Ask Dr. Arwady

July 12, 2022
• In 2020, the U.S. had one death by suicide every 11 minutes

NATIONWIDE NUMBER launching for mental health crises

On July 16, 2022 (THIS Saturday) the State of Illinois is activating 988, *strengthening and expanding the existing National Suicide Prevention Lifeline*—where compassionate, accessible care and support are available for anyone experiencing mental health–related distress.

• 988 is the new three-digit number for calls, available in multiple languages.
• People can dial 988 if they are having thoughts of suicide, mental health or substance use crises, or any other kind of emotional distress.
• People can also dial 988 if they are worried about a loved one who may need crisis support.

• This will continue to grow and evolve over the next few years.
Abortion is STILL legal in Illinois.

We are committed to providing support for anyone in or out of Chicago who may need access to safe abortion care and resources.

CHICAGO.GOV/ABORTIONCARE
While the overall risk of MPV remains low, see a healthcare provider if you develop symptoms

- As of 7/11, a total of 105 Chicagoans have been diagnosed with monkeypox virus (MPV)
  - Most, but not all, have been in gay, bisexual, or men who have sex with men (MSM)
  - Spread occurs through tight-knit social networks

If you have a new or unexplained rash:
- Visit a healthcare provider or call 312-746-4835 to get connected to care
- Remind your provider that MPV is in the community
- Avoid sex or being intimate with anyone until you’ve been checked out
MPV doesn’t spread easily without close contact

- Viral infection
- Symptoms typically include flu-like illness and a rash that can look like pimples or blisters; some people only have a rash
- Spread can occur from person to person by:
  - Skin-to-skin contact with a rash, sores, or body fluids
  - Respiratory secretions during prolonged face-to-face or intimate contact, such as kissing, cuddling, or sex
  - Touching items such as clothing or linens that previously touched a rash or body fluids
- Anyone can be infected with MPV
We have effective **treatment** and **vaccines** against MPV

- FDA-approved antiviral medication (tecovirimat - TPOXX)
  - recommended for people who are more likely to get severely ill

- Effective vaccines against MPV to protect individuals who:
  - have been exposed to someone with MPV, OR
  - are likely to be exposed to MPV

hhs.gov
HHS Orders 2.5 Million More Doses of JYNNEOS V... HHS today ordered an additional 2.5 million doses of Bavarian Nordic’s JYNNEOS.
In Chicago we:

- Facilitate **testing** to identify those with MPV and provide treatment when needed
- Identify close or intimate **contacts** for monitoring and vaccination when indicated
- Engage with community and summer **event organizers** to share information about staying healthy while celebrating.
- Deliver **vaccines** directly to high-risk communities
  - Vaccination is not currently recommended for the general public
Get vaccinated for MPV in Chicago, if you either:

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Had close physical contact with someone or an intimate partner who was diagnosed with MPV</td>
<td>Or</td>
</tr>
<tr>
<td>OR</td>
<td>Are a gay, bisexual or other (cis or trans) man who has sex with men</td>
<td>And</td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td>Has intimate or sexual contact with other men in a social or sexual venue</td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td>Has intimate or sexual contact with multiple or anonymous partners</td>
</tr>
<tr>
<td></td>
<td>OR</td>
<td>Has given or received money or other goods/services in exchange for sex</td>
</tr>
</tbody>
</table>

At this time, MPV vaccine is **not** recommended for the general public (including men who have sex with men, without other risk factors). As vaccine supply increases, guidance may evolve.
Get the Facts: Monkeypox

Chicago.gov/monkeypox
This week, 59% of U.S. Counties report High or Medium COVID Community Level. **Cook County moved back to Medium level as of 7/7 CDC update.**

https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=all_states&list_select_county=all_counties&data-type=
### 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>195</td>
<td>4.5</td>
<td>3.7%</td>
</tr>
<tr>
<td><strong>Cook County</strong></td>
<td>193</td>
<td>11.4</td>
<td>3.9%</td>
</tr>
</tbody>
</table>

*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 7/8/2022.*

In “Medium” risk, the Chicago Department of Public Health recommends individuals:

- Stay up to date* with **COVID-19 vaccines**
- Wear a face mask in indoor public settings where vaccine status is not known
- Get **tested** if you have symptoms
- Follow all isolation and quarantine guidance, including wearing a face mask
- If you are at high risk for severe illness, talk to your healthcare provider about whether you need to wear a mask and take other precautions
Variant Surveillance, Midwest Region
Continued evolution of more infectious Omicron subvariants; increased BA4/5

It’s ALL OMICRON
(and now mostly BA4/5)
BA.2 (2.6%)
BA.2.12.1 (25.7%)
BA.4 (17.3%)
BA.5 (54.5%)

https://covid.cdc.gov/covid-data-tracker/#circulatingVariants
SARS-CoV-2 Variant Surveillance, United States

United States: 6/26/2022 – 7/2/2022 NOWCAST

It’s ALL OMICRON

- BA.2 (2.8%)
- BA.2.12 (27.2%)
- BA.4 (16.5%)
- BA.5 (53.6%)

https://covid.cdc.gov/covid-data-tracker/#circulatingVariants
5 MILLION DOSES OF THE COVID-19 VACCINE HAVE BEEN GIVEN TO CHICAGOANS AS OF JULY 1ST!

GET YOUR FAMILY 6 MONTHS+ VAXED & BOOSTED
CHI.GOV/COVIDVAX
Chicago: COVID-19 Vaccine Coverage
4.7% (roughly 7,700) of Chicagoans under 5 have received one dose of COVID vaccine. National estimates are below 2%
A slow uptake is not a surprise. In an April national survey, only 18% of parents of children under 5 planned to vaccinate their young child right away.

Figure 1

One In Five Parents Of Children Under 5 Want To Vaccinate Their Child For COVID-19 Right Away When Authorized, But Four In Ten Want To Wait And See

Thinking about your child between the ages of...have they received at least one dose of a COVID-19 vaccine, or not? If not, do you think you will get them vaccinated...?

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Child is vaccinated</th>
<th>Right away</th>
<th>Wait and see</th>
<th>Only if required</th>
<th>Definitely not</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ages 12-17</td>
<td>56%</td>
<td></td>
<td></td>
<td>31%</td>
<td></td>
</tr>
<tr>
<td>Ages 5-11</td>
<td>39%</td>
<td>13%</td>
<td></td>
<td>32%</td>
<td></td>
</tr>
<tr>
<td>Under 5</td>
<td>18%</td>
<td>38%</td>
<td></td>
<td>27%</td>
<td></td>
</tr>
</tbody>
</table>

NOTE: Asked of parents or guardians of children under 18. For parents of children under 5, question was worded “Thinking about your child under the age of 5, once there is a COVID-19 vaccine authorized and available for your child’s age group, do you think you will...?” See topline for full question wording.

SOURCE: KFF COVID-19 Vaccine Monitor (April 13-26, 2022) • PNG

Did you get vaccinated for COVID-19 in 2021, but haven’t gotten a booster yet?

IT’S TIME!

Everyone 5 or over should have a vaccine booster at least 5 MONTHS after completing their initial vaccine series.

Individuals ages 5-17 should receive a Pfizer booster. For individuals 18+, Pfizer and Moderna are preferred over J&J for booster doses.
WHEN SHOULD I GET MY FIRST BOOSTER DOSE?

- Anyone 5y+ should get boosted:
  - 5 months after your initial Pfizer (12+) or Moderna (18+) series
  - 2 months after your initial J&J (18+) vaccination

WHEN SHOULD I GET MY SECOND BOOSTER DOSE?

- The following groups should get a second mRNA booster 4 months after their first booster dose:
  - Any adult 50+
  - Individuals 12+ who are moderately or severely immunocompromised
Second round of FREE Saturday Family Vaccine Clinics starts July 23 at Kennedy King.

Clinics run Saturdays through September 3.
GET VAXXED AT HOME!

- Anyone age 6 months and older can get a COVID-19 vaccine at home. Moderna (age 6 months through 5 years) and Pfizer (age 6 months and older) will be offered. Those eligible for a booster can also request a booster dose of Pfizer vaccine.
- Up to 10 people can get vaccinated at the same time.
- Appointments: Saturday-Tuesday, 8:00 am to 6:30 pm

Through July 31, 2022

Chicago residents of certain zip codes are eligible to receive a $50 gift card for each dose of primary vaccine administered. (1st and 2nd dose only for ages 5+)

ELIGIBLE CHICAGO ZIP CODES
60608, 60612, 60617, 60619, 60620, 60621, 60624, 60628, 60633, 60636, 60637, 60644, 60649, 60651, 60653, 60707, 60827

FOR APPOINTMENTS: CHICAGO.GOV/ATHOME • 312-746-4835

Kids under 5 eligible for vaccine through the At Home program!
Coronavirus (COVID-19) Update: FDA Authorizes Pharmacists to Prescribe Paxlovid with Certain Limitations

New Prescribing Authority Could Improve Access for Some Patients at High Risk for Severe COVID-19

• Paxlovid authorized for treatment of mild-to-moderate COVID in adults and older pediatric patients (12y and older and at least 40kg/88lb) who are at high risk for progression to severe COVID.

• Must be taken within 5 days after symptoms begin.

• No requirement to repeat positive result from home test.

Limitations:

Pharmacist needs to be able to assess for liver or kidney problems. (Patients can bring blood test results from the last year electronically or on paper, or pharmacist can check with provider.)

Pharmacist needs to be able to assess for drug-drug interactions. (Patients can bring list of meds or access.)
Need a vaccine or a booster? Have questions?

visit CHI.GOV/COVIDVAX

or call 312-746-4835

CDPH