



# Ask Dr. Arwady

March 10, 2022

# SUPPORTING MENTAL HEALTH FOR WAR-RELATED TRAUMA



With the ongoing crisis in Ukraine, the impact on the Ukrainian community is immeasurable. We put together some ways to work through war-related trauma.

We have resources available to support mental health of Chicagoans impacted. Find help on <http://mentalhealth.chicago.gov>

**Limit media exposure and "doomscrolling"**  
..

**Try breathing exercises or meditation to decrease stress**  
..

**Talk to family and friends about your feelings**  
..

**Make sure the media you do consume is credible**  
..

**Talk to your children, start the conversation and answer questions**  
..

**Choose activities you enjoy to restore a sense of control**  
..



# Chicago COVID-19 Community Transmission and Risk Matrix

|  | VERY HIGH TRANSMISSION | HIGH TRANSMISSION | SUBSTANTIAL TRANSMISSION | LOWER TRANSMISSION                             | LOW TRANSMISSION                          |
|--|------------------------|-------------------|--------------------------|--|---|
| <b>COVID-19 CASES DIAGNOSED PER DAY</b><br>Chicago residents - 7-day rolling daily average                   | 800+                   | 400 - 799         | 200 - 399                | 20 - 199<br><b>Current: 141</b><br>Decreasing  | <20                                       |
| <b>COVID-19 TEST POSITIVITY</b><br>Chicago residents - 7-day rolling daily average                           | 10%+                   | 6.6 - 9.9%        | 5.0 - 6.5%               | 2 - 4.9%                                       | <2%<br><b>Current: 0.7%</b><br>Decreasing |
| <b>HOSPITAL BEDS (NON-ICU) OCCUPIED BY COVID PATIENTS</b><br>Chicago hospitals - 7-day rolling daily average | 1250+                  | 750 - 1249        | 250 - 749                | 100 - 249<br><b>Current: 146</b><br>Decreasing | <100                                      |
| <b>ICU BEDS OCCUPIED BY COVID PATIENTS</b><br>Chicago hospitals - 7-day rolling daily average                | 400+                   | 300 - 399         | 100 - 299                | 20 - 99<br><b>Current: 40</b><br>Decreasing    | <20                                       |

Source: Chicago Department of Public Health, data current as of March 10, 2022. These metrics represent general community COVID transmission and should not be applied to individual settings that have mitigation practices in place.

# WHAT'S A COVID-19 COMMUNITY LEVEL?

- It's a new tool to help communities decide what prevention measures to take based on the latest data
- Every community in the United States is classified as:

## Low

Limited impact on healthcare system, low levels of severe illness

## Medium

Some impact on healthcare system, more people with severe illness

## High

High potential for healthcare system strain; high level of severe illness



[cdc.gov/coronavirus](https://cdc.gov/coronavirus)

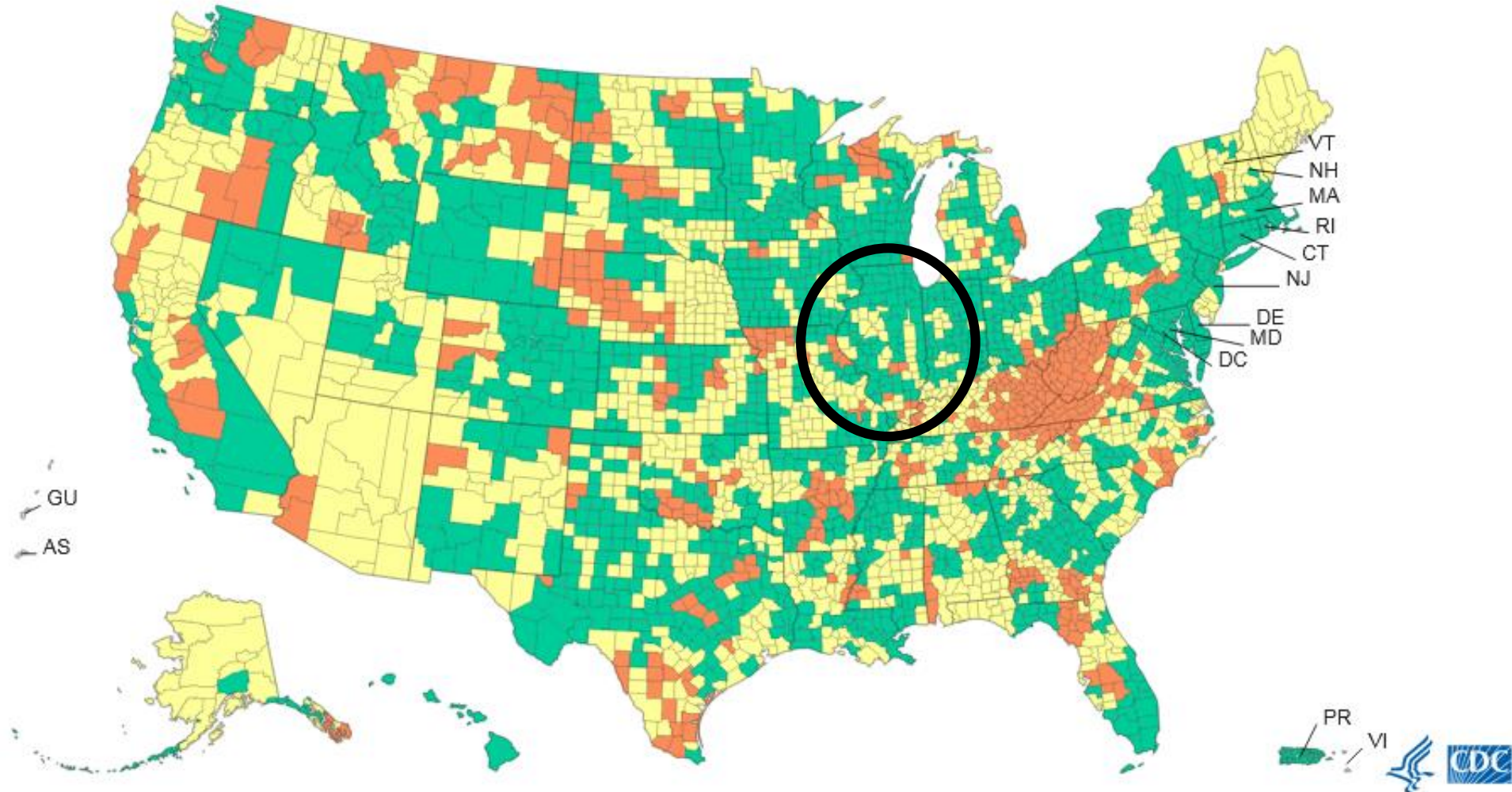
CS329821-B 02/25/2022



# U.S. COVID-19 Community Levels by County Map

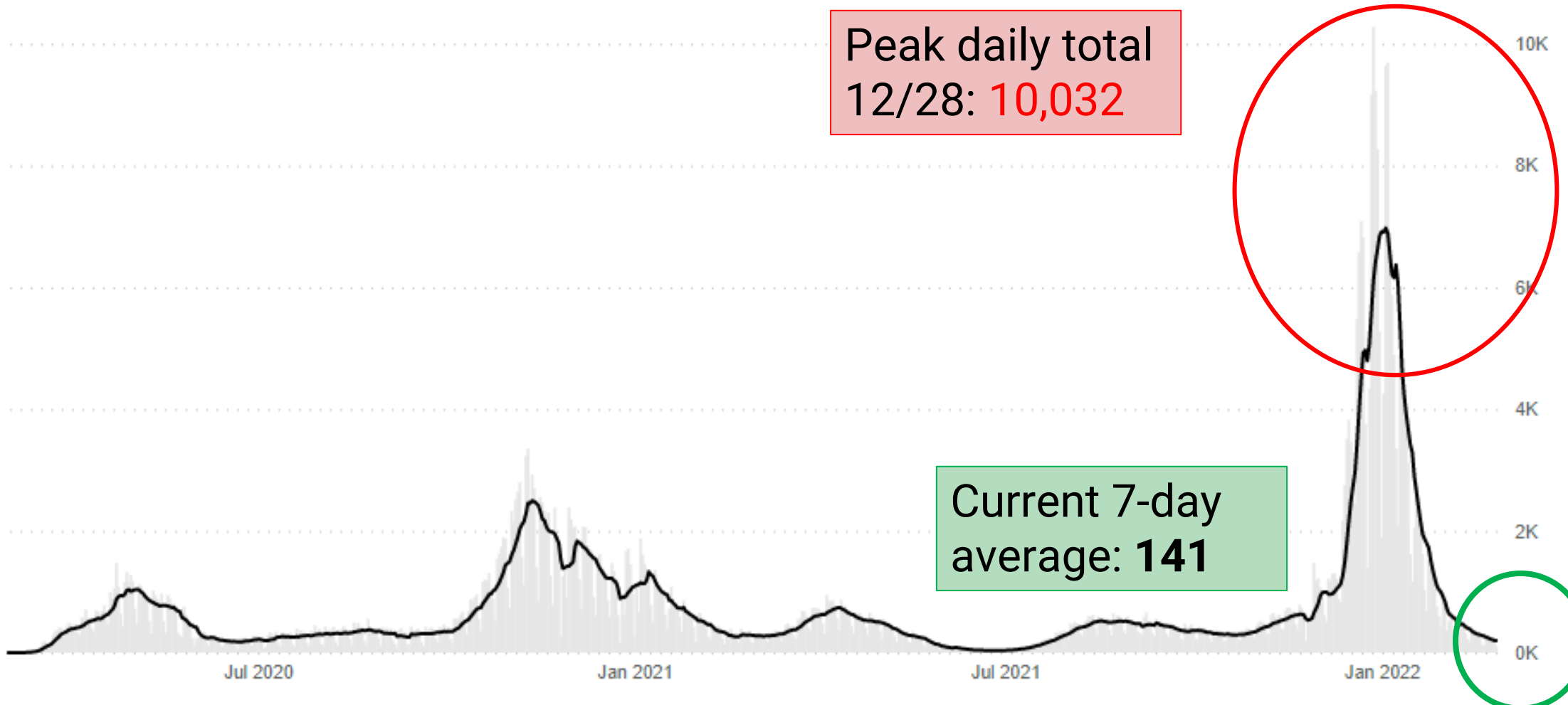


As of March 3, 2022





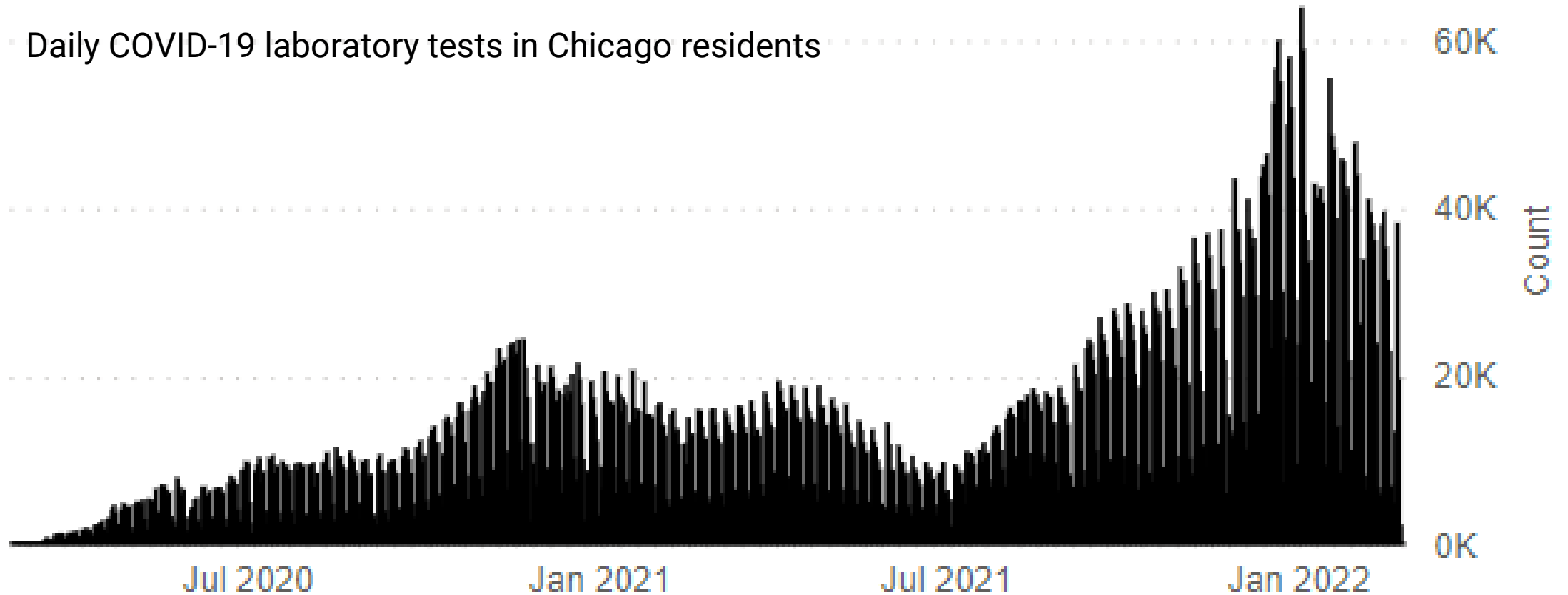
Chicago COVID-19 cases: Chicago saw the **highest** daily case count in the entire pandemic on 12/28/21. Cases now **lowest** they have been since July 2021.





Case count is the lowest it has been since July 2021—even though more than **3 times** the number of laboratory **tests** are being performed across Chicago as in July 2021.

Daily COVID-19 laboratory tests in Chicago residents

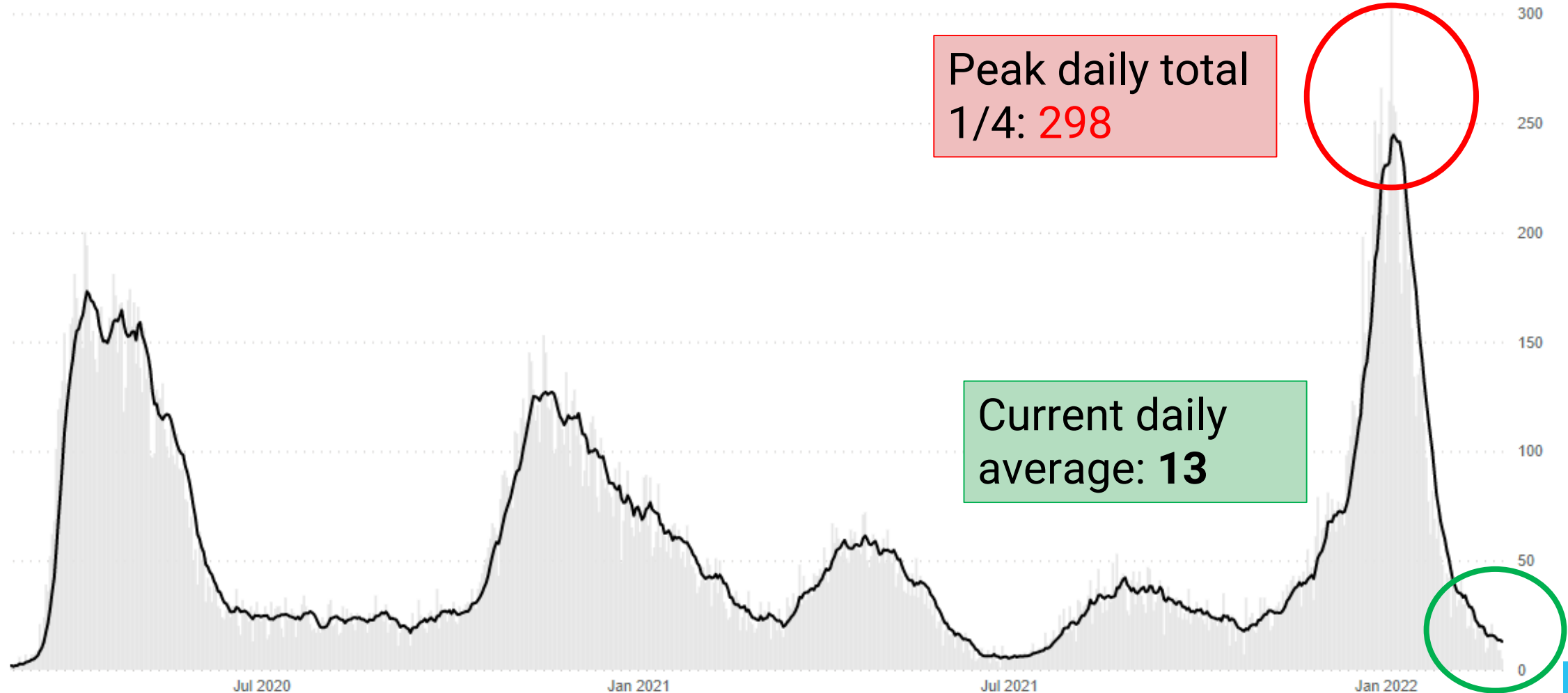


Chicago COVID-19 test positivity peaked **January 1** and has been declining since; now **lowest** it has been since July 2021 and at **low** community risk.

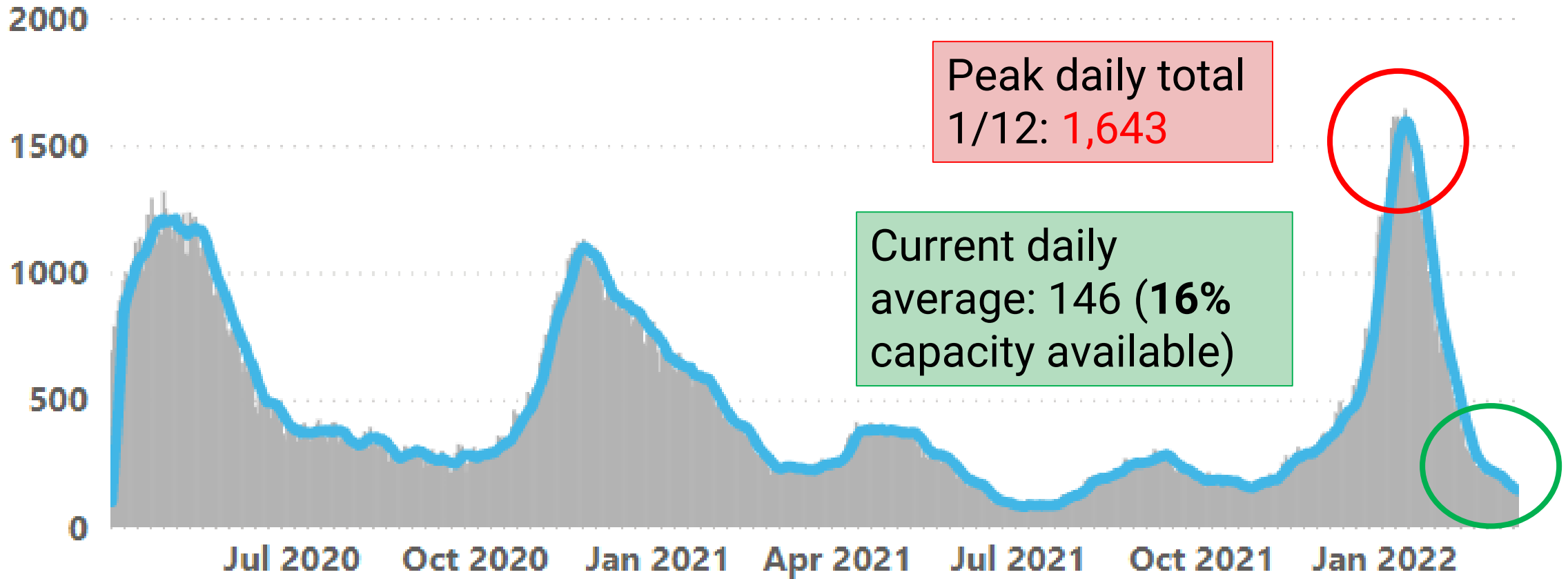




Chicago **COVID-19 Hospitalizations** (new hospitalizations each day) have decreased significantly since peak in early January and are now at less than half of the CDC's **Low** risk level.



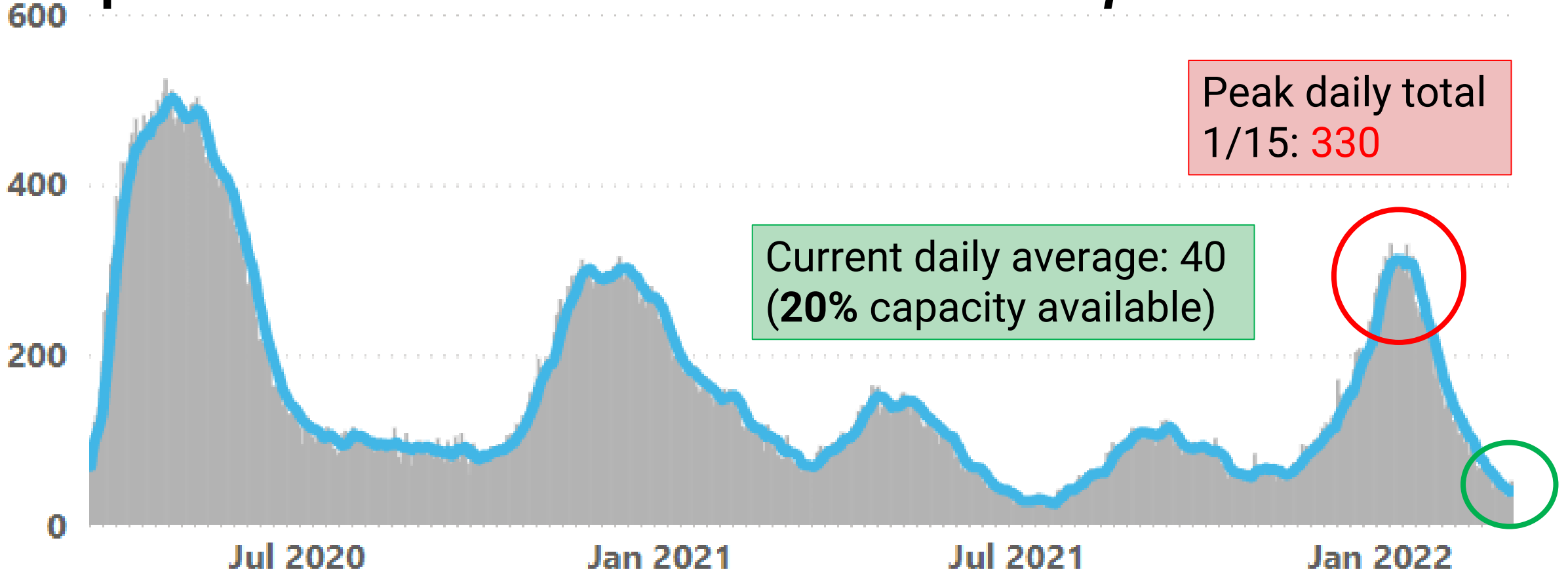
# Chicago COVID Hospital Census (non-ICU Hospital Beds occupied by COVID-19 patients) is now in lower transmission/risk.



● Acute Non-ICU Beds Occupied by COVID-19 Patients ● 7-day Rolling Average



# Chicago: **ICU** Hospital Beds occupied by COVID-19 patients also now in **lower** transmission/risk.

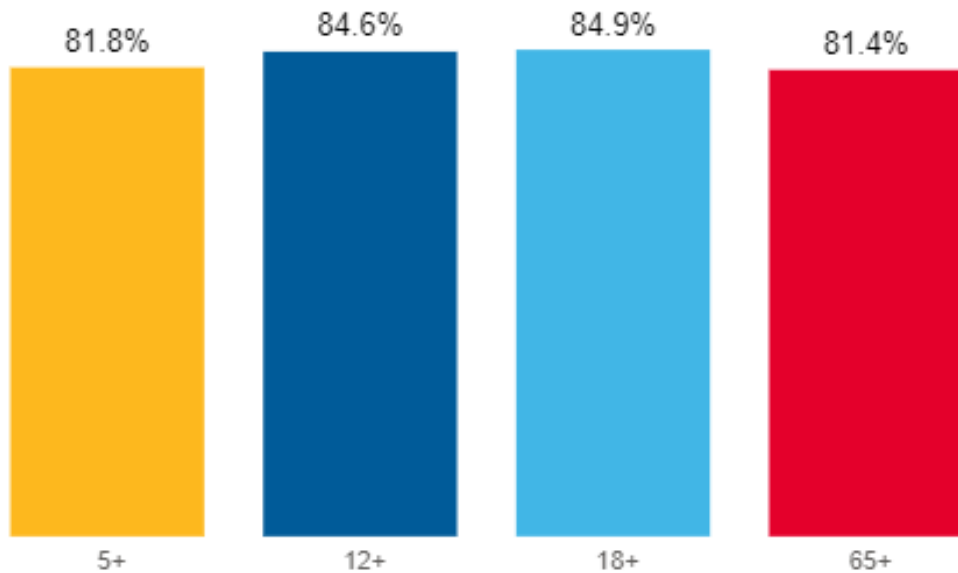


● ICU Beds Occupied by COVID-19 Patients ● 7-day Rolling Average

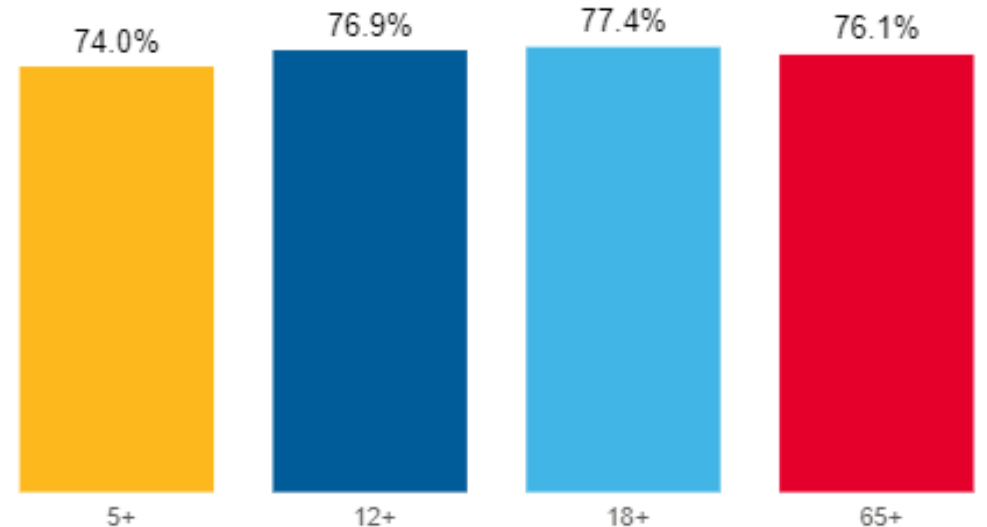


# Continued progress on Citywide vaccination rates. 76.9% of ALL Chicagoans have received at least one dose

At least one dose (% vaccinated as of 3/8/2022)



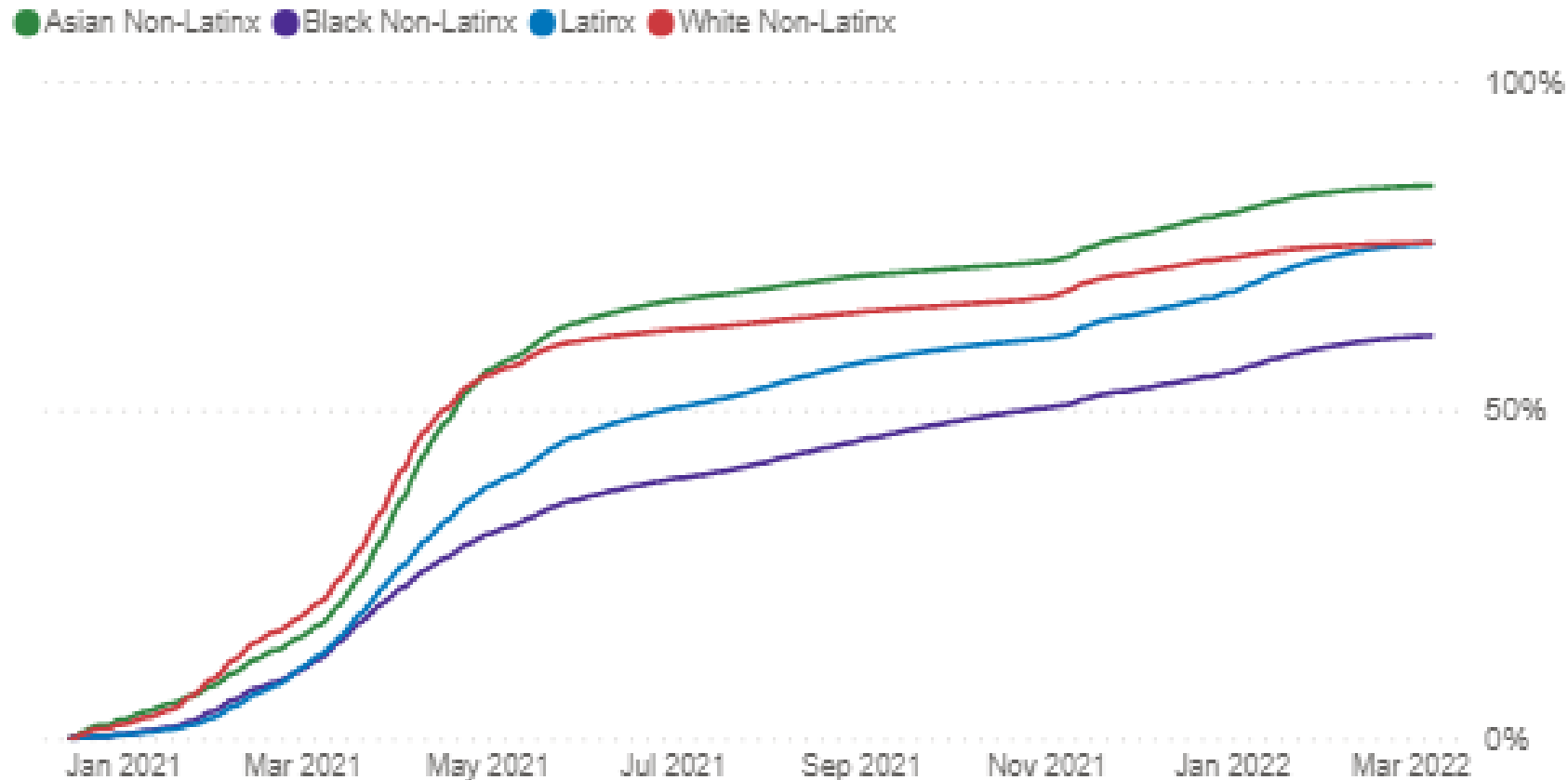
Completed vaccine series (% vaccinated as of 3/8/2022)





# Citywide Vaccination Rate by Race/Ethnicity

At least one dose (cumulative % vaccinated)



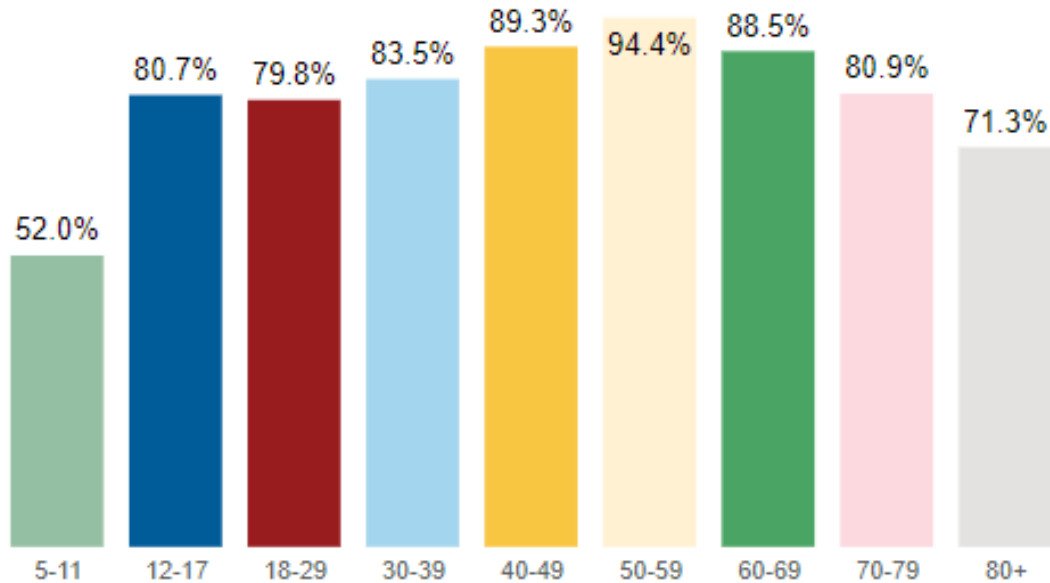
61% of Black non-Latinx Chicagoans have now had a first dose of COVID vaccine (55% fully vaxxed)

A Latinx Chicagoan is just as likely to have received at least one dose of COVID vaccine as a **White Non-Latinx Chicagoan**



# ★ Vaccine Coverage among Chicagoans by Age

At least one dose (% vaccinated as of 3/8/2022)

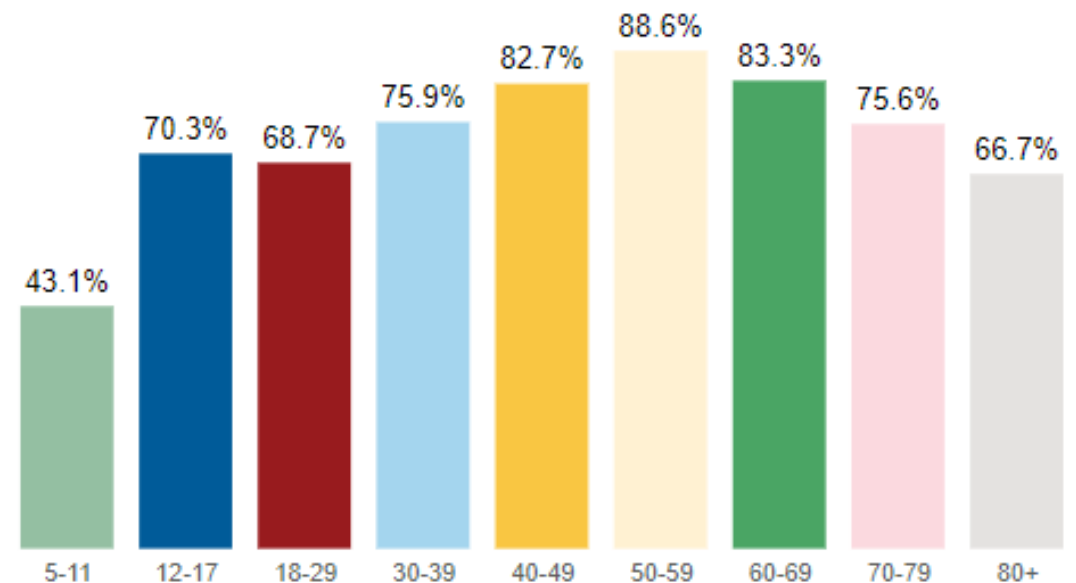


National estimates:

33.1% among 5-11-year-olds

67.7% among 12-17-year-olds

Completed vaccine series (% vaccinated as of 3/8/2022)



National estimates:

26.0% among 5-11-year-olds

57.7% among 12-17-year-olds

# ★ While not required, be prepared to see updated signage in various settings

## MASKS OPTIONAL

While this establishment no longer requires masks to enter, please be kind to those who choose to wear a mask.



## THIS ESTABLISHMENT NO LONGER REQUIRES MASKS OR PROOF OF VACCINATION TO ENTER

Please wear a mask if you are experiencing potential COVID-19 symptoms and be kind to those who choose to wear a mask.



Some businesses may choose to maintain the mask and/or vaccine requirement. Options for signage will be available on our website.



# VACCINATION CARD REQUIRED

While the City of Chicago has lifted the vaccine requirement for certain indoor public settings, **THIS ESTABLISHMENT CONTINUES TO REQUIRE PROOF OF VACCINATION TO ENTER.**



WHILE THE CITY OF CHICAGO HAS LIFTED THE MASK MANDATE, THIS ESTABLISHMENT CONTINUES TO REQUIRE MASKS TO ENTER.



# MASKS AND VACCINATION CARDS REQUIRED

While the City of Chicago has lifted the mask mandate and vaccine requirement, this establishment continues to require masks and proof of vaccination to enter.





# Where are we now?

- **We are in a new phase of this pandemic**
  - Vaccines, boosters, and tests are widely available; effective treatments developed; the very large majority of Chicagoans have some immunity because they have been vaccinated (77%) and/or previously infected
  - Our ability to prevent or reduce severe illness makes it less critical to focus on stopping every case of COVID-19 (plus we do not expect to be able to eradicate COVID)
- The virus will continue to circulate, so **we must prevent overwhelming our hospital and healthcare systems**
  - Overwhelmed hospitals cannot provide the best care for COVID-19 patients or people experiencing other health crises
  - We cannot allow emergency departments to be overwhelmed causing people to wait for lifesaving care
- Looking at severe cases that require hospital care and use healthcare resources (in addition to monitoring overall number of new cases) provides a better picture of COVID-19 impact on our communities

# WHAT YOU NEED TO KNOW ABOUT EARLY TREATMENTS FOR COVID-19



If you test positive for COVID-19, there are IV and oral medications that can help keep you out of the hospital, but they need to be taken in the first few days of infection.



If you test positive and have underlying conditions that put you at higher risk for hospitalization, ***talk with your healthcare provider immediately to see if they recommend newer treatments now available.***



Treatments used for COVID-19 can interact with other medications you take ***and must be prescribed*** by your healthcare provider.

- ***Please do not go to a pharmacy or infusion center without a prescription.***



Supply is growing but remains limited for these treatments and will be prioritized for those at highest risk of developing severe illness.

Looking for a vaccine?

visit [CHI.GOV/COVIDVAX](https://chi.gov/covidvax)

or call **312-746-4835**



Mayor Lori E. Lightfoot

- ALL individuals 65+ are eligible for these treatments
- These treatments are provided by the federal government at no-cost
- These treatments are available regardless of an individual's vaccination status
- These treatments are available now in Chicago
- If you test positive for COVID-19, talk with your healthcare provider immediately



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

1

**VISIT [COVIDtests.gov](https://COVIDtests.gov)**

2

**Enter contact and shipping info**

3

**Review and place your order**

Every home in the U.S. is eligible to order 2 sets of 4 free at-home tests.

**If you already ordered your first set, order a second today.**

# REMEMBER: IF YOU CATCH COVID-19

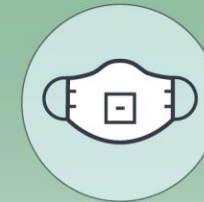
Regardless of vaccination status, stay home for 5 days. If your symptoms are resolving or gone by Day 5, you can leave your house but *you must continue to mask* while around others for Days 6-10.



**DAY 1-5**  
STAY AT HOME



**DAY 5**  
ISOLATION ENDS  
(IF NO/RESOLVING SYMPTOMS)



**DAY 6-10**  
MASK IN PUBLIC SPACES



# WHEN SHOULD I GET MY COVID-19 BOOSTER?

*Anyone 12y+ should get boosted:*

**5 months**

After your initial Pfizer (12+)  
or Moderna (18+) series

**2 months**

After your initial  
J&J (18+) vaccination





# GET VAXXED AT HOME GET \$50\* PER DOSE



- Anyone age 5+ can get a vaccine at home
- Pfizer pediatric, adult and boosters doses available
- Up to 10 people can get vaccinated at the same time
- **Appointments:**  
Monday-Sunday,  
8:00 am to 6:30 pm

\*One \$50 gift card for each primary Pfizer dose. Booster doses do not qualify.

To schedule your appointment:

CALL **312.746.4835**

OR VISIT [chicago.gov/athome](https://chicago.gov/athome)



**CHICAGO**

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**PROTECT  
CHICAGO\***

Need a vaccine or a booster? Have questions?

visit **CHI.GOV/COVIDVAX**

or call **312-746-4835**

