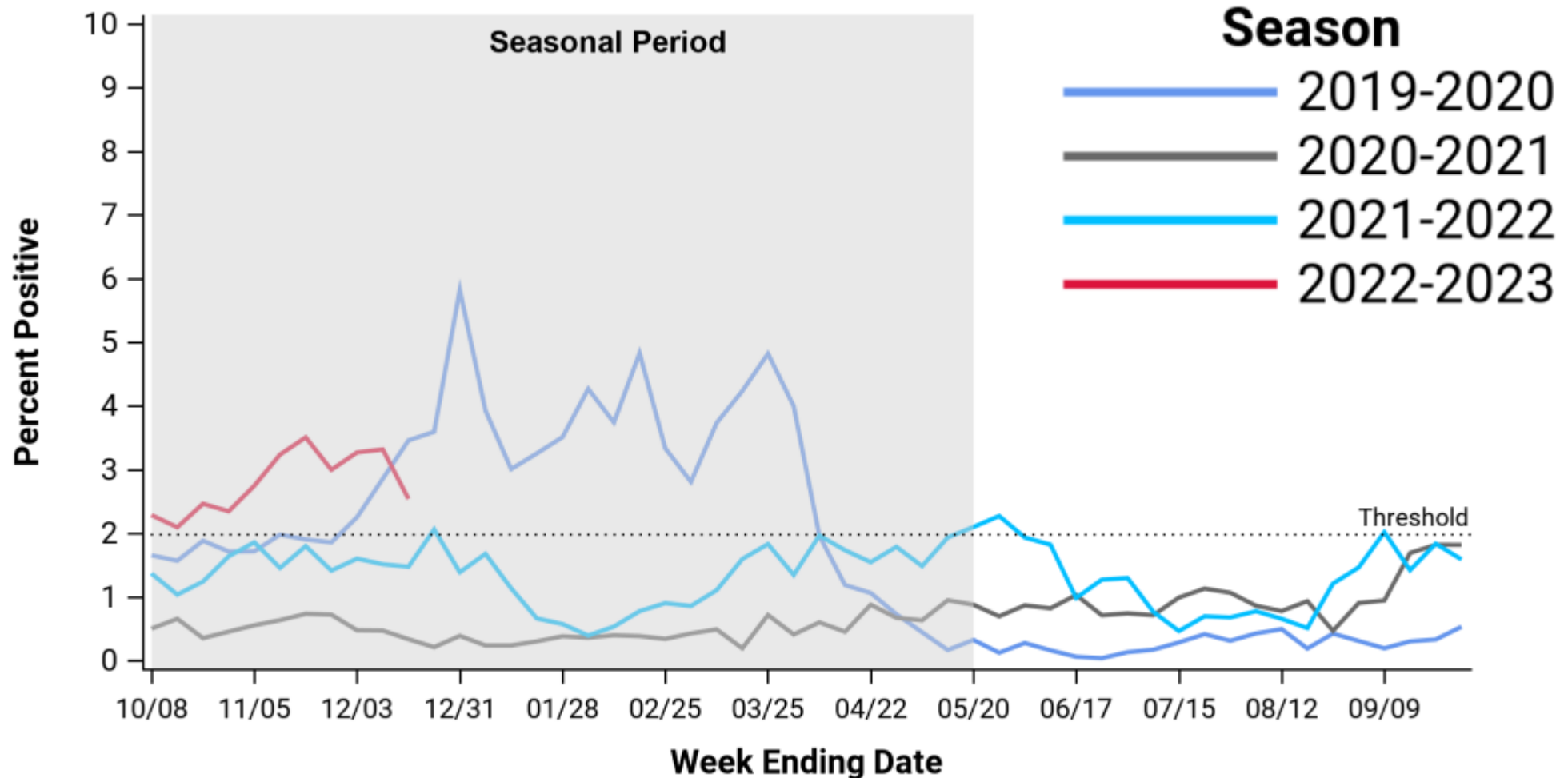
United States: Outpatient visits for influenza-like illness remain above national baseline for this time of the year



This system monitors visits for ILI (fever and cough or sore throat), not laboratory confirmed influenza and may capture patient visits due to other respiratory pathogens that cause similar symptoms.

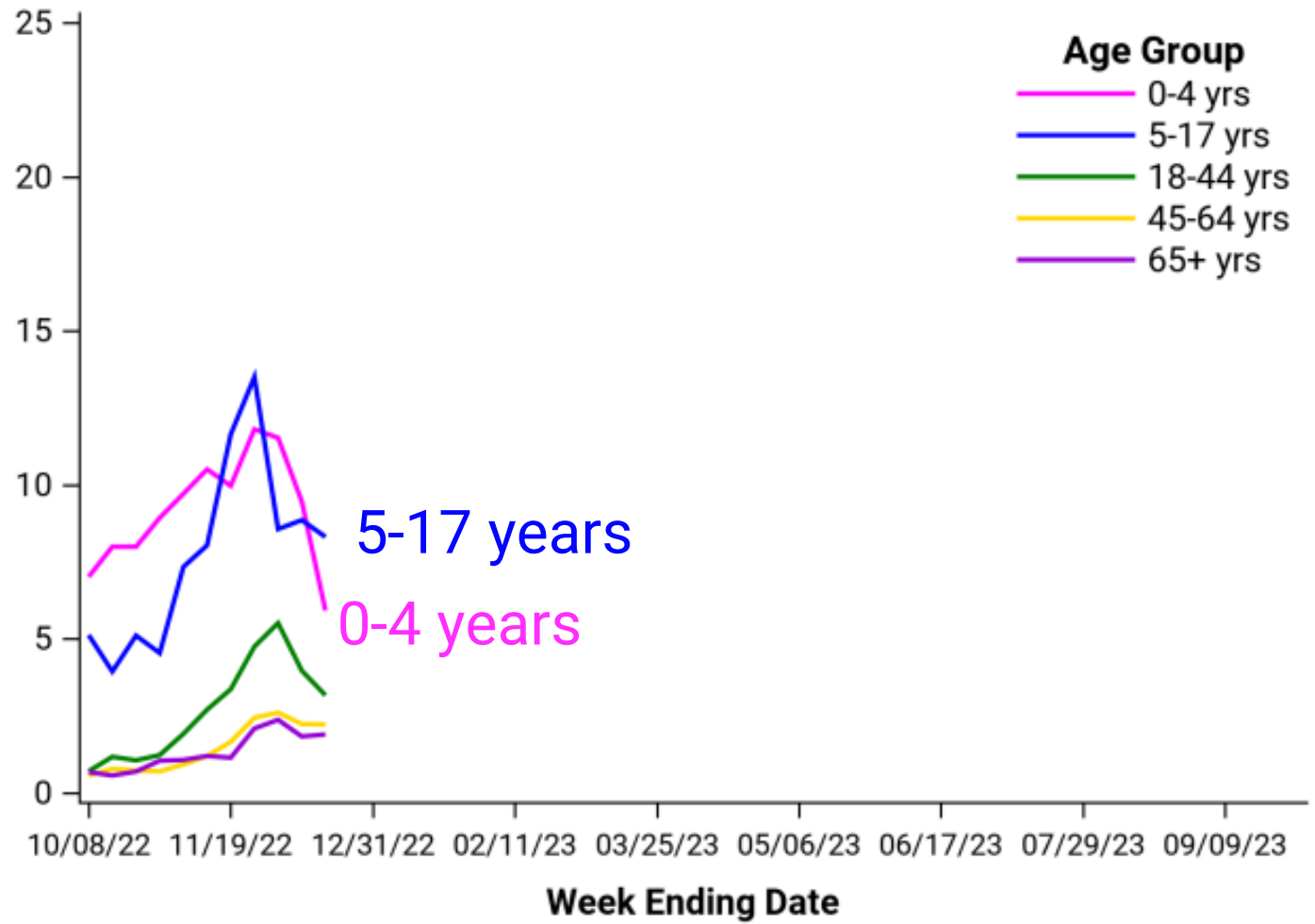


Chicago: Outpatient visits for influenza-like illness remain above local threshold of concern



Source: [Chicago Influenza and Respiratory Virus Surveillance Report](#)

Chicago: Emergency department visits for influenza-like illness high but decreasing among youngest children; remains high for those aged 5-17



Source: [Chicago Influenza and Respiratory Virus Surveillance Report](#)

Our local risk based on CDC COVID-19 Community Levels is:

Medium

	New cases per 100,000 population (last 7 days) [Goal is <200]	New admissions per 100,000 population (last 7 days) [Goal is <10]	Percent of staffed inpatient beds occupied by COVID-19 patients (last 7 days) [Goal is <10%]
City of Chicago	139	5.6	5.1%
Cook County (including City of Chicago)	127	12.9	5.8%

Chicago metrics are calculated based on Chicago-level data.

Cook County metrics are calculated by the CDC and posted on the [CDC Community Levels website](https://www.cdc.gov/communitylevels/).

Data current as of 12/29/2022.



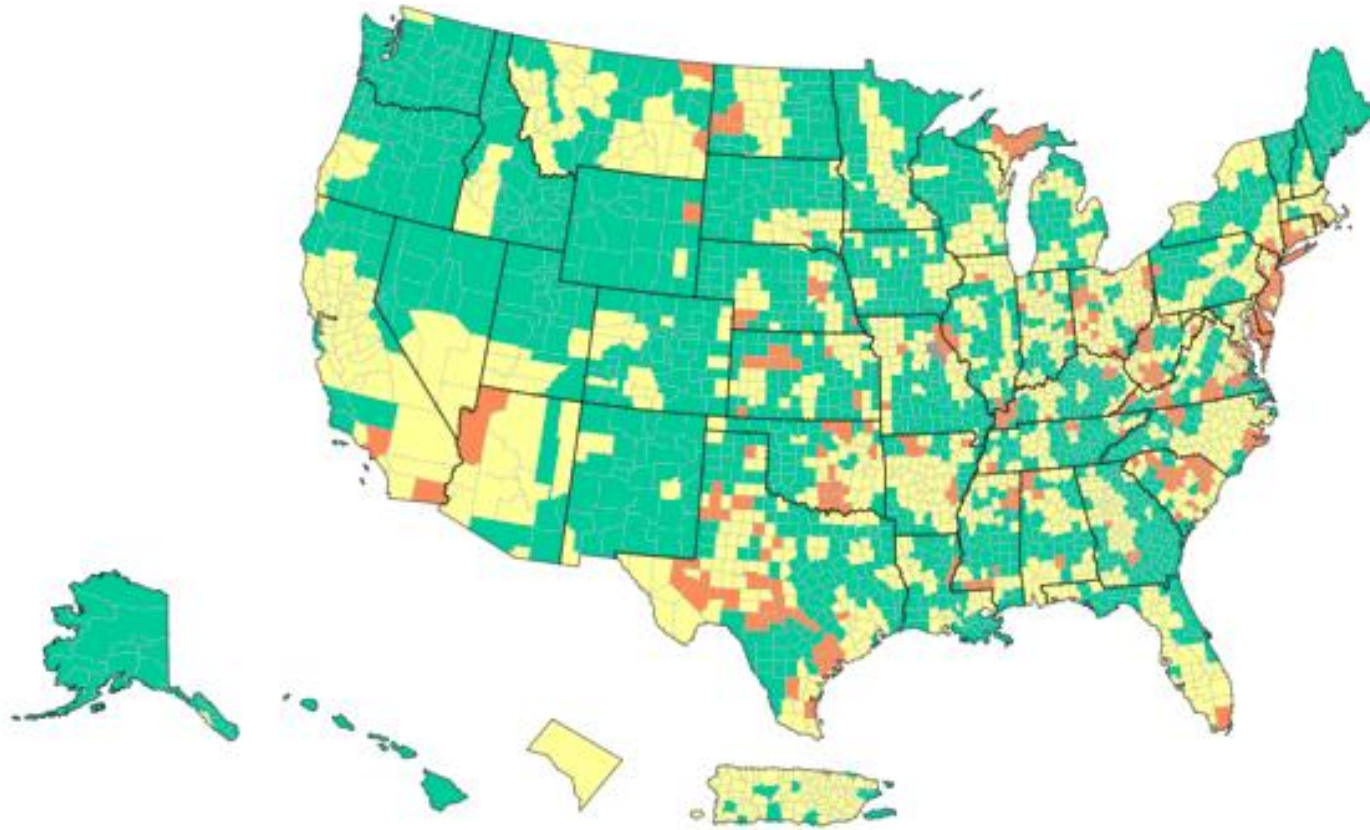
Should Cook County reach a **HIGH COVID Community Level**, Chicago would issue a formal Mask Advisory



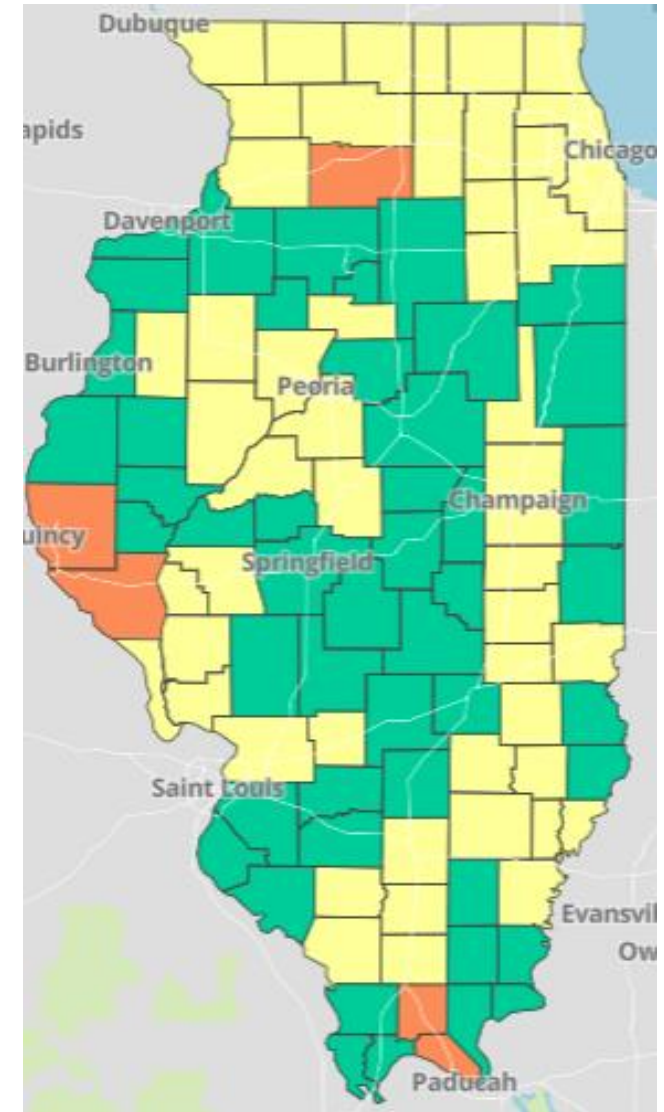
Last week, **9%** of U.S. Counties reported **High** COVID Community Level and **40%** reported **Medium** Level.



Low Medium High

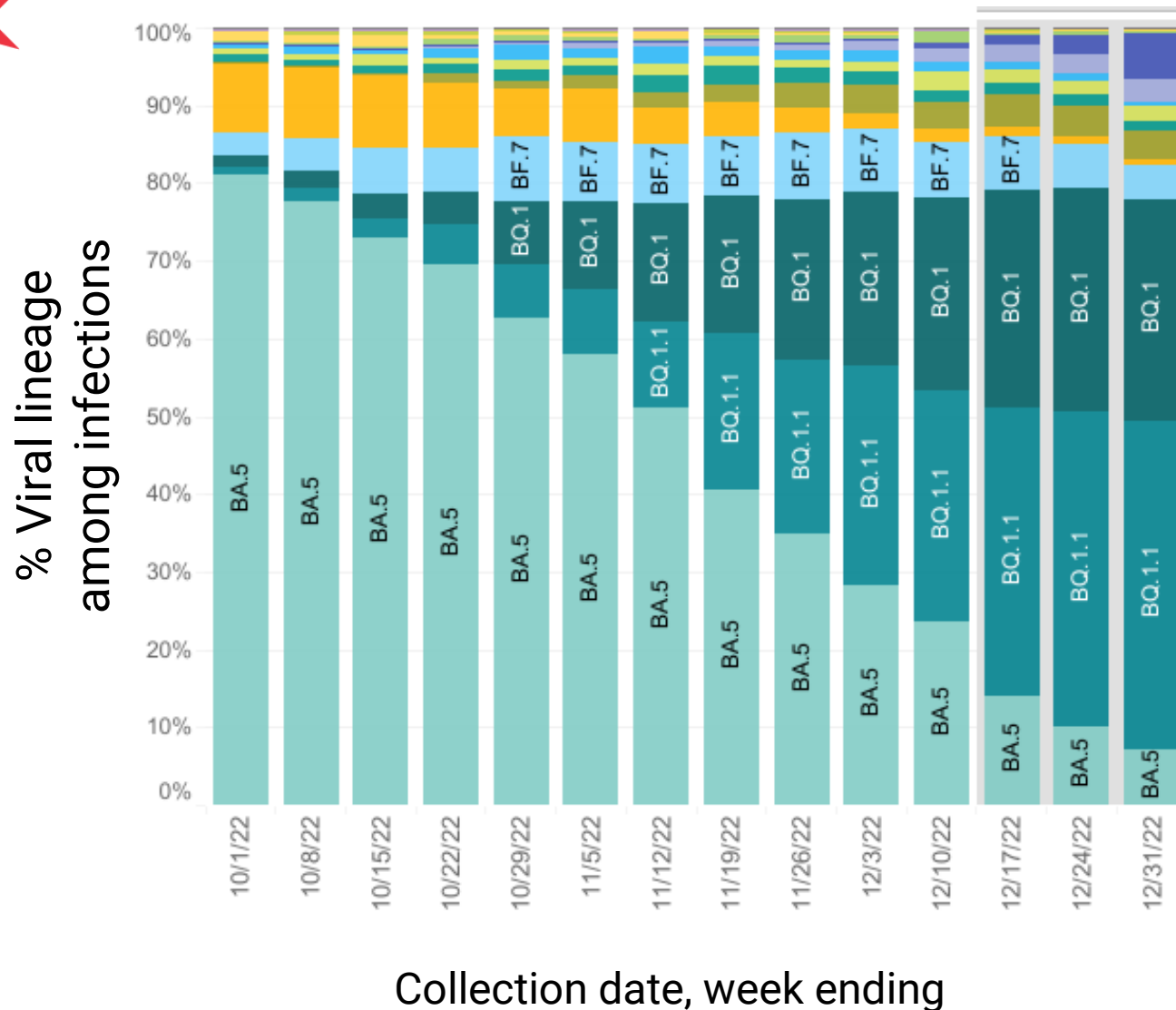


GU AS MP VI



Variant Surveillance, Midwest Region

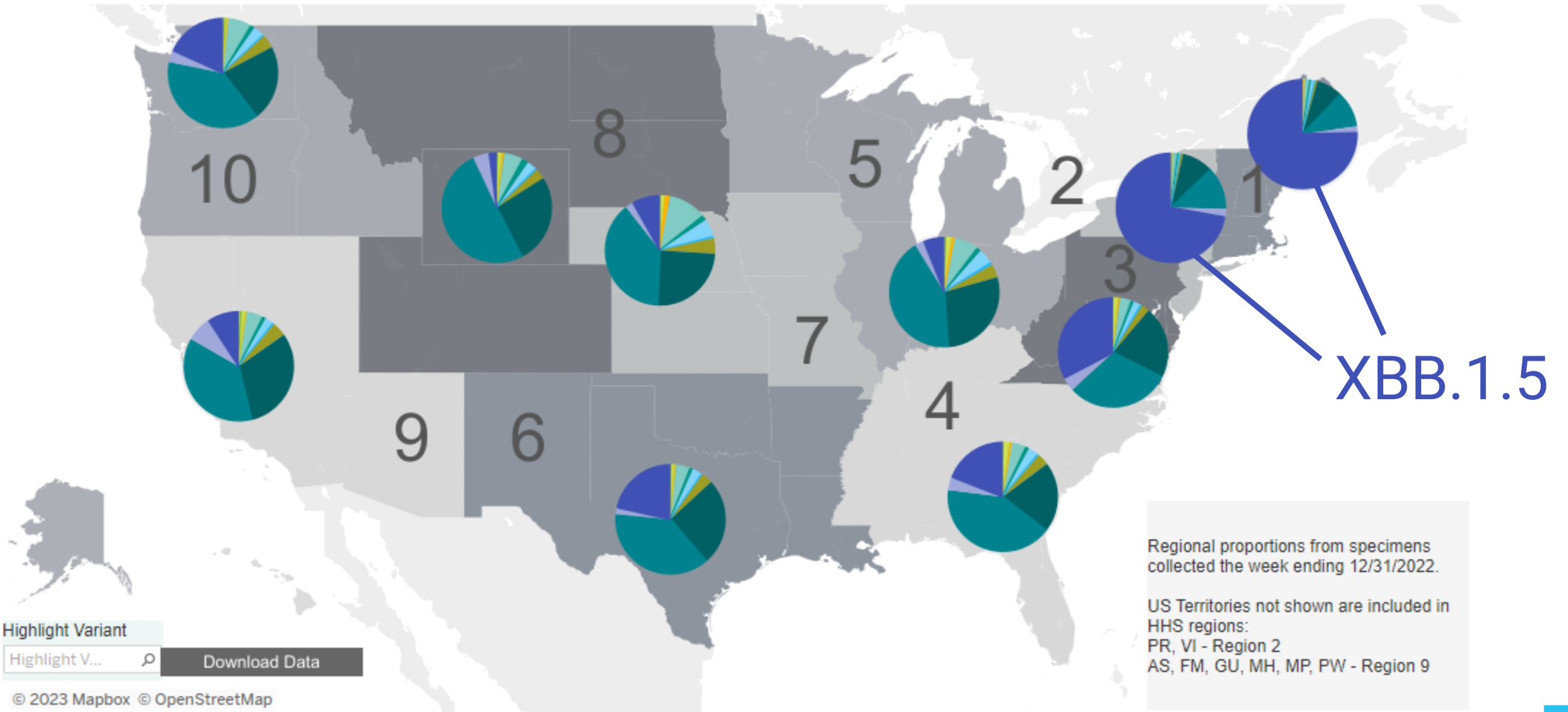
Continued evolution of more infectious **Omicron** subvariants



BQ.1.1	42.3%	
BQ.1	28.3%	
BA.5	7.2%	
XBB.1.5	6.0%	
BF.7	4.6%	
BN.1	3.9%	
XBB	2.8%	
BA.2.75	1.9%	
BA.5.2.6	1.2%	
BF.11	0.7%	
BA.4.6	0.6%	
BA.2	0.5%	
BA.2.75.2	0.2%	

XBB.1.5 (Omicron)

United States: 12/25/2022 – 12/31/2022 NOWCAST

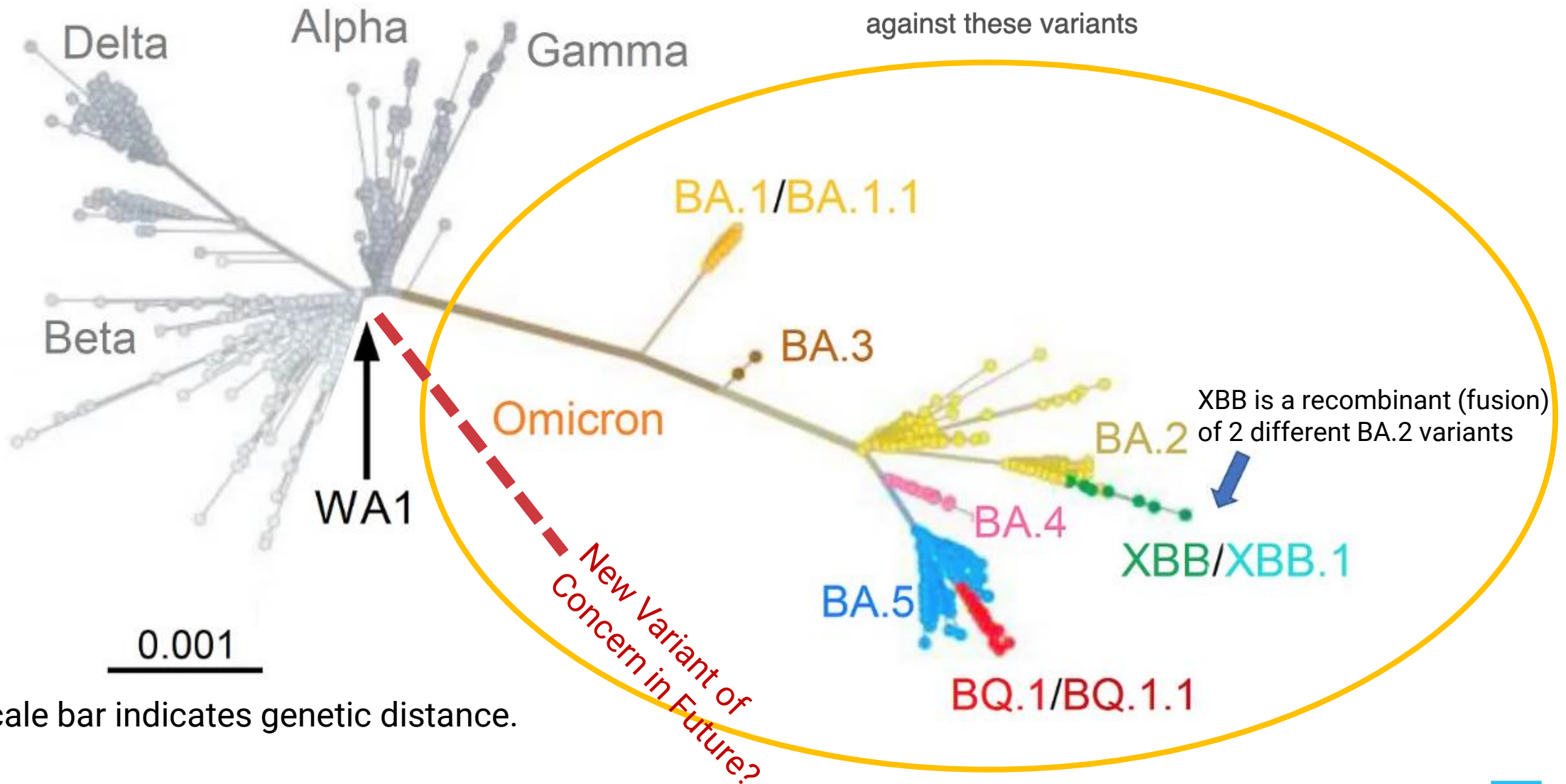


Lineages called using pangolin v4.1.3, pangolin-data v1.17 and usher v.0.5.4.

Updated December 30, 2022



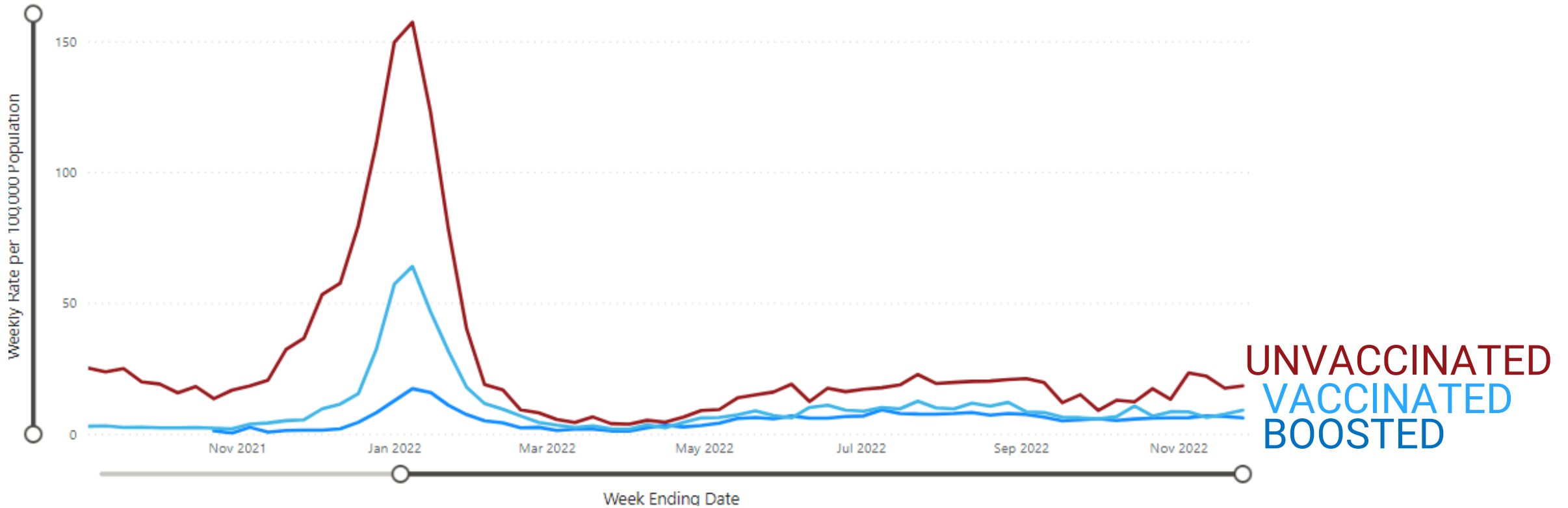
- BQ.1, BQ.1.1, XBB, and XBB.1 are the most resistant SARS-CoV-2 variants to date
- All clinical monoclonal antibodies were rendered inactive against these variants



Scale bar indicates genetic distance.

Since the Omicron variant became dominant in Chicago:

★ **Unvaccinated Chicagoans** have been **almost three times** as likely to be hospitalized with COVID-19 than **Up-to-Date (Vaccinated and Boosted) Chicagoans**



NEW COVID-19 VACCINES NOW AVAILABLE

FOR EVERYONE 6 MONTHS & UP*



**YOU are eligible for the
strongest protection!**

New vaccines are “bivalent boosters” — protecting against original coronavirus and omicron.

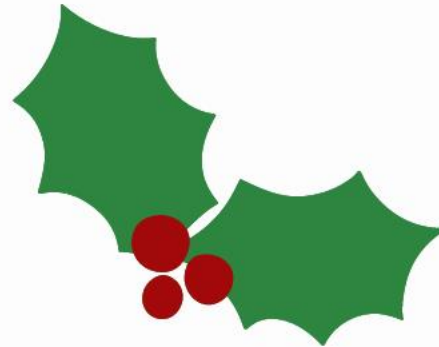
CHECK YOUR VACCINE CARD:

If it's been more than 2 months since your last vaccine, **YOU** need the new booster.

*Children age 6 months to 4 years who have received a complete 3-dose series of Pfizer vaccine do not need a bivalent booster



AT-HOME FOR THE HOLIDAYS!



Chicagoans 6 months and up can get vaccinated at no cost in their own homes. Primary COVID-19 vaccines, bivalent boosters, and flu shots are available.



FIND YOUR APPOINTMENT AT
[CHICAGO.GOV/ATHOME](https://chicago.gov/athome)

In-home appointments are available four days a week, Saturday through Tuesday, 8am-6:30pm.

Vaccines available:

- Primary series Moderna (age 6 months through 5 years) and Pfizer (age 6 months and older)
- New Pfizer bivalent boosters (age 6 months and older)
- Flu shots are available as long as one person receives the COVID-19 vaccine

Call 312-746-4835 and schedule your appointment today!

How to get your FREE at-home COVID-19 tests



VISIT
COVIDtests.gov



Enter contact and
shipping info



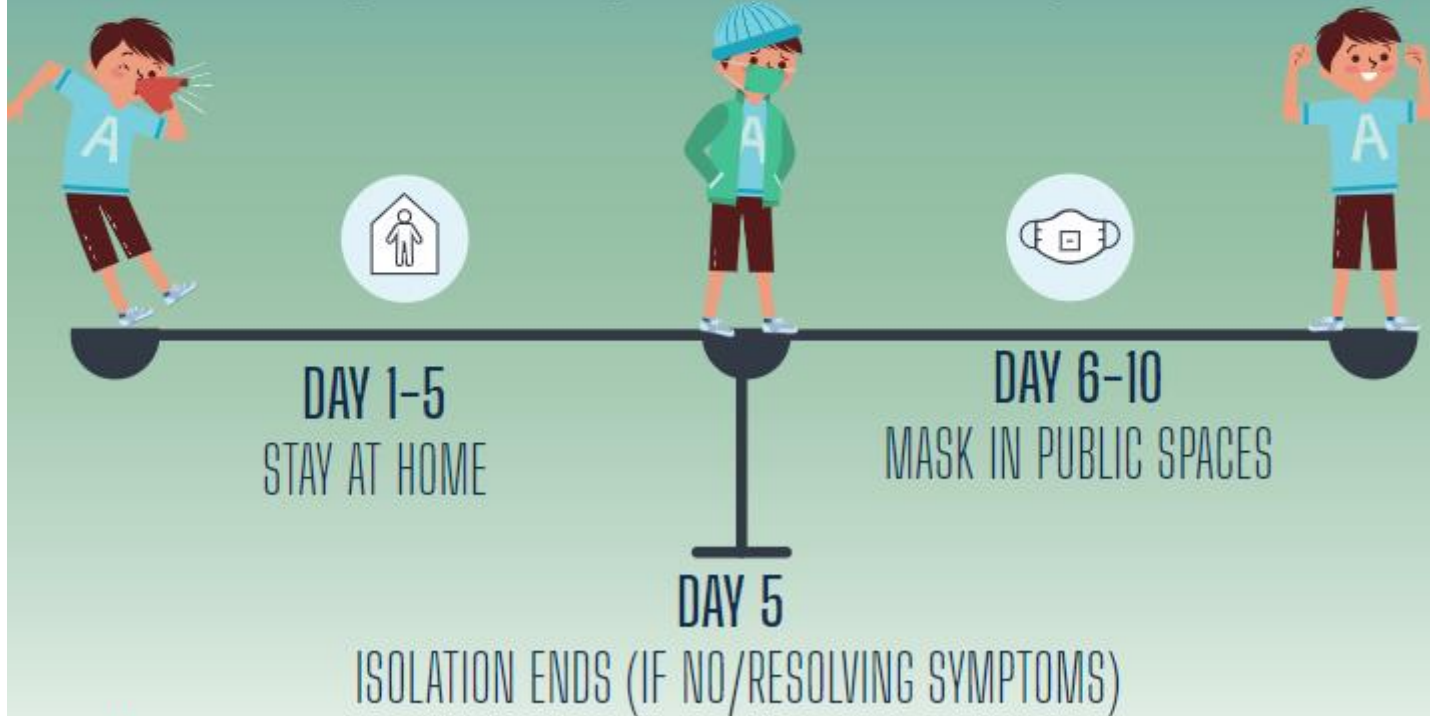
Review and place
your order

Or you can call
1-800-232-0233



REMEMBER: IF YOU CATCH COVID-19

Regardless of vaccination status, stay home for 5 days. If your symptoms are resolving or gone by Day 5, you can leave your house ***but you must continue to mask*** from days 6-10. You can opt out of masking with two negative antigen tests 48 hrs. apart.





VAX and PAX_{lovid}

If you test positive for COVID-19 and are more likely to get very sick from COVID, **treatments are available.**

- **Don't delay:** treatment must be started within days of when you first develop symptoms to be effective.
- **For example: Paxlovid** (nirmatrelvir and ritonavir) is an oral antiviral therapy for the treatment of mild to moderate COVID-19.
 - Individuals **ages 12 and up**, weighing at least 40 kg or 88 lb, with mild to moderate COVID-19, who are at [high risk](#) of developing severe illness, are eligible for this medication.
- Some treatments might have side effects or interact with other medications you are taking. Ask a healthcare provider if medications to treat COVID-19 are right for you.
- If you don't have a healthcare provider, visit a [Test to Treat location](#) or contact the City's **COVID-19 Hotline at 312-746-4835**



WEAR IT RIGHT



CHI



Wearing a mask correctly is important for it to be effective.

Wear your mask all the way down under your chin.



Tighten the loops or ties so it's snug around your face.

Wear your mask all the way up to the bridge of your nose.



CHI.GOV/CORONAVIRUS

★ Make the air in your home safer during COVID-19: ventilation helps to reduce the levels of infectious particles in the air



 **Bring Fresh Air Into Your Home**

Open windows and doors to increase fresh air. In bad weather, open windows for a few minutes every hour.



Turn On Exhaust Fans In Kitchen And Bath.

Use while you have visitors and for one hour after they leave.



 **Use Fans To Improve Air Flow**

Use while you have visitors and for one hour after they leave.



Consider An Air Filtration System

Use a portable HEPA air cleaner appropriate to the size of the room. Create a DIY portable air cleaner.



Filter the Air in Your Home

Set HVAC fan to on (not auto) when you have visitors. Use higher efficiency pleated filters that fit, and change every 3 months.



Check out these additional resources:
[CDC: Improving ventilation in your home](#)
[EPA: Indoor air in homes and COVID-19](#)
[CDPH: Ventilation Guidance for Homes](#)

★ CDC Highlights “CDPH Project Firstline Success Story”

- Project First Line (PFL) is the CDC’s national training collaborative for healthcare infection control.
- CDPH Healthcare Settings Team proactively created online, interactive trainings to help frontline healthcare workers safely care for patients being evaluated for Monkeypox Virus (MPOX).
- **Training was delivered to >200 Health Care Workers** and included infection control principles paired with lessons from CDPH’s local MPOX response.



INFECTION CONTROL TRAINING FOR YOU

   CDPH National Training Collaborative for Healthcare Infection Prevention & Control

CS2023-6-RE



Need a vaccine or a booster?
Have questions?

visit

CHI.GOV/COVIDVAX

or call

312-746-4835

