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

FIND YOUR VACCINE AT CHICAGO.GOV/COVIDVAX
2022–23 Influenza Season (December 2022, Week 51)

cdc.gov/flu/weekly
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

cdc.gov/flu/weekly
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**

<table>
<thead>
<tr>
<th></th>
<th>New cases per 100,000 population (last 7 days)</th>
<th>New admissions per 100,000 population (last 7 days)</th>
<th>Percent of staffed inpatient beds occupied by COVID-19 patients (last 7 days)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>City of Chicago</strong></td>
<td>![Circle] 139</td>
<td>![Circle] 5.6</td>
<td>5.1%</td>
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<tr>
<td><strong>Cook County</strong> (including City of Chicago)</td>
<td>![Circle] 127</td>
<td>![Circle] 12.9</td>
<td>5.8%</td>
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*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. 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.

Source: CDC
Variant Surveillance, Midwest Region
Continued evolution of more infectious Omicron subvariants

Collection date, week ending

XBB is a recombinant (fusion) of 2 different BA.2 variants

• 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

Since the Omicron variant became dominant in Chicago: Unvaccinated Chicagans have been almost three times as likely to be hospitalized with COVID-19 than Up-to-Date (Vaccinated and Boosted) Chicagans.
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
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

1. VISIT COVIDtests.gov
2. Review and place your order
3. Enter contact and shipping info

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.

DAY 1-5
STAY AT HOME

DAY 5
ISOLATION ENDS (IF NO/RESOLVING SYMPTOMS)

DAY 6-10
MASK IN PUBLIC SPACES

FIND YOUR VACCINE AT chicago.gov/covidvax
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

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.
Don't wear your mask loosely with gaps on the sides.

Don't push your mask under your chin to rest on your neck.

Don't wear your mask so it covers just the tip of your nose.

Don't wear the mask below your nose.

Don't leave your chin exposed.

BE SAFE
CHICAGO

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.
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.
Need a vaccine or a booster? Have questions?

visit

CHI.GOV/COVIDVAX

or call

312-746-4835