COVID-19

-FOCUSED ON TOOLS + RESOURCES

ROCKY MOUNTAIN REGION

In This Issue:

Data Update
Vaccine Update
Mental Health
Health Resources
Highlights + Trainings
Contacts
The dashboard displays graphs and charts as data is entered on cases, testing, and vaccinations making its features user friendly for all using it. The reports are sent out weekly and biweekly. For any questions, please contact Lea Moser, Erin Dobrinen or David White.

RMTEC is currently introducing the dashboard as needed, but can arrange meetings with anyone interested in learning more. Data is updated everyday on the RMTLC website.

For any questions, please contact Sam Alquwayfili.

https://www.rmtlc.org/tribal-epidemiology-centers/tec-dashboards/
COVID-19 UPDATE

~WHAT YOU NEED TO KNOW~

CLICK EACH ARTICLE TO READ MORE

Everyone Ages 18 and Older Should Get a Booster Shot

| IF YOU RECEIVED |
| Pfizer-BioNTech or Moderna |
| Who should get a booster: Everyone 18 years or older |
| When to get a booster: At least 6 months after completing your primary COVID-19 vaccination series. |
| Which booster should you get? Any of the COVID-19 vaccines authorized in the United States. |

| IF YOU RECEIVED |
| Johnson & Johnson's Janssen |
| Who should get a booster: Everyone 18 years or older |
| When to get a booster: At least 2 months after completing your primary COVID-19 vaccination. |
| Which booster should you get? Any of the COVID-19 vaccines authorized in the United States. |

Quarantine for at least 5 days
Stay home
Stay home and quarantining for at least 5 full days.

Wear a well-fitted mask if you must be around others in your home.

Do not travel.
Get tested even if you don’t have symptoms.

After quarantine
Watch for symptoms
Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

Avoid travel
It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19.

Take precautions until day 10
Wear a mask
Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.

If you must travel during days 6-10, take precautions.

Avoid being around people who are at high risk

Quarantine/Isolation Guidelines

COVID-19 Booster Shots

Omicron Variant Update: Strain, Severity, Transmissibility and more

Omicron (B.1.1.529) Characteristics

WHO Label: Omicron
Pango Lineage: B.1.1.529
Neutrein strain: 21K

The spike protein of the Omicron variant is characterized by at least 30 amino acid substitutions, three small deletions, and one small insertion. Notably, 15 of the 30 amino acid substitutions are in the receptor binding domain (RBD). There are also a number of changes and deletions in other genomic regions.


Transmissibility: Currently, it is unknown how efficiently the Omicron variant can spread from person to person. The replacement of Delta by Omicron as the predominant variant in South Africa raises concerns that the Omicron variant may be more transmissible than Delta, but due to the low number of cases in South Africa when Omicron emerged, it is unclear if this variant is more transmissible than the Delta variant. Further, the relative small number of cases has not allowed detailed estimates of transmissibility. An initial study of 257 South African workers who were exposed to a single Omicron variant confirmed were detected within 14 days of exposure, which suggests that Omicron may be more transmissible than Delta.

To learn more about Montana's Vaccination Plan -Click here to read more

COVID-19 Vaccination Information

What You Need to Know

The vaccines are FREE and available to EVERYONE.

- If you have insurance, your insurance can be billed for administration fees but no fees will be billed to you.
- If you do not have insurance, you will be able to get vaccinated and will not have to pay anything.

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

-Click to read more

RMTLC Newsletter  Page 02
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.

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.

https://www.samhsa.gov/tribal-affairs

https://health.wyo.gov/behavioralhealth/mhsa/treatment/cmhc

https://health.wyo.gov/behavioralhealth/mhsa/treatment/cmhc

https://www.samhsa.gov/tribal-affairs

https://www.samhsa.gov/tribal-affairs

https://www.samhsa.gov/tribal-affairs

https://www.samhsa.gov/tribal-affairs
Maternal Health

Breastmilk:
- Has been called the “first sacred food”
- Strengthens the mother and baby bond
- Calms babies

Breastfeeding for the baby leads to:
- Increased immunity
- Fewer common illnesses like ear infections
- Ideal nutrition

Breastfeeding for the mother leads to:
- Reduced risk of osteoporosis
- Reduced certain cancers
- Reduce healthcare costs for a lifetime

More Benefits:
- Baby is at the best distance for focusing their eyes on their mother’s face
- Decreases packaging and waste

Healthy Eating

- Healthier diets could save one in five lives each year by reducing cardiovascular disease, cancer and diabetes. (1)
- Low fruit consumption is a leading risk factor for disability and death worldwide outpacing tobacco and high blood pressure. (2,3)
- Experts think that 200–400 grams of fruit a day (about three small apples) is the amount of fruit we need daily. (4)
- Fruits are thought to be protective because they contain Vitamin C, fiber, anti-oxidants, and micronutrients.

Fun ways to add fruit to your diet:
- Add canned pineapple or mandarin oranges as a side dish
- Add frozen berries to your cereal
- Snack on a trail mix of dried fruit and nuts
- Collect berries and herbs for your traditional family recipes

Sources:
Upcoming News, Events and Challenges

New Platform for trainings and resources
We have created 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.

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 Training Being Offered at the University of Montana - Climate Change and Human Health in Montana

Opening Up Vocations Through Native Youth Coding Internships
The program will fund part-time jobs for Montana's native youth to learn how to do computer programming. Grants are available to organizations that:

- Deliver a self-paced computer coding training program to eligible youth in tribal communities to prepare students for in-demand technology occupations;
- Incentivize successful completion of training milestones by providing cash or other equivalent stipends to eligible youth;
- Work with industry partners to develop youth apprenticeship and registered apprenticeship opportunities, internships, and other programs;
- Provide eligible youth with information and exposure to computer science-related career and job opportunities.