



NEWSLETTER

WINTER 2021

ISSUE 2

BILLINGS AREA

COVID-19.

~FOCUSED ON VACCINES AND MENTAL HEALTH~

ROCKY MOUNTAIN REGION

In This Issue:

Data Update

Vaccine Resources

Mental Health Resources

Highlights

Contacts

01

02

03

04

05

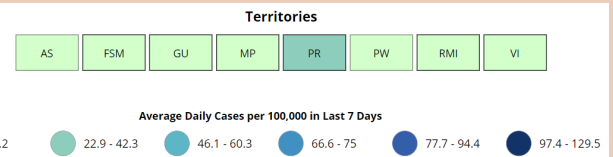
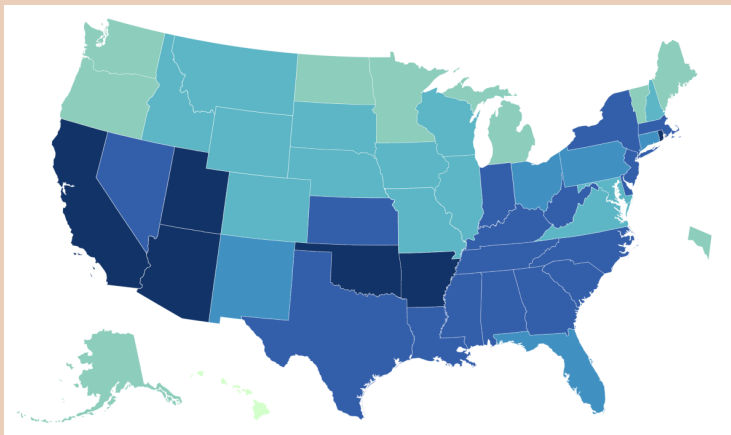
DATA UPDATE

FROM JANUARY 2021

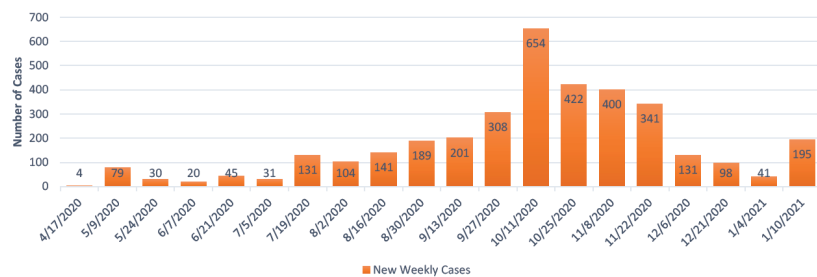
Total Cases, United States: 22,322,956	Total Cases, Montana: 86,324	Total Cases, Wyoming: 46,832
Total Deaths, United States: 373,167	Total Deaths, Montana: 1,056	Total Deaths, Wyoming: 489
	Ever Hospitalized, Montana: 3,853	Ever Hospitalized, Wyoming: 1,216
Now Hospitalized, US: 129,748	Now Hospitalized, Montana: 207	Now Hospitalized, Wyoming: 98
Now in ICU, US: 23,494	Now in ICU, Montana: 35	Now in ICU, Wyoming: Not Reported*
Currently on Ventilator, US: 7,781	Now on Ventilators, Montana: 18	Now on Ventilators, Wyoming: NR*

Data last updated on Jan. 11, 2020. Accessed from www.CDC.gov, <https://covidtracking.com/data/state/montana>, <https://covidtracking.com/data/state/wyoming>, <https://covidtracking.com/data>

US COVID-19 Average Daily Case Rate in Last 7 Days, by State/Territory (cases per 100K)

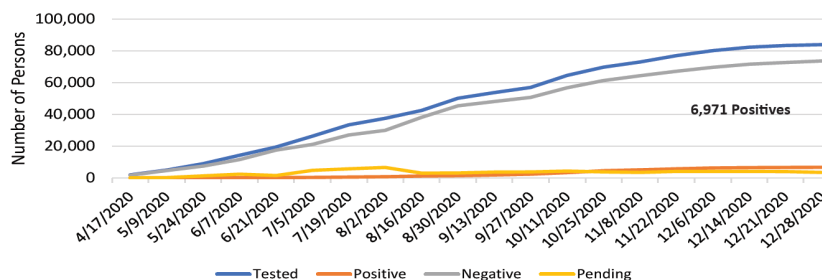


Number of COVID-19 Positive Test Results by Week, Billings Area Indian Health Service












Data last updated on Jan. 10, 2020. Accessed from www.IHS.gov

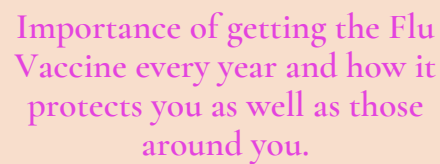
Cumulative Number of COVID-19 Test Results Billings Area Indian Health Service



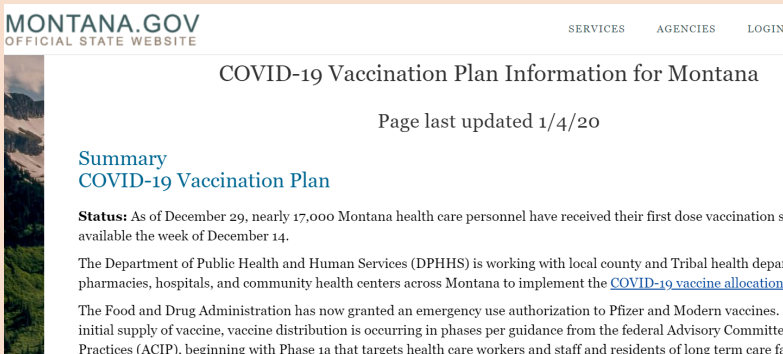
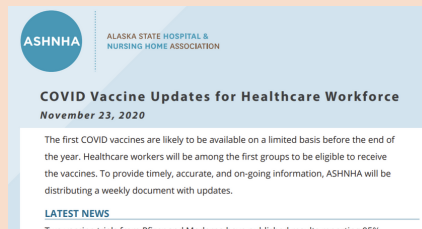
Data last updated on Jan. 10, 2020. Accessed from www.IHS.gov

~WHAT YOU NEED TO KNOW~
CLICK EACH ARTICLE TO READ MORE

	V-safe		Training and Education		Recipient Education
	Vaccination Data and Reporting Systems		Vaccination Provider Requirements and Support		mRNA COVID-19 Vaccines
	Planning and Partnerships		Vaccination Toolkits		Long-Term Care Pharmacy Partnership



Quickly grasp information on the Pfizer and Moderna vaccines. This includes: Efficacy, safety, dosage intervals and more.



Montana has already started to disburse vaccination to the Tribal communities. To learn more on the phases, which phase you belong to and more, click below.

[~Click to read more](#)

To get more information on the vaccination protocol in Wyoming, including the phases, click below.

[~Click to read more](#)



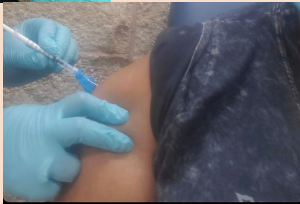
MENTAL HEALTH PROGRAMS FOR THE COMMUNITY

Feeling scared or anxious about getting your COVID vaccine? The Mental Health America website talks about how to deal with your fear, gives you details on the vaccine, and ways you can cope with your emotions.



<https://mhanational.org/dealing-covid-19-vaccine-anxiety>

The CDC stated 6 out of hundreds of thousands of recipients had experienced a severe allergic reaction, but ALL of them recovered with treatment.



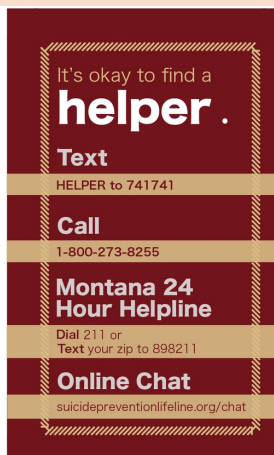
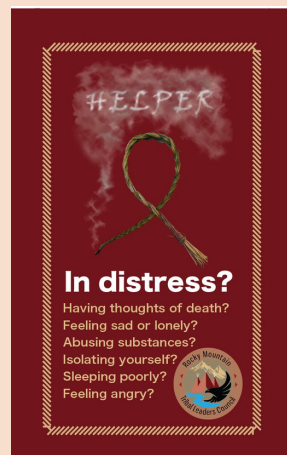
GET VACCINATED
Need reassurance about receiving the vaccine? People 60 years and older who were not living in jails or nursing homes, 1 in 58 of those people infected died. People between the ages of 40 and 59, about 1 in 833 and younger than 40, about 1 in 10,000 died. For those who were not white, death rate was 3 times more.

GET VACCINATED



If healthcare workers are getting vaccinated, so can you! Let's not burden the Hospitals again.


It is okay to find a helper if you are having thoughts of death, feeling sad or lonely, abusing substances, isolating yourself, sleeping poorly, or feeling angry.



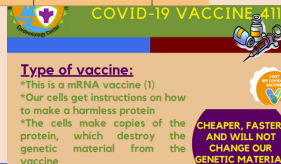
YOU ARE NOT ALONE, WE ARE IN THIS TOGETHER.
Text HELPER to 741741 to connect with a trained crisis counselor 24/7 for free.

HIGHLIGHTS

UPCOMING NEWS, EVENTS AND CHALLENGES



	COVID-19	Flu	Cold
Symptom Onset	Varies, w/ asymptomatic	Sudden	Gradual
Fever or Chills	Common	Common	Rare
Cough	Common	Common	Common
Shortness of breath	Sometimes	No	No



Check out infographics on the RMTLC site created by our staff. You can use them by downloading, printing or posting them in various places.

[~Click to read more](#)



NEW PLATFORM FOR TRAININGS AND RESOURCES

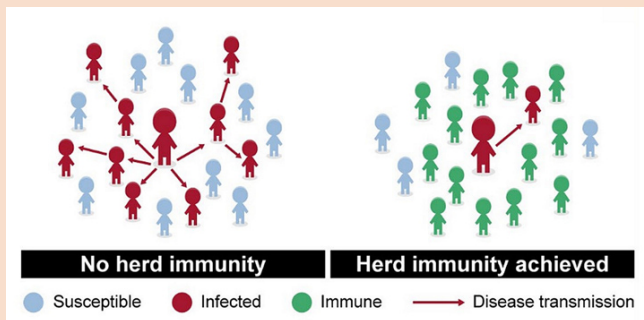
We are working to create a space for open access to all of our trainings, education material and other resources that can be accessed by all members of the community.



HOW DOES HERD IMMUNITY WORK?


We need to vaccinate 75% or more of the population successfully. That means receiving both doses of the same type of the COVID-19 vaccination in the appropriate time.

[~Click to read more](#)



COVID-19 DATA DASHBOARD

BROUGHT TO YOU BY THE EPI TEAM AT RMTLC



RMTEC has worked with IHS to adapt and expand a COVID-19 data dashboard, that was originally created by the CDC for Northern Cheyenne, so Tribes may collect, display and share their data. The dashboard displays graphs and charts as data is entered on cases, testing, and vaccinations making its features user friendly for all using it. RMTEC is currently introducing the dashboard during the monthly meetings, but can arrange meetings with anyone interested in learning more.

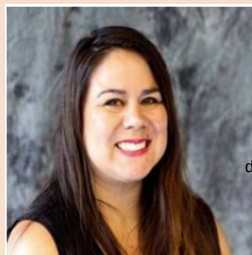
Please contact either Sam Alquwayfili or Erin Dobrinen with any requests.

CONTACTS

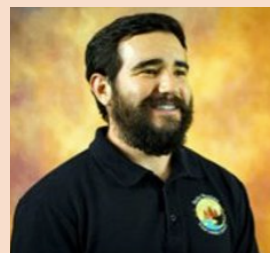
RMTLC TEAM



Helen Tesfai, MPH
TEC Director
RMTLC/RMTEC
helen.tesfai@rmtlc.org



Dyani Bingham
TECPHI Program
Manager
MPH Student
RMTLC/RMTEC
dyani.bingham@rmtlc.org



Christopher Piccione, MPH
Lead Epidemiologist
RMTLC/RMTEC
christopher.piccione@rmtlc.org



Amy Mckenzie-Sanders, MPH
Biostatistician
COVID19 Team
RMTLC, CDC Foundation
amy.mackenzie-sanders@rmtlc.org



Erin Dobrinen, MPH
Statistician
COVID19 Team
RMTLC, CDC Foundation
erin.dobrinen@rmtlc.org



Lea Moser, MPH
Epidemiologist
COVID19 Team
RMTLC, CDC Foundation
lea.moser@rmtlc.org



Divya Narala, MPH
Communications Specialist
COVID19 Team
RMTLC, CDC Foundation
divya.narala@rmtlc.org



Jennifer Hudson Schaff, MPA
Training Coordinator
COVID19 Team
RMTLC, CDC Foundation
jennifer.hudson-schaff@rmtlc.org

Deidhra Hill,
TEC Coordinator
deidhra.hill@rmtlc.org



Sam Alquwayfili,
Staff Epidemiologist
COVID19 Team
sam.alquwayfili@rmtlc.org

Lani Paulson,
Health Data Analyst
lani.paulson@rmtlc.org

Morgan Witzel, Monitoring +
Evaluation Specialist
morgan.witzel@rmtlc.org

Dr. Kalu Uma Onwuchekwa,
Injury Prevention Epidemiologist
kalu.onwuchekwa@rmtlc.org

Brook McDonald,
Project Coordinator I
brook.mcdonald@rmtlc.org

Amanda Bremner,
Project Coordinator II
amanda.bremner@rmtlc.org