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State of the COVID-19 Pandemic

1/11/22

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COVID-19 Data: Year In Review

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- The summer of 2021 saw some of the lowest COVID-19 case and death counts of the pandemic.
- As the delta variant became the predominant strain, 42,000 cases were diagnosed in August 2021— 10 times the number detected in June.
- The delta-fueled wave peaked in November 2021 at 123,000 cases, below the peak of 180,000 infections in November 2020, and resulting in
 - 5,500 Minnesotans admitted to hospitals with COVID-19 complications,
 - a significant strain on hospital bed capacity which remains limited.

COVID-19 Data: Year In Review, cont.

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- Even with increasing cases
 - COVID-19 deaths decreased by 22% in 2021 compared to 2020.
- Between 2020 & 2021, over a 10-year drop in the average age of death due to COVID-19
- Reflecting the high rates of vaccination among those 65 years and older.

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COVID Mitigation Guidance

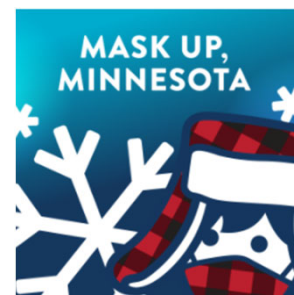
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MDH recommends wearing a well-fitted, high-quality mask

- Masks protect others by limiting droplets expelled by an infected person and may provide some protection for the wearer
- High-quality masks provide better protection for the wearer

MDH guidance on other mitigation strategies:

- Get Vaccinated
- Get Boosted
- Stay Home if sick or if you test positive
- Practice social distancing
- Get Tested



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United States Daily Cases

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New reported cases

All time

Last 90 days



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Omicron: What do we know?

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- New variant found in association with an increase in cases in South Africa in mid-November (lineage B.1.1.529)
- Multiple mutations across the SARS-CoV-2 genome, with >30 mutations in the spike protein
- Lineage distinct from other variants

The New York Times

ndemic > Covid-19 Updates Coronavirus Map and Cases Tracking the Omicron Variant Wor

LIVE Updated Nov. 29, 2021, 3:56 p.m. ET

Covid Live Updates: W.H.O. Warns of 'Very High' Risk From Omicron as Questions Remain

Scotland and Portugal identified cases of the new variant, and Japan became the latest country to ban all foreign travelers. President Biden calls the variant a "cause for concern, not a cause for panic."

Here's what you need to know:

The W.H.O. says Omicron poses a 'very high' risk globally, as questions about the variant remain.

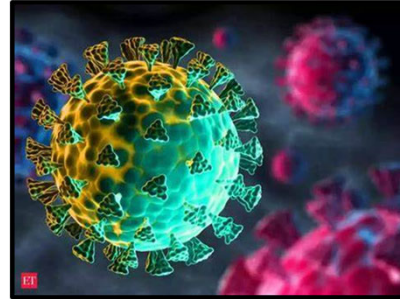
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Omicron: What we know- EARLY evidence

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- Highly infectious and moves quickly
 - Doubling every 1.5-3.0 days
- Seeing some evidence of reduced proportion of severe disease, milder disease in persons immunized by vaccination or prior infection.
- Significantly lower efficacy of Monoclonal Antibody Therapy. One therapy (Sotrovimab) is effective but very low supplies nationally.



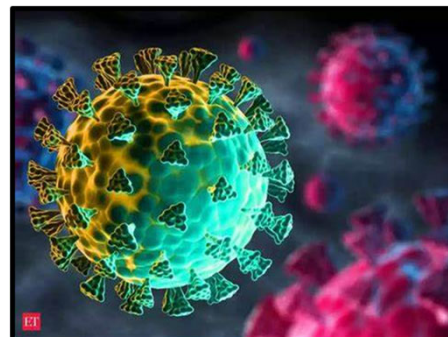
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Omicron: What we know- EARLY evidence

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- Partial vaccine escape
 - Large number of vaccine breakthrough infections and reinfections
 - Booster increases immune response, but not at same level as Delta
 - Still thought to have some protection against severe disease

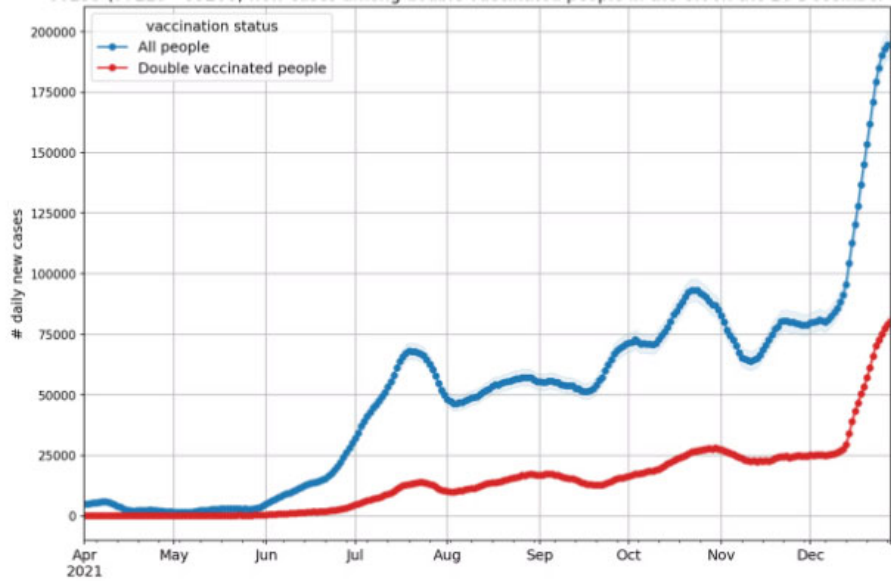


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Omicron new cases in the UK thru 12/28 (blue) and new cases among fully vaccinated (red) thru 12/28

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Omicron and Vaccine

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Impact of Vaccination in Minnesota

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- In the absence of vaccination program, a recent study showed there would have been ~1.1 million additional COVID-19 deaths and more than 10.3 million additional COVID-19 hospitalizations in the U.S. by November 2021
- Deaths would have been 3.2 times higher and hospitalizations would have been 4.9 times higher without vaccination.
- Applied to Minnesota data, approximately 10,000 deaths and 125,000 hospitalizations from COVID-19 avoided due to vaccinations



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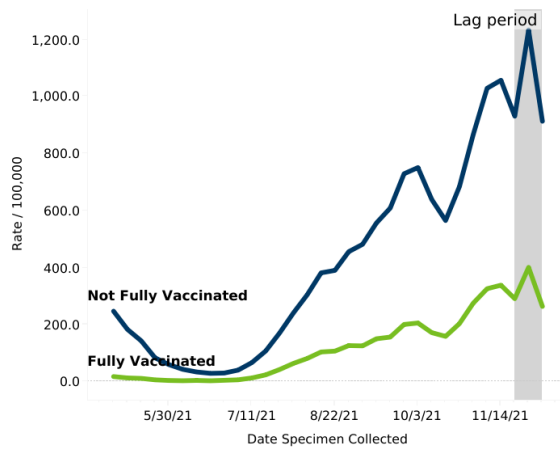
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Impact of Vaccination in Minnesota

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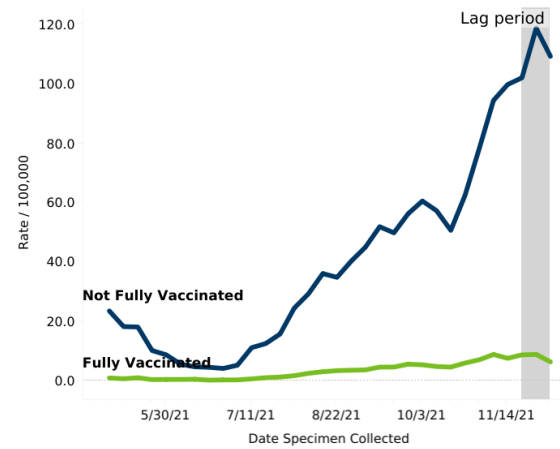
Cases: Weekly Age-Adjusted Rate

Hover/click over lines for more information



Hospitalizations: Weekly Age-Adjusted Rate

Hover/click over lines for more information



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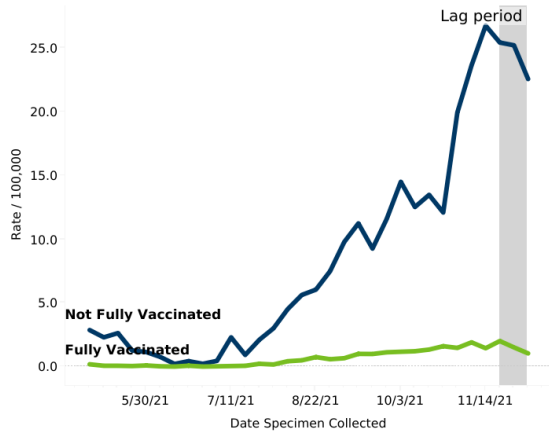
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Impact of Vaccination in Minnesota

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Deaths: Weekly Age-Adjusted Rate

Hover/click over lines for more information



• As of November 21, 2021

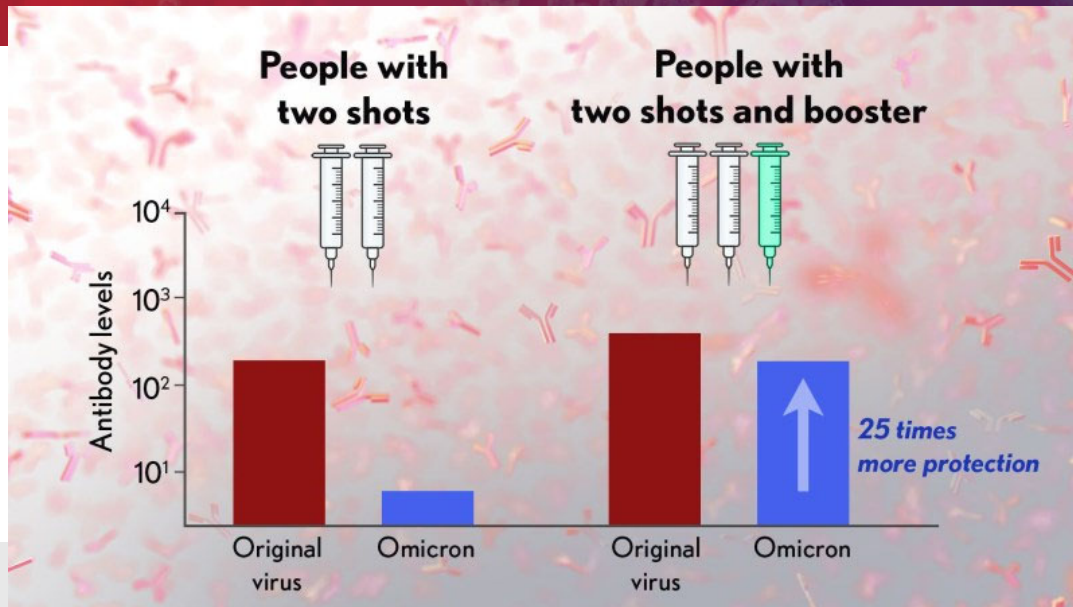
- Rate of cases is 3 times higher among not fully vaccinated than among fully vaccinated
- Rate of hospitalizations is 12 times higher among not fully vaccinated than among fully vaccinated
- Rate of deaths is 13 times higher among not fully vaccinated than among fully vaccinated

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Vaccine protection for Original Virus and Omicron Variant

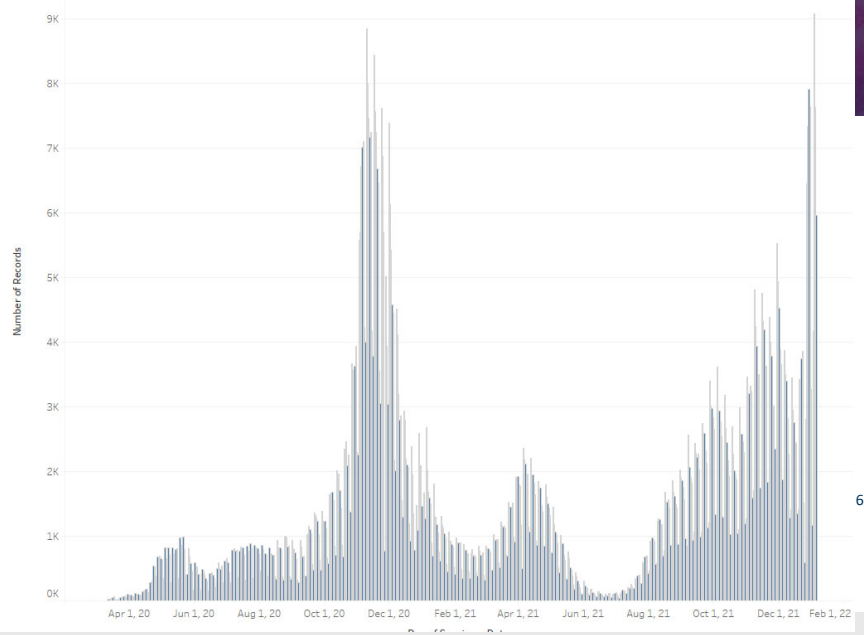
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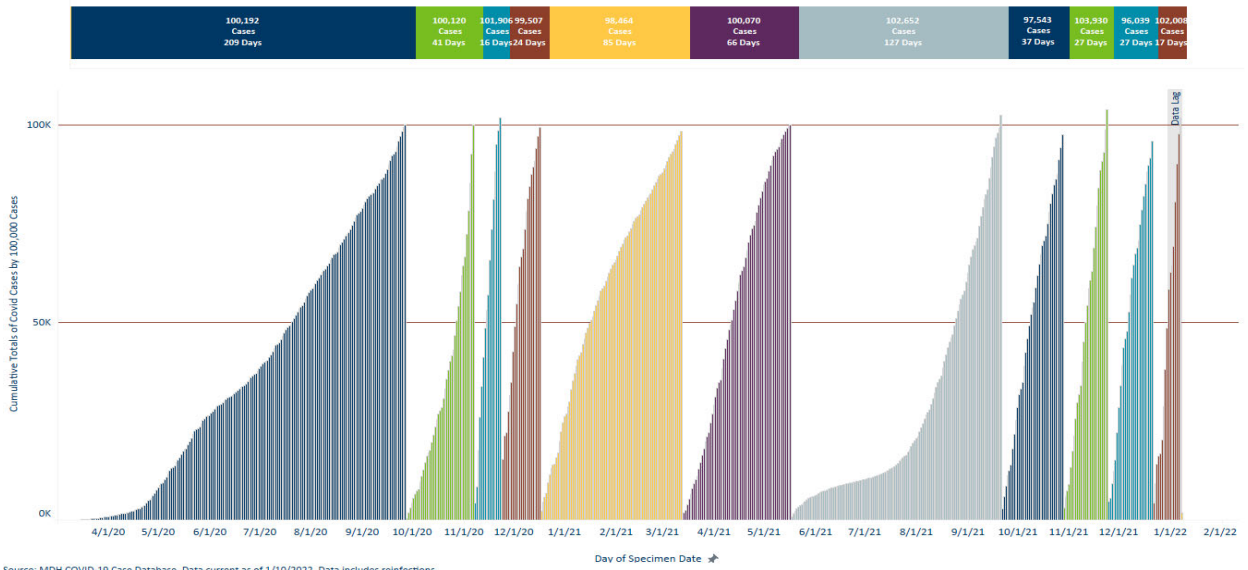
Minnesota Cases

- Daily case rates increased by 82% this past week
- Statewide positivity 16.6%

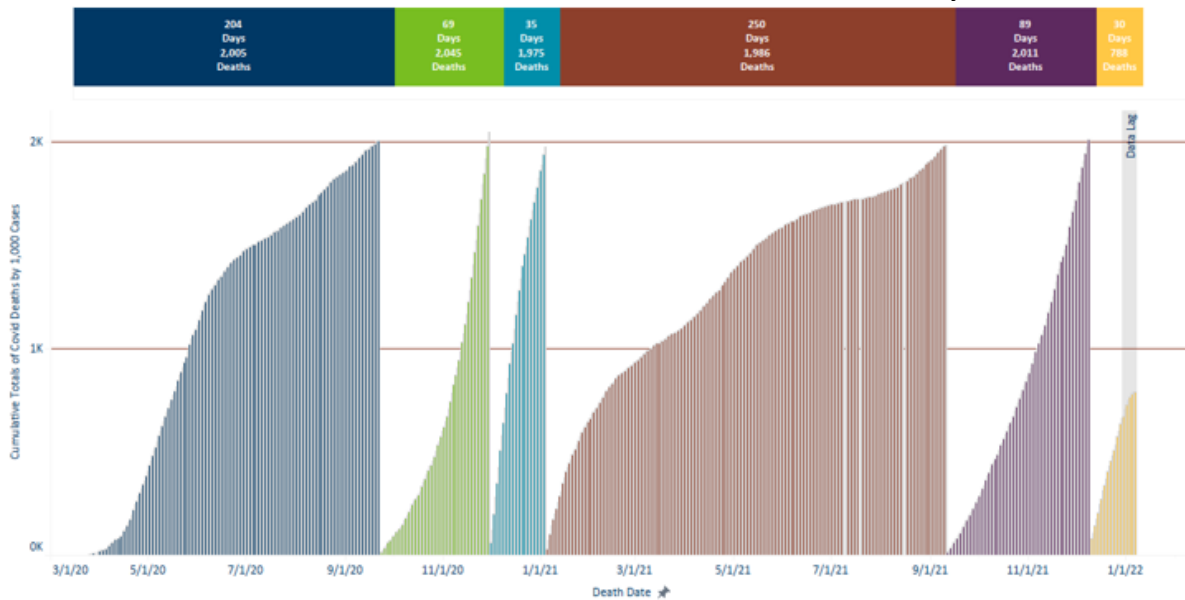


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Time to Get to 100,000 COVID-19 Case Increments, MN



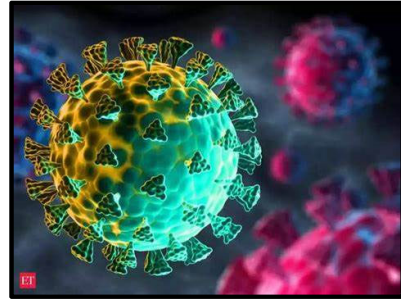
Time to Get to 2000 Deaths from COVID-19, MN



Omicron in Minnesota

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- >90% of cases likely attributable to Omicron.
- We won't have complete case counts due to OTC testing.
- Anticipate increase in hospitalizations to follow in several weeks.

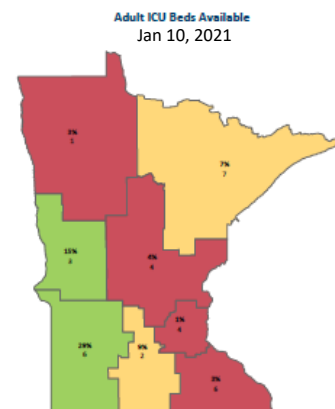


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Specific Concerns

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- Healthcare capacity (both acute and long-term care) already stretched and very likely to worsen
 - Omicron wave will result in some severe disease, even if proportion is less than Delta
 - Influenza cases rising, population significantly under-vaccinated
 - Illness among HCW and families, childcare closures, will further exacerbate already strained staffing



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Omicron Mitigation Guidance

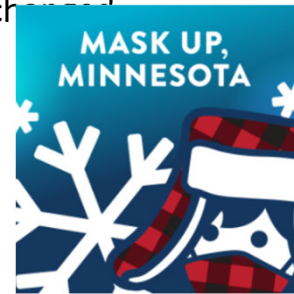
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MDH recommends wearing a well-fitted, high-quality mask

- Masks protect the community by limiting droplets expelled by an infected person
- High-quality masks may protect the wearer but filtering out droplets (possibly aerosols)

MDH guidance on other mitigation strategies remains unchanged

- Get Vaccinated
- Get Boosted
- Stay Home if sick or if you test positive
- Practice social distancing
- Get Tested



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Isolation/Quarantine

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Updated Isolation Guidelines

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Isolation guidelines do not differ for people who are up to date or not up to date with COVID-19 vaccination

- If feeling sick or have COVID-19 symptoms: stay home and away from others, get tested, and wear a well-fitting mask even at home
- If test positive for COVID-19:
 - Stay home and away from others for at least 5 days after symptoms started or test date (asymptomatic), day 0 is symptom onset/test date
 - Wear a well-fitting mask even at home if need to be around others
 - If after 5 days, no fever for at least 24 hours and feel better OR did not develop symptoms: can leave home wearing a well-fitting mask
 - If symptoms develop any time within 10 days, start isolation from symptom onset date
 - If not feeling better/still have fever after 5 days: continue to stay home until no fever for 24 hours and feel better

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Updated Isolation Guidelines, cont.

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After stay at home period ends, continue the following for 5 days:

- Wear a well-fitting mask, even at home
- Do not be around others at risk for severe disease (e.g., older adults, people in LTC facilities, people with chronic conditions)
- Do not go to places where you need to take off your mask (e.g., gyms, restaurants) and avoid eating near others at home and work
- Avoid travel for the full 10 days

People unable to wear a well-fitting mask (e.g., < 2 yo, people with certain disabilities)

- Stay home for full 10 days

People with a weakened immune system or severely ill (e.g., ICU admission)

- Stay home for at least 10 days, consult with healthcare provider
- Wear a well-fitting mask around others

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Updated Quarantine Guidelines

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If 5 years or older and up-to-date on COVID-19 vaccinations OR have had COVID-19 in the past 3 months:

- Do not need to stay at home
- Wear well-fitting mask around others, even at home for 10 days after exposure to someone with COVID-19 (date of last contact is day 0)
- Get tested at least 5 days after exposure
- Watch for symptoms for 10 days after exposure
- If symptoms develop, isolate immediately and test for COVID-19 (even if up-to-date with vaccinations or positive in last 3 months)

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Updated Quarantine Guidelines, cont.

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If not vaccinated or not up-to-date on COVID-19 vaccinations:

- Stay home for at least 5 days after last exposure (day 0 is last day of contact, day 1 is the day after last day of contact)
- Watch for symptoms for 10 days after exposure
- If symptoms develop, isolate immediately and test for COVID-19
- Stay in a separate room from others in your home if possible
- Avoid public transportation, ride-sharing and taxis
- Wear well-fitting mask around others, even at home for 10 days after exposure to someone with COVID-19 (date of last contact is day 0)
- Get tested at least 5 days after exposure
- Avoid individuals and settings with people who are at high risk for severe disease, avoid travel, avoid places where you need to remove your mask (e.g., gym, restaurants)

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Resources

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- Stay Up to date with Your Vaccines (CDC)
www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html
- Isolation/Quarantine Guidelines
www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html
- MDH Isolation/Quarantine Guidelines
Isolation: www.health.state.mn.us/diseases/coronavirus/sick.html
Quarantine: www.health.state.mn.us/diseases/coronavirus/close.html
- CDC COVID Data Tracker
<https://covid.cdc.gov/covid-data-tracker/#datatracker-home>
- MDH Situational Update
www.health.state.mn.us/diseases/coronavirus/situation.html
- Considerations for Food Pantries and Food Distribution Sites: archived, information not updated but still good (less emphasis on cleaning/disinfection at this time)
www.cdc.gov/coronavirus/2019-ncov/community/organizations/food-pantries.html
- MDH: 651-201-5414, for questions/technical assistance

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Thank you!

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