COVID-19
~FOCUSED ON VACCINES AND MENTAL HEALTH~
ROCKY MOUNTAIN REGION

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

<table>
<thead>
<tr>
<th>State/Territory</th>
<th>Data Source</th>
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<tbody>
<tr>
<td>Total Deaths, United States: 373,167</td>
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<tr>
<td>Ever Hospitalized, Montana: 3,853</td>
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<tr>
<td>Ever Hospitalized, Wyoming: 1,216</td>
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<tr>
<td>Now Hospitalized, US: 129,748</td>
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<tr>
<td>Now Hospitalized, Montana: 207</td>
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<tr>
<td>Now Hospitalized, Wyoming: 98</td>
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<tr>
<td>Now in ICU, US: 23,494</td>
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<tr>
<td>Now in ICU, Montana: 35</td>
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<tr>
<td>Now in ICU, Wyoming: Not Reported*</td>
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<tr>
<td>Currently on Ventilator, US: 7,781</td>
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<tr>
<td>Now on Ventilators, Montana: 18</td>
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<tr>
<td>Now on Ventilators, Wyoming: NR*</td>
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</tbody>
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Learn everything about the COVID vaccines by visiting the link below. The CDC website provides information on storage, administration, education and more.  
-Click to read more

Importance of getting the Flu Vaccine every year and how it protects you as well as those around you.

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
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.

**HELPER**

In distress?

- Having thoughts of death?
- Feeling sad or lonely?
- Abusing substances?
- Isolating yourself?
- Sleeping poorly?
- Feeling angry?

It's okay to find a helper.

Text HELPER to 741741

Call 1-800-273-8255

Montana 24 Hour Helpline

Call 211 or Text your zip to 89281

Online Chat suicidepreventiononteline.org/chat

YOU ARE NOT ALONE, WE ARE IN THIS TOGETHER.

Text HELPER to 741741 to connect with a trained crisis counselor 24/7 for free.
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.

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.
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RMTLC Newsletter