

11/21/2022

Where We Are At In Wayne County

As of November 21, 2022, Wayne County's COVID Community Level is Medium. This means that to protect yourself, you should stay up-to-date with your COVID-19 vaccine (including boosters). Get tested if you have symptoms and wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19. You should also wear a mask on public transportation. If you are at high risk for severe illness, consider wearing a mask indoors in public and taking additional precautions.

COVID-19 and Flu Updates

COVID

The COVID-19 landscape is looking [somewhat stable](#) as we enter our third pandemic-era holiday season, but being careful is still important. New Omicron subvariants seem to be better at evading immunity, and [both flu and RSV case trends are concerning](#).

How to gather safely for the holidays:

- **Encourage everyone to take a rapid test before gathering.**
- In the week leading up to the event, consider asking people to wear an N95 mask in public and limit social activities as much as possible to reduce the chance of being infected.
- Guests may also want to stock up on their [eight free COVID-19 tests](#) for the month.
- On the day of the event, consider taking a rapid test right before gathering. If it comes back positive, you are most likely infectious and should stay home.
- Guests who are experiencing symptoms should also stay home, even if they receive a negative rapid test. **COVID-19 is not the only infectious disease of concern—flu and RSV are in high circulation this fall.**
- **Use [ventilation and filtration tools](#) to reduce indoor COVID-19 transmission.**
- Open the windows to improve ventilation. To increase airflow, set up a fan in front of the window, facing outward, or turn on exhaust fans in the house.
- **Be considerate of guests who are immunocompromised or at high risk.**
- For many people, it may feel like the pandemic is over. But immunocompromised and high-risk individuals often cannot afford to abandon precautions and risk infection.
- Try to keep children under 6 months away from guests since they cannot get vaccinated for COVID-19 yet and are also at high risk of severe illness from flu and RSV.
- Take advantage of **N95 masks and social distancing if needed**, even though it may be awkward. The goal is to enjoy the festivities and return home safe and healthy.

Updated COVID-19 boosters that protect the Omicron variant are now available. People age 5 and up are eligible to receive an updated booster 2 months after their last COVID-19 dose.

CDC provides a tool to help people calculate the best time to get a booster, and makes it easy for you to schedule COVID-19 vaccinations by searching www.vaccines.gov, texting your zip code to 438829, or calling 1-800-232-0233 to find locations near you.

Flu

Flu cases are abnormally high for this point in the year, and RSV cases are at their [highest levels](#) since the pandemic began. But it's not just the case numbers that are concerning: non-COVID-19 respiratory viruses also seem to be causing more severe disease, particularly among young children. Flu-related hospitalizations have not been this high at this point in the season since 2009.

- An annual flu vaccine is the best way to protect against flu. Vaccination helps prevent infection and can also prevent serious outcomes in people who get vaccinated but still get sick with flu.
- CDC recommends that everyone ages 6 months and older get a flu vaccine annually. Now is a good time to get vaccinated.

Upcoming Events

Dr. Yabo, from Association of Immunization Managers (AIM), was a guest on this episode of **Aging Matters** where she provided useful information about vaccines and immunizations for older adults in addition to issues related to racial and ethnic disparities related to getting vaccines.

- Listen to the episode on the Aging Matters [Facebook](#) page, [Mixcloud](#), [Apple Podcast](#), and [Spotify](#)

Got questions about the COVID-19 bivalent booster? Join us for a virtual discussion on how to stay healthy and get up-to-date information on the flu and COVID-19. Our [VAX Facts and FAQs](#) discussions are happening on the third Wednesday of every month at 6:00 pm.