



NEWSLETTER

SPRING 2022

ISSUE 3

BILLINGS AREA

COVID-19.

~FOCUSED ON TOOLS + RESOURCES

ROCKY MOUNTAIN REGION

In This Issue:

Data Update

01

Vaccine Update

02

Mental Health

03

Health Resources

04

Highlights + Trainings

05

Contacts

DATA UPDATE

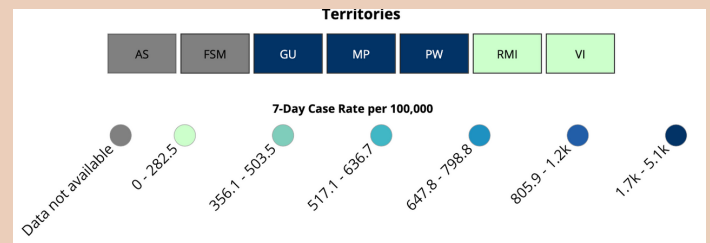
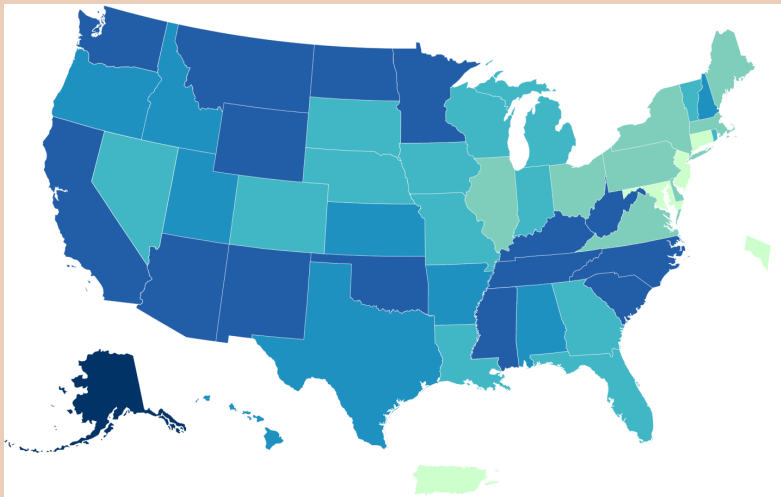
FROM JANUARY 2022

Total Cases, United States: 74,282,892	Total Cases, Montana: 238,801	Total Cases, Wyoming: 144,526
Total Deaths, United States: 881,887	Total Deaths, Montana: 2,993	Total Deaths, Wyoming: 1,625

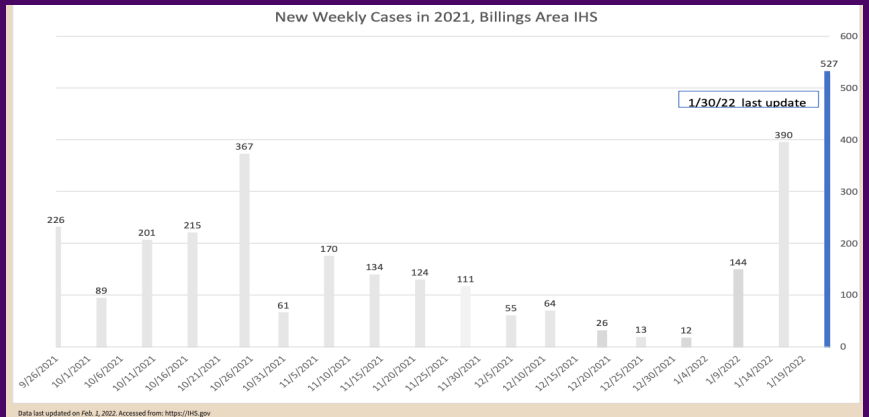
data last updated on Feb. 1, 2022. Accessed from www.CDC.gov; <https://covidtracking.com/data/state/montana>; <https://covidtracking.com/data/state/wyoming>; <https://covidtracking.com/data>

Data last updated on Feb. 1, 2022. 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)



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.

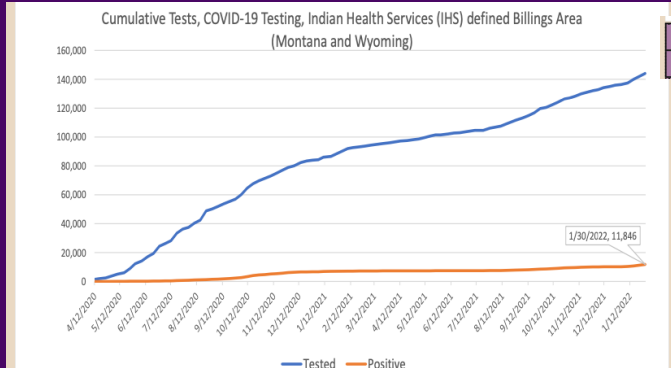


Date	Tested	Positive
1/30/2022	144,106	11,846

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.

COVID-19 Booster Shots

Omicron Variant Update: Strain, Severity, Transmissibility and more

IF YOU
Were exposed
to COVID-19
and are NOT
[up-to-date](#) on
COVID-19
vaccinations

Quarantine for at least
5 days

Stay home
Stay home and
[quarantine](#) 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](#)

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

Omicron (B.1.1.529) Characteristics

WHO Label: Omicron

Pango Lineage: B.1.1.529

Nextstrain clade: 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.

- **Key Amino Acid Substitutions in Spike Protein (RBD substitutions in bold type):** A67V, del69-70, T95I, del142-144, Y145D, del211, L212I, ins214EPE, G339D, S371L, S373P, S375F, K417N, N440K, G446S, S477N, T478K, E484A, Q493R, G496S, Q498R, N501Y, Y505H, T547K, D614G, H655Y, N679K, P681H, N764K, D796Y, N856K, Q954H, N969K, L981F

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 relatively small number of cases documented to date makes it difficult to estimate transmissibility. Analysis of

MONTANA COVID-19 VACCINATION PLAN



Section 1: COVID-19 Vaccination Preparedness Planning

Purpose, Scope, Assumptions, and Situation

In the event of a public health emergency or crisis, the Montana Department of Public Health and Human Services (DPHHS) will initiate a state-level response in accordance with the Department's Emergency Operations Plan (EOP). Such an event might require active operations for Emergency Support Function #8 (Public Health and Medical Services).

This COVID-19 Vaccination Plan supports the DPHHS EOP and the Medical Supplies Management and Distribution (MSMD) Annex, and describes the response operations for supporting the introduction, ordering, allocating and coordinating shipment of COVID-19 disease vaccine to State and local ESF8 response partners. Both of these documents demonstrate DPHHS's operational readiness to respond to pandemic situations involving highly infectious diseases.

To get more information on the
vaccination protocol in Wyoming,
including the safety, click below.
[-Click to read more](#)

To learn more about Montana's
Vaccination Plan [-Click here to read more](#)

Wyoming Department of Health

Immunization Unit

- Child Care Programs
- Wyoming COVID-19 Vaccine Information
- Find A COVID-19 Vaccine For Your Child In Wyoming
- Find a COVID-19 Vaccine in Wyoming
- COVID-19

Select Language

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DIVISIONS COVID-19 NEWS CONTACT US

Health Division » Immunization Unit » Wyoming COVID-19 Vaccine Information

Wyoming COVID-19 Vaccine Information

What You Need to Know

The vaccines are FREE and available to EVERYONE.

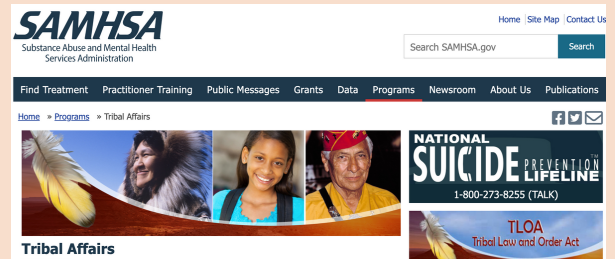
- If you have insurance, your insurance can be billed for administration fees but no fees will be billed to you.
- If you do not have insurance, you will be able to

COVID-19 vaccines are widely available!

[CLICK HERE TO FIND A COVID-19 VACCINE](#)

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



Montana

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



Wyoming



<https://www.samhsa.gov/>

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.

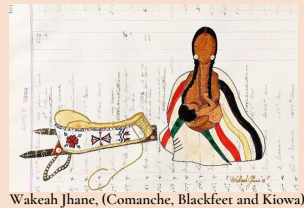
HEALTH RESOURCES

TOOLS AND RESOURCES

Maternal Health

Breastmilk:

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



Wakeah Jhane, (Comanche, Blackfeet and Kiowa)

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

Sources:

- An Easy Guide to Breastfeeding for American Indian and Alaska Native Families
- Following Tradition Works: Breastfeeding in the American Indian Worksite
- Indigenous Breastfeeding
- Baby Friendly Hospital Initiative
- WIC in WY and WIC in MT

Exploring the Connection Between Racial Healing and Health



Learn about Disparities, Good Health, Climate Change, and more! [Click here](#)



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:

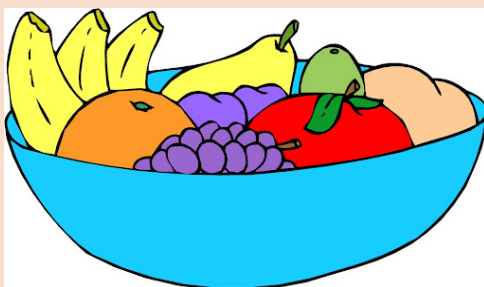
- Add canned pineapple or mandarin oranges as a side dish
- Add frozen berries to your cereal
- Snack on a trail mix of dried fruit and nuts
- Collect berries and herbs for your traditional family recipes

Some articles on Native American Foods:

- <https://www.webmd.com/food-recipes/features/5-super-healthy-native-american-foods>
- <https://www.bonappetit.com/story/healthy-native-american-diet>
- <https://www.novanthealth.org/healthy-headlines/3-recipes-that-celebrate-the-incredible-foods-of-native-america>


Sources:

1. Healthy eating saves lives. Institute for Health Metrics and Evaluation. Published March 26, 2019. Accessed December 8, 2021. <https://www.healthdata.org/infographic/healthy-eating-saves-lives>
2. Afshin A, Sur PJ, Fay KA, et al. Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017. *The Lancet*. 2019;393(10184):1958–1972. doi:10.1016/S0140-6736(19)30048-8
3. Forouzanfar MH, Alexander L, Anderson HR, et al. Global, regional, and national comparative risk assessment of 79 behavioural, environmental and occupational, and metabolic risks or clusters of risks in 188 countries, 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013. *The Lancet*. 2015;386(10012):2287–2323. doi:10.1016/S0140-6736(15)00128-2
4. Eat wholegrains, vegetables, fruit and beans. WCRF International. Accessed December 8, 2021. <https://www.wcrf.org/dietandcancer/eat-wholegrains-vegetables-fruit-and-beans/>

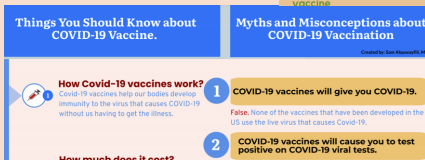
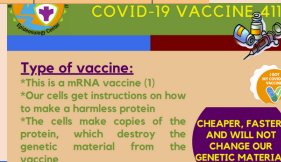


HIGHLIGHTS

UPCOMING NEWS, EVENTS AND CHALLENGES



	COVID-19	Flu	Cold
Symptom Onset	Varies, is 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 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.=



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.



CONTACTS

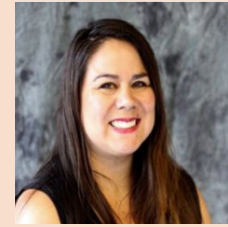
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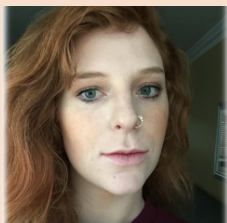
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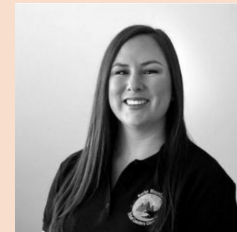


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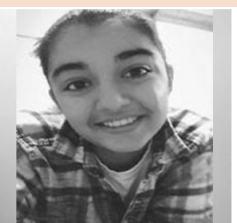


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