

# COVID-19 Update: Board of Commissioners

Carroll County Health Department

January 13, 2022

Maggie Kunz, MPH, Health Planner

Due to a statewide network security incident, data is limited. The Maryland Department of Health is now sharing limited case data. **Please note all data is subject to change.**

# Maryland COVID Case Data

- Some statewide case data is now available; we still have limited access to local data
- 11,033 cases reported in Maryland on Wednesday
- Statewide positivity 26.8%
- Hospitalizations higher: 3,462 (last week 3,057)
- Some regional health systems moved to Crisis Standards of Care

# Carroll County Data

**Data through Monday, 1/10/22**

**17,617 (+1,514 since last week's report)**

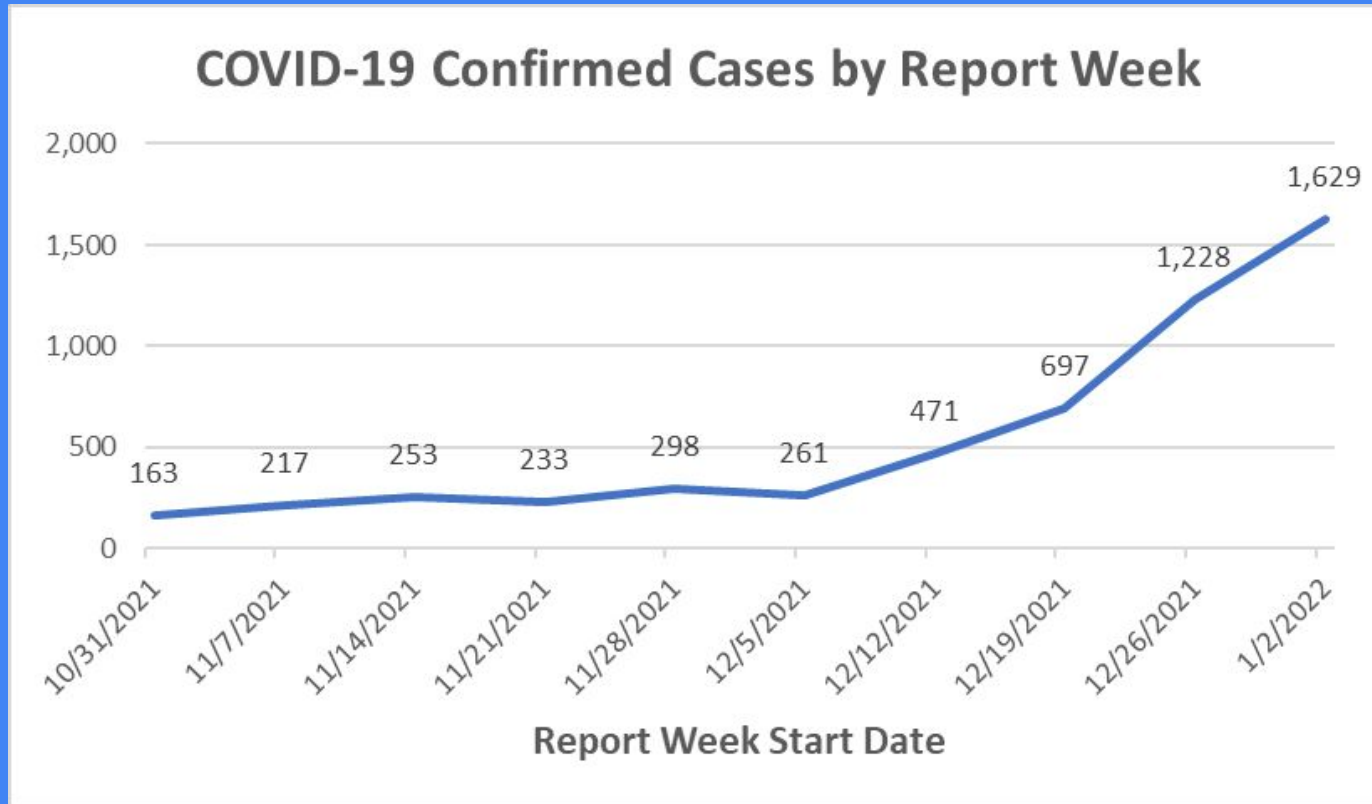
**Positivity rate 26.7% (1/11)**

**325 deaths (+9 deaths since last week's report)**

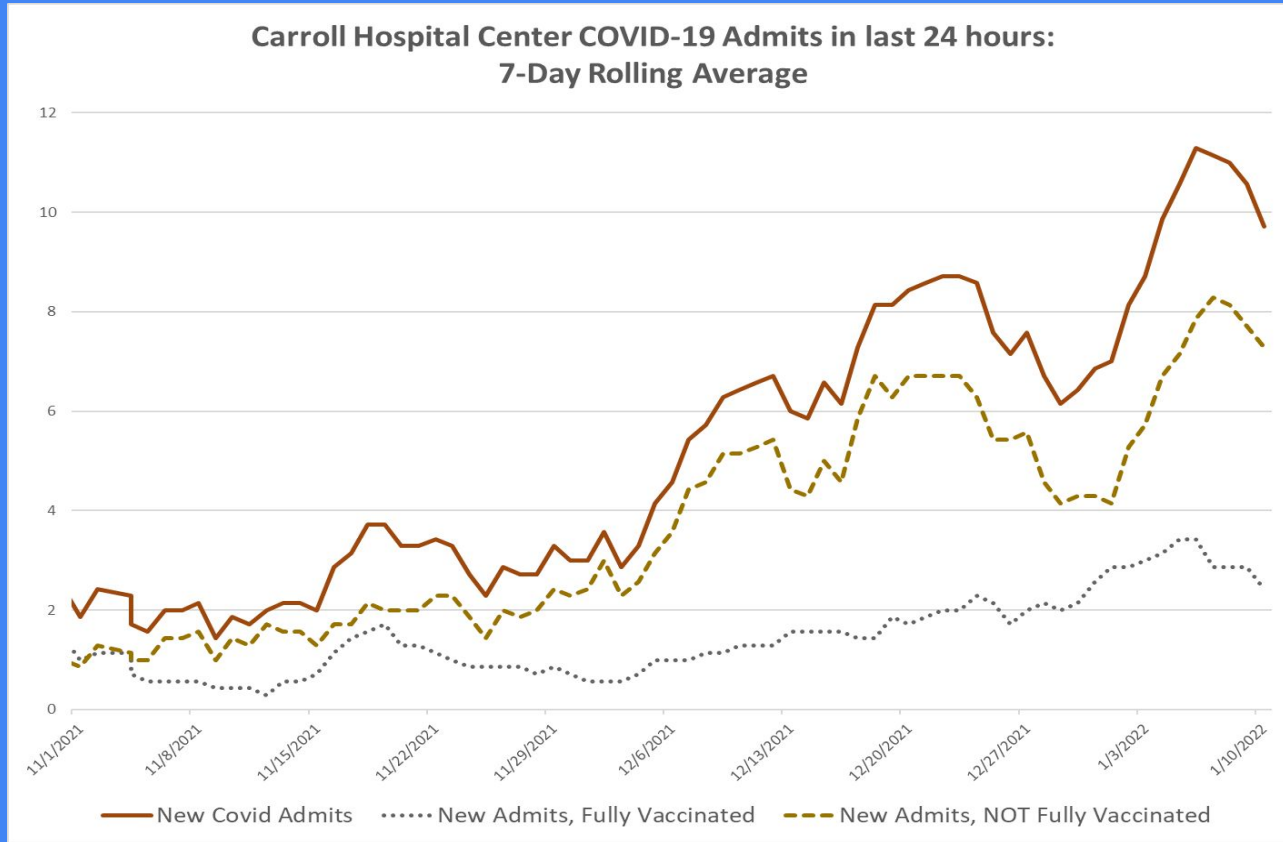
**\*Deaths and death reports lag cases.**

**Highest one-day Carroll County case total ever: 343 cases (Saturday, Jan 8)**

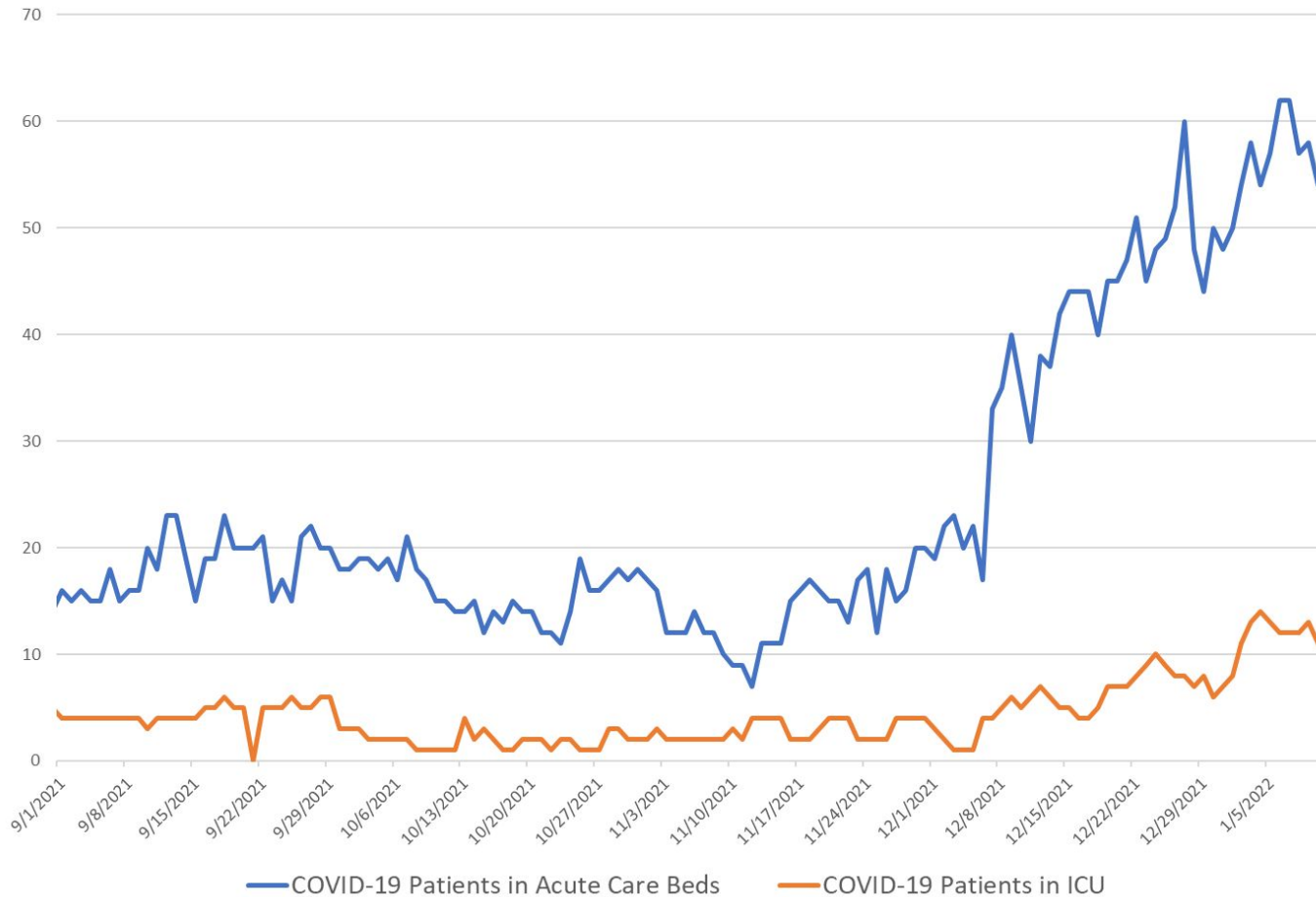
# Carroll County COVID Cases by Week (through week of January 2nd)



# Carroll Hospital COVID Case Data

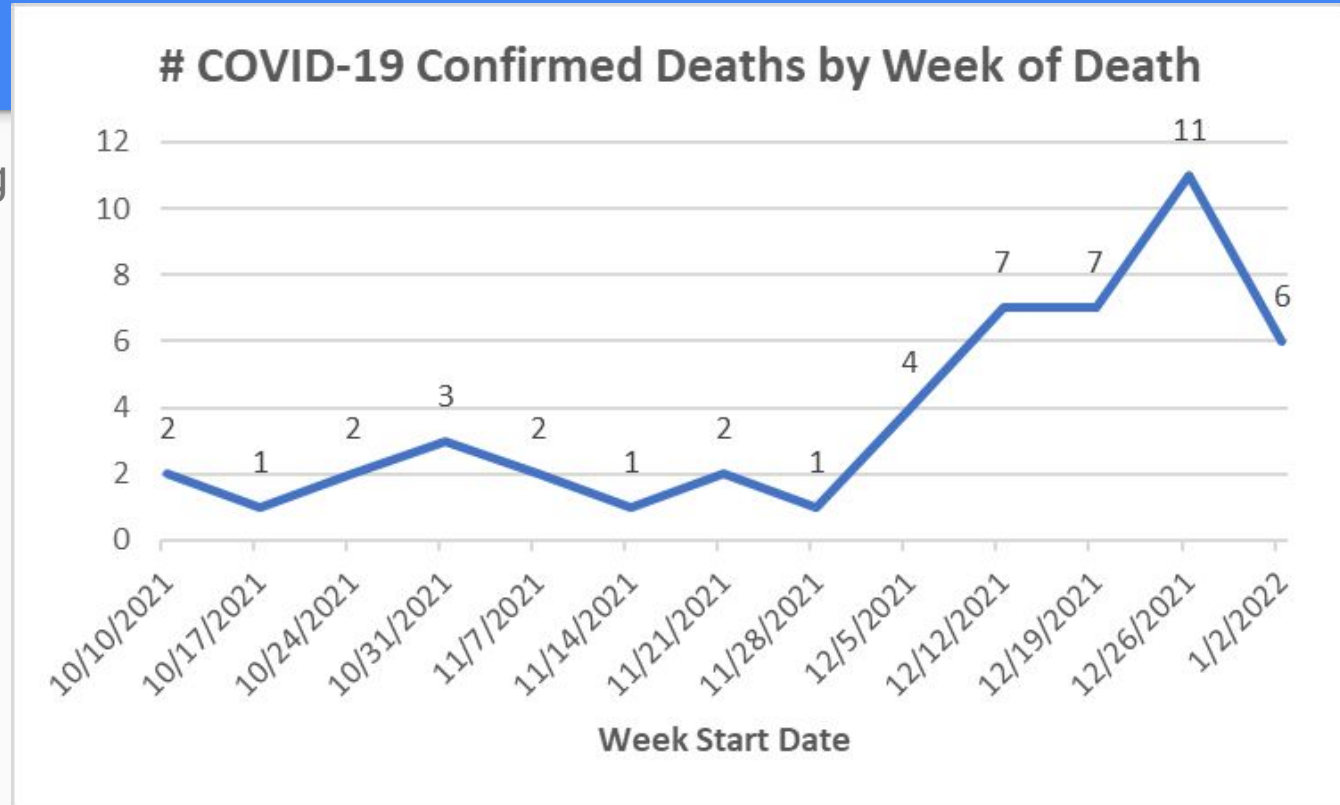


## ICU and Acute Beds for COVID-19: Carroll Hospital Center



# COVID-19 Deaths

- Still having reporting issues, recent numbers are likely incomplete



# Vaccinations

Total CCHD dose data (62,125 total doses)

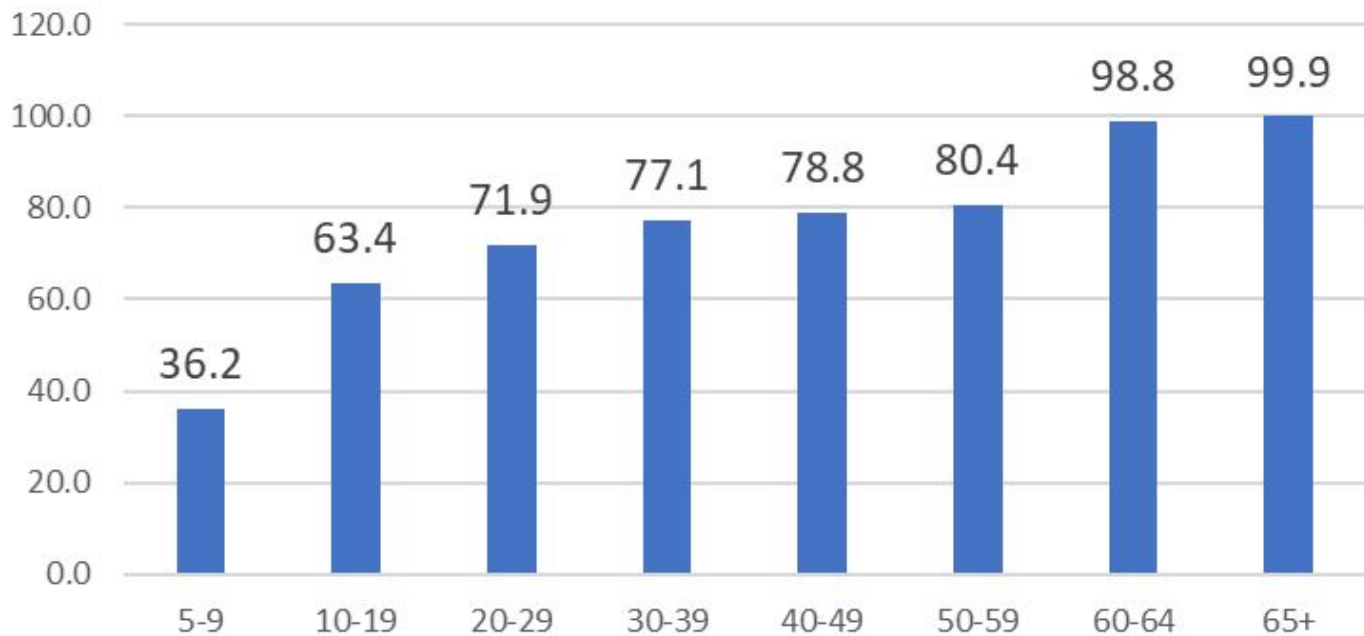
- 29,554 1st doses
- 27,904 2nd doses
- 766 single doses
- 3,901 additional doses

Of entire Carroll County population (all ages):

- 75.3% have had at least 1 dose
- 69.9% are fully vaccinated
- 32.7% are boosted



## % Population Vaccinated (at least one dose) by Age Group



# Vaccination

- Clinics now at Carroll Community College in K100
- Register at [cchd.maryland.gov/registration-links/](https://cchd.maryland.gov/registration-links/)
- Saturday clinic on 1/22, 9 am - 1 pm
- Boosters are now recommended for everyone ages 12+, 5 months after Pfizer or Moderna, and 2 months after Johnson and Johnson.
- Booster shots remind the body's immune system about the virus it needs to defend against, giving it a "boost".
- Data show that COVID-19 boosters help broaden and strengthen protection against Omicron and other SARS-CoV-2 variants and prevent serious illness and death.
- Vaccinations are also available at most pharmacies and some doctor's offices.

# Vaccination remains best option

A complete series of Covid-19 vaccines, including boosters, provides the best protection against serious disease.

- In a recent study of over 1.2 million vaccinated adults, only 36 died of covid;
- Of that 36, 75% had 4 or more comorbidities;
- For otherwise healthy adults, vaccination provides stronger and more durable immunity than natural infection;
- From a recent Texas study:
  - Unvaccinated of all ages are over 20 times more likely to die from covid
  - Unvaccinated people in their 40's are 55 times more likely to die of covid than vaccinated

# Testing

The Health Department is offering PCR testing **by appointment only** for people who have been exposed to or have symptoms of COVID-19.

- **If you have been exposed but do not have symptoms, please get tested 5 days after your exposure.** If you get tested sooner than this, you may get a false negative.
- Get tested right away if you have symptoms.
- Please do not go to the hospital or emergency department to get tested.
- Testing guidance may change as we learn more about the Omicron variant.

Testing is currently available at the Ag Center on Tuesdays and Thursdays from 9 am-1 pm **BY APPOINTMENT ONLY**. The Health Department is working with the National Guard to expand capacity

**Many pharmacies and urgent cares offer testing. Visit [coronavirus.maryland.gov](https://coronavirus.maryland.gov) and click “testing”**

**For updated information, visit [cchd.maryland.gov/covidtesting/](https://cchd.maryland.gov/covidtesting/)**

# At-home test kits

- Limited free at-home test kits are being distributed through library branches
- For people who were exposed to COVID-19 or who have symptoms
- Not for work, travel, or medical procedures
- Also available at many pharmacies, but currently in short supply
- Register Tuesdays at 9 am, pick up on Wednesdays
- Health Dept is working to get more test kits
- New portal to report at-home test results is now available on our website:  
**<https://cchd.maryland.gov/at-home-test-kits/>**

# New Isolation and Quarantine Guidance - Isolation

The CDC updated isolation and quarantine guidance for the general public. The guidance applies to schools but additional guidance also applies.

Isolation - when you are ill or test positive:

- Stay home for at least 5 days and isolate from others
- You can end isolation after a full 5 days IF you did not have symptoms or you are fever-free for 24 hours without medication and your symptoms are significantly improved.
- Take precautions until day 10:
  - 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.
  - Avoid travel
  - Avoid being around people who are at high risk

# New Isolation and Quarantine Guidance - Quarantine

Quarantine - when you are a close contact of someone with COVID-19:

If you are not up to date on your COVID vaccinations:

1. Stay home for at least 5 days and away from others (Day 1 is first full day after symptoms started or specimen is collected)
2. Get tested after at least 5 days.
3. Watch for symptoms for at least 10 days. Isolate if you have symptoms or test positive.
4. Take precautions until day 10:
  - 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.
  - Avoid travel.
  - Avoid being around people who are at high risk.

If you are up to date on your COVID vaccinations (vaccinated, boosted if recommended) you do not need to stay home and away from others, but follow 2-4 above.

# Who has to quarantine and who does not

If you came into close contact with someone with COVID-19, you do not need to quarantine if:

- You are ages 18 or older and have received all [recommended vaccine doses](#), including [boosters](#) and [additional primary shots](#) for some immunocompromised people.
- You are ages 5-17 years and completed the [primary series](#) of COVID-19 vaccines.
- You had confirmed COVID-19 within the last 90 days (you tested positive using a [viral test](#)).

If you come into close contact with someone with COVID-19, you should quarantine if :

- You are ages 18 or older and completed the [primary series](#) of recommended vaccine, but have not received a [recommended](#) booster shot when eligible.
- You received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and have not received a [recommended](#) booster shot.
- You are not vaccinated or have not completed a [primary vaccine series](#).



# Why the guidance was updated

CDC updated [COVID-19 isolation and quarantine recommendations](#) with shorter isolation (for asymptomatic and mildly ill people) and quarantine periods of 5 days to focus on the period when a person is most infectious, followed by continued masking for an additional 5 days.

These updated recommendations balance the need to reduce the spread of COVID-19 with individual social and well-being, return to work, and maintenance of critical infrastructure.

With the new shorter isolation and quarantine periods, it is critical that people continue to take extra precautions for at least 5 more days after the end of isolation or quarantine because data suggest close to one-third of persons remain infectious after day 5 and can potentially transmit the virus:

- Wearing well-fitting masks in public and around others at home
- Distancing
- Improving ventilation
- Testing when symptomatic or exposed (day 5 or later) or before visiting people at higher risk

# General community guidance

During this time of high case rates, a highly contagious variant, and crisis levels of patients in our hospitals, the Health Department continues to recommend that everyone:

- Wear well-fitting masks in public and around people at high risk
- Avoid crowds and practice social distancing
- Gather outdoors or increase ventilation indoors
- Postpone travel and gatherings if possible
- Test when symptomatic or exposed to COVID or before visiting people at high risk
- Receive recommended vaccines or boosters as soon as possible
- Isolate if you have symptoms until you feel better or can get tested