

# COVID-19 Day 652

## Press Update

December 22, 2021

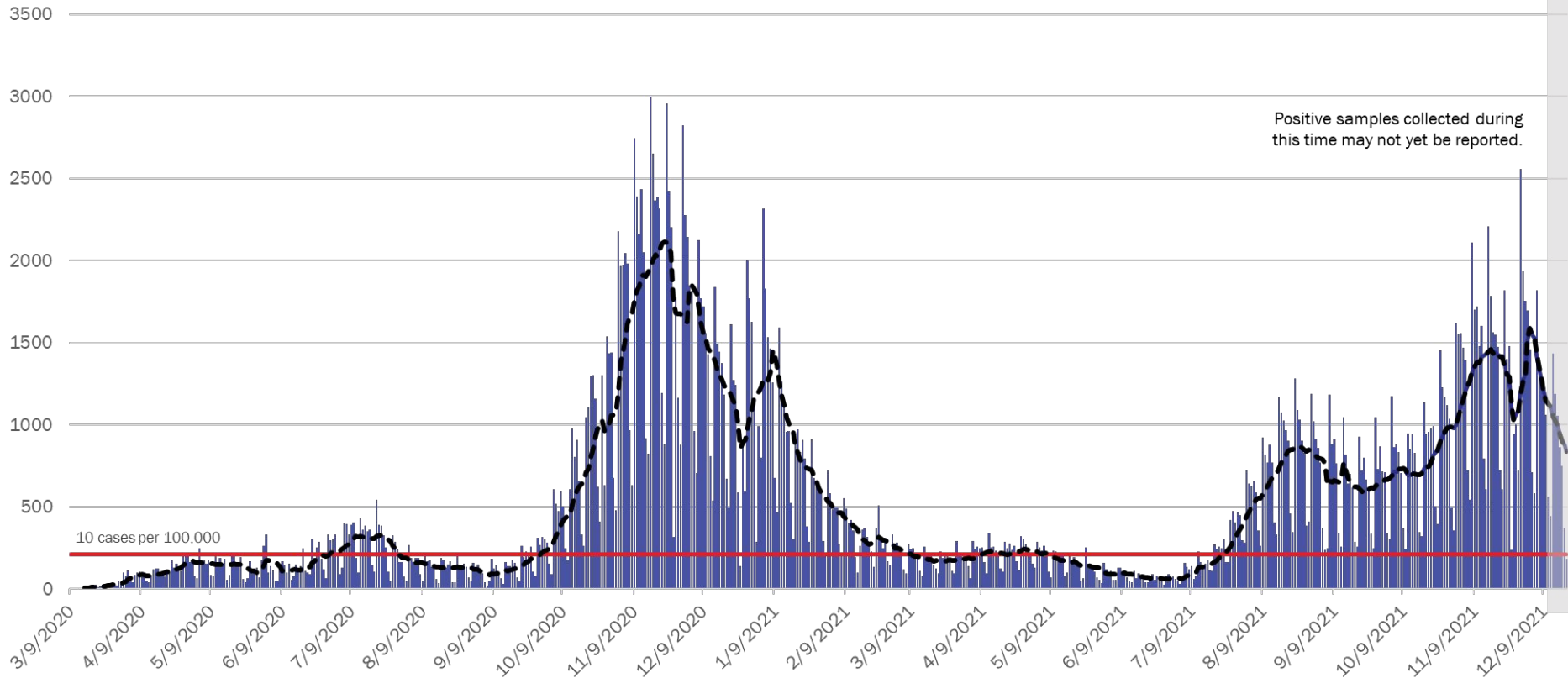
DOH Deputy Secretary Laura C. Parajón, M.D., M.P.H.  
DOH State Epidemiologist, Christine Ross, M.D., M.P.H.

# Yesterday's Epidemiology Report

	Yesterday	Since March 2020	Percent
Cases	733	340,604	16.2% of NM population
Hospitalizations	553	20,797	6.1% of cases
Deaths	48	5,662	1.6% of cases

# New Mexico COVID-19 Cases by Date of Specimen Collection

## December 20, 2021

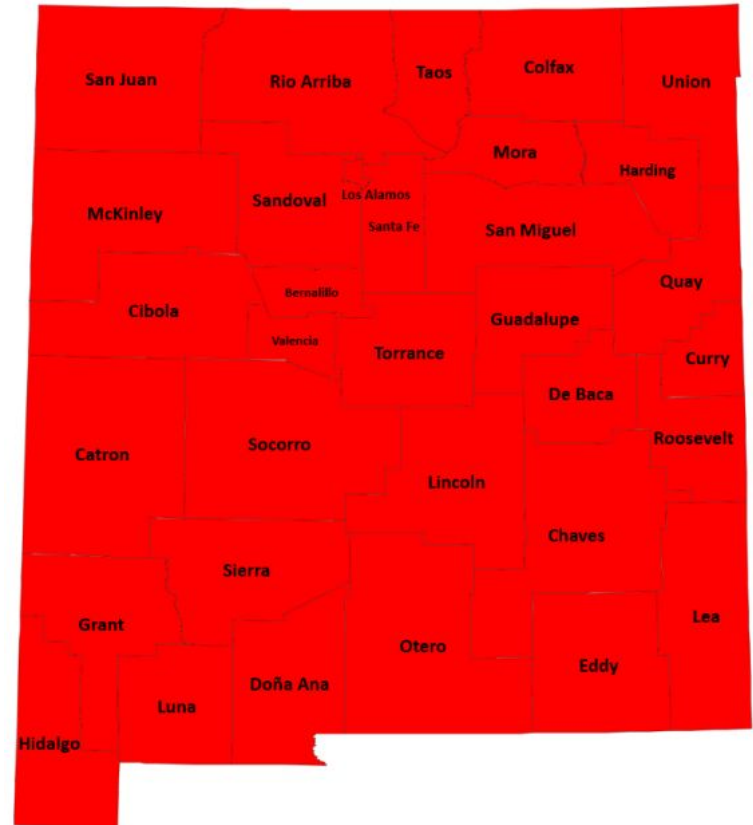


— 10 cases per 100,000 — Total NM cases - - - Total NM 7-day rolling average

# Levels of community transmission remain high in NM

County	Population Count	Number of Cases (14 days)	Number of Cases + Negative Tests (14 days)	Total New Cases per 100,000 persons	Percentage of Tests that are Positive During the Past 14 days
De Baca	1840	42	156	163.0	26.92%
Quay	8396	125	574	106.3	21.78%
Union	4090	56	573	97.8	9.77%
Chaves	64104	690	4061	76.9	16.99%
Roosevelt	19901	205	1159	73.6	17.69%
Socorro	17193	162	1263	67.3	12.83%
Valencia	75427	661	4348	62.6	15.20%
Doña Ana	218836	1877	16348	61.3	11.48%
Grant	27862	237	3723	60.8	6.37%
Luna	24444	196	1571	57.3	12.48%
Hidalgo	4242	34	229	57.3	14.85%
Curry	49915	400	4088	57.2	9.78%
Eddy	58252	448	4089	54.9	10.96%
Mora	4566	31	293	48.5	10.58%
Bernalillo	679590	4486	46412	47.2	9.67%
Sandoval	146415	965	11534	47.1	8.37%
Rio Arriba	38716	253	2218	46.7	11.41%
San Miguel	27969	181	2389	46.2	7.58%
Lincoln	19860	121	1107	43.5	10.93%
Cibola	26801	162	1947	43.2	8.32%
Torrance	15923	96	739	43.1	12.99%
San Juan	126122	729	7017	41.3	10.39%
Santa Fe	149635	849	9567	40.5	8.87%
Sierra	11076	62	694	40.0	8.93%
Taos	32513	179	2053	39.3	8.72%
Lea	71570	363	2546	36.2	14.26%
Otero	67700	343	3951	36.2	8.68%
Colfax	11903	57	733	34.2	7.78%
Harding	657	3	52	32.6	5.77%
McKinley	70330	297	3207	30.2	9.26%
Catron	3533	14	181	28.3	7.73%
Guadalupe	4419	17	292	27.5	5.82%
Los Alamos	18856	49	1597	18.6	3.07%

Levels of Community Transmission by County, December 7-20, 2021



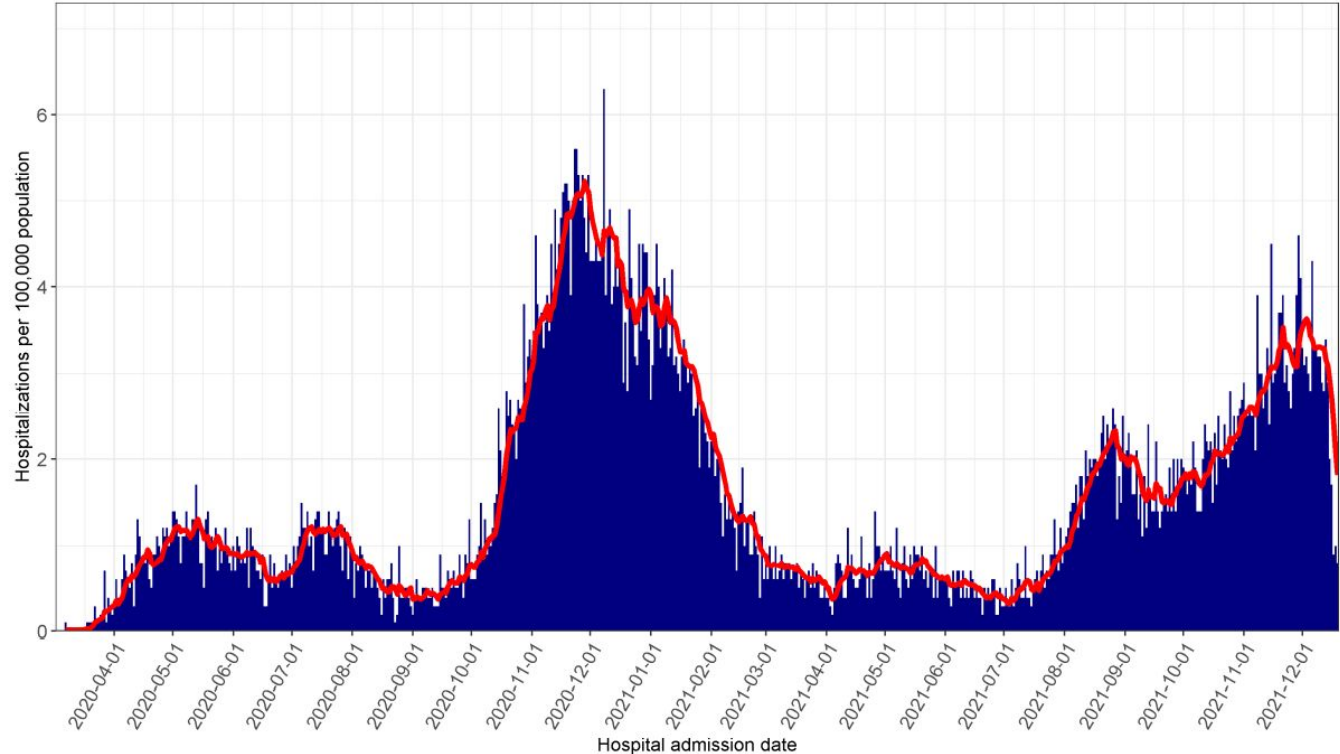
# Hospitalizations remain high and hospital capacity is still limited

New hospital admissions per 100,000 population each day with a 7-day rolling average

**Total hospitalizations:**  
21,429

**Hospitalizations in the 7 days:**  
268

**Total number and percentage of hospitalized patients that died:**  
3,841 (17.9%)

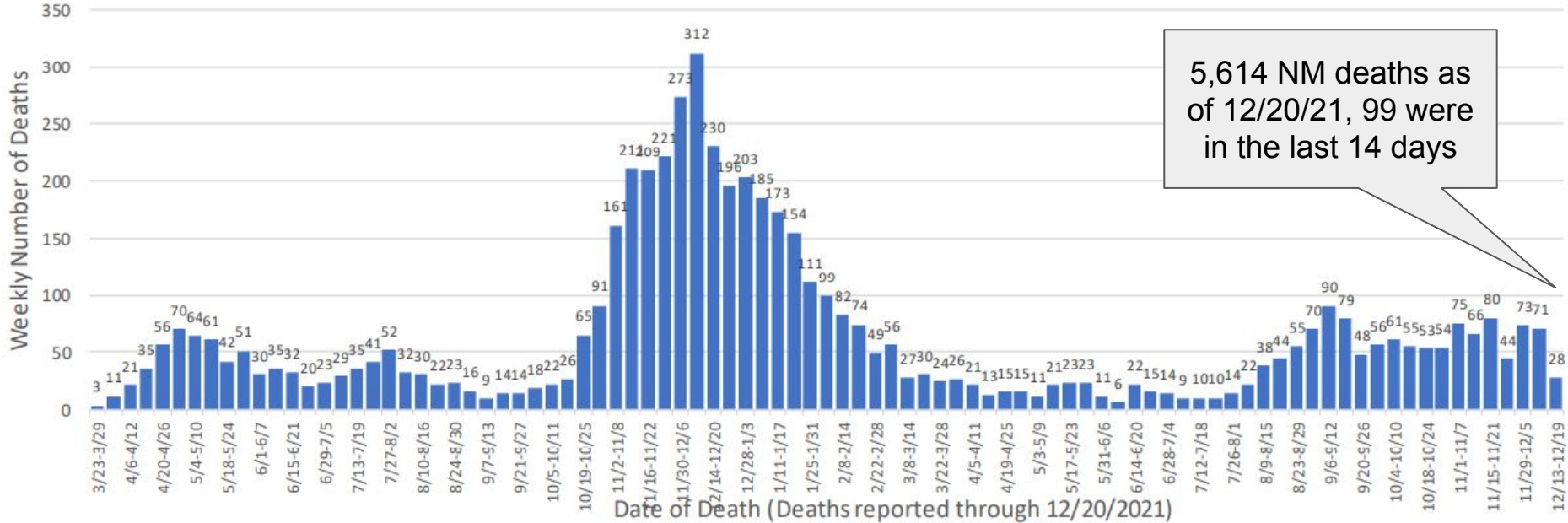


Hospitalization Report [Epidemiology Reports | NMDOH - Coronavirus Updates \(nmhealth.org\)](https://www.nmhealth.org/epidemiology-reports)

*Investing for tomorrow, delivering today.*

# Deaths from COVID-19 have plateaued at a high rate

Number of deaths each week



5,614 NM deaths as of 12/20/21, 99 were in the last 14 days



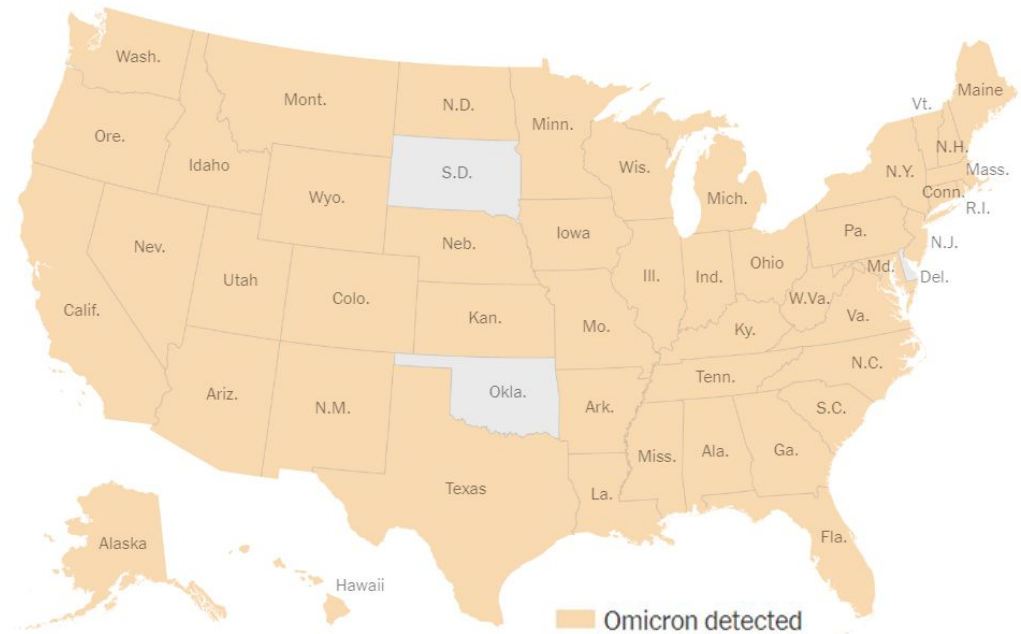
# Omicron is spreading rapidly in the U.S.

CDC predicts that the Omicron variant represents about 73% of COVID-19 cases in the U.S. as of 12/18/21

It is in New Mexico now and 46 other states as of 12/21/21

In New Mexico, the prominent variant is still Delta

US States Where Omicron has been Detected



[Tracking Omicron and Other Coronavirus Variants - The New York Times \(nytimes.com\)](https://www.nytimes.com/2021/12/21/us/covid-19-omicron.html) 12/21/21

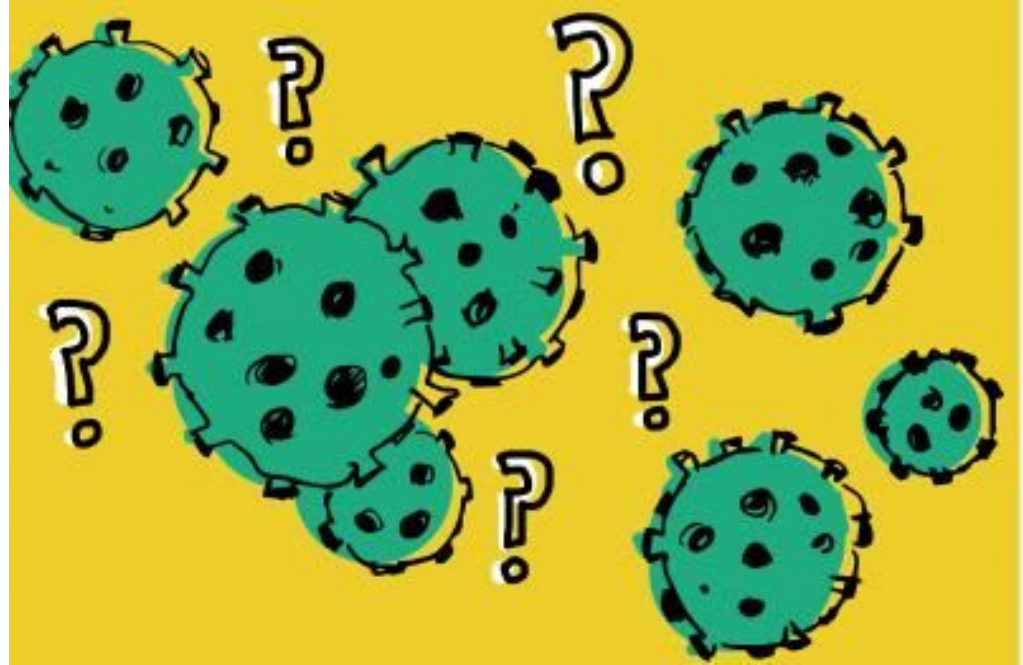
# Omicron is spreading quickly

## What do we know about Omicron?

- Spreading rapidly and much faster than previous variants

## What are we still learning about Omicron?

- How sick it makes people
- The vaccine's effectiveness against omicron





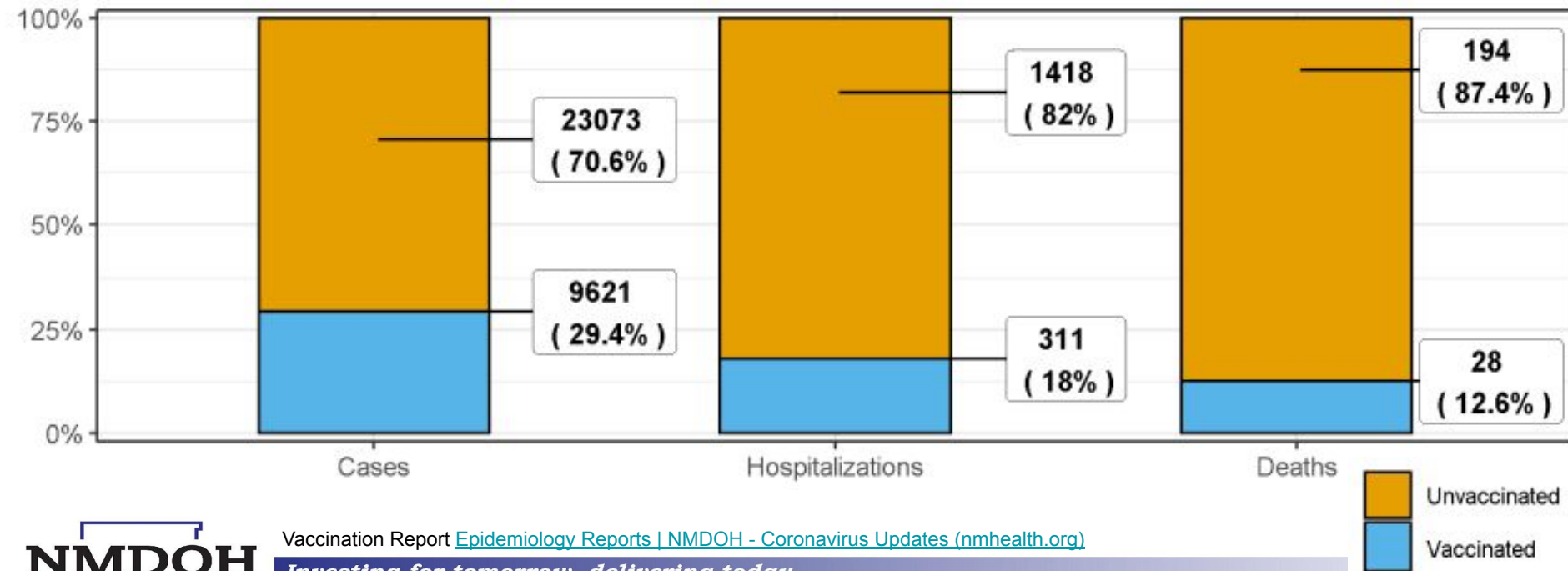
# Just like other COVID-19 variants, we know what to do to slow the spread

1. Get fully vaccinated and **WITH a booster shot!**
2. Get tested if you are exposed to COVID-19 or feel sick
3. Wear a well fitted mask
4. Avoid large crowds



# Vaccines are still effective for preventing hospitalizations and death

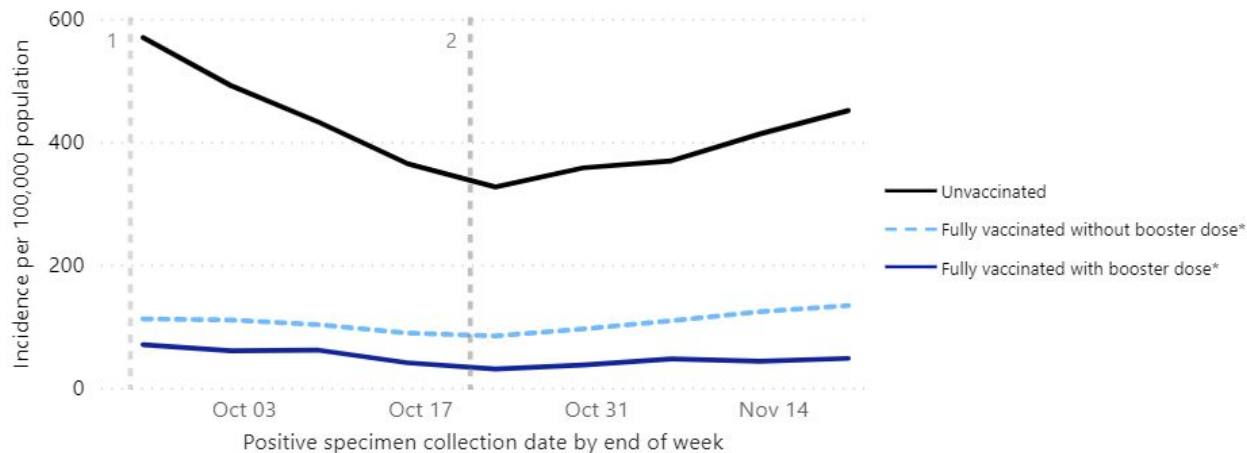
Percent of cases, hospitalizations, and deaths by vaccine status November 22 - December 20, 2021



# The best way to protect ourselves is to get vaccinated and boosted

## Rates of COVID-19 Cases by Vaccination Status and Booster Dose\*

September 19 - November 20, 2021 (17 U.S. jurisdictions)



In October, unvaccinated persons had:

**10X**

*Risk of Testing Positive for COVID-19*

AND

**20X**

*Risk of Dying from COVID-19*

compared to fully vaccinated persons with additional or booster doses

# Consider testing before gathering outside your household

- New Mexico's test site directory:
  - [FindATestNM.org](https://FindATestNM.org)
- Curative test sites:
  - [Curative.com](https://Curative.com)
- Vault at-home tests:
  - <https://learn.vaultthealth.com/nm/>
- BinaxNOW at-home antigen self-tests:
  - Found at CVS, Walgreens, and other pharmacies
- iHealth at-home tests coming soon for local pick-up!





# What to do with your at-home (self) COVID-19 test results

## **+** If you get a positive test result, you should:

- ❑ Consider yourself positive for COVID-19
- ❑ You should isolate for at least 10 days since start of symptoms (or a positive test if not symptomatic) and inform your healthcare provider
- ❑ Contact people who you have had recent close contact and notify them that you have COVID-19



**\*The guidelines above apply to all people who get a positive test result, whether or not they have symptoms.**



# If you get a negative test result but you do not have symptoms of COVID-19:

- ❑ A negative self-test means that the test did not detect the virus

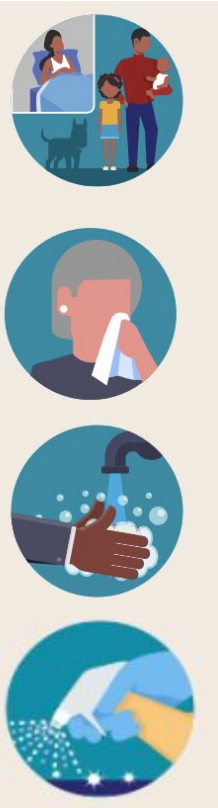


# If you get a negative test result but you **have symptoms of COVID-19**, you should:

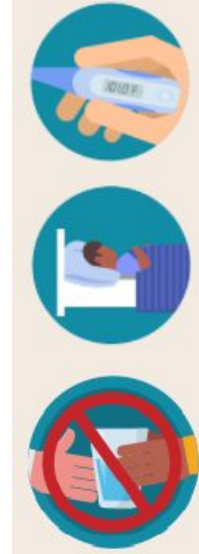
- ❑ Confirm your results with a second test:
  - ➔ PCR tests are recommended
  - ➔ Or take another at-home test 3 later
- ❑ If your additional test is positive, follow the guidelines for a positive test



# How to prevent the spread of COVID-19 at home if you test positive...



- Stay in a specific room away from other people in your home
  - Wear face mask if you don't have another room
- Cover your cough and sneezes
- Wash your hands often with soap And water for at least 20 seconds or use hand sanitizer
- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs
  - Use household cleaning spray or wipes according to the lab instructions



- Monitor your symptoms carefully
  - If your symptoms get worse, call your healthcare provider immediately
- Get rest and stay hydrated
- Avoid sharing personal items with other people in your household, like dishes, towels, and bedding

# If you are sick, then you seek health care...



If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have COVID-19.



For medical emergencies, call 911 and **notify the dispatch personnel** that you have COVID-19.

# Who should get monoclonal antibody treatment?

Monoclonal antibody treatments (mAbs) may reduce hospitalization by 75%

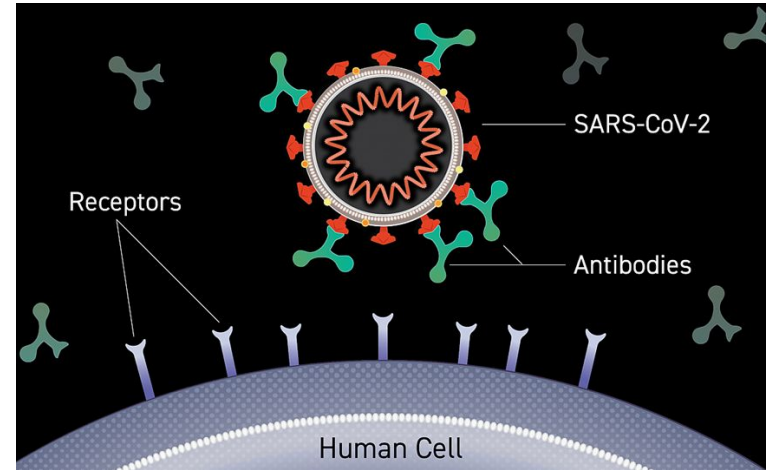
New Mexicans should seek mAbs treatments if they:

- Test positive for COVID-19,
- Have mild to moderate symptoms,
- Currently do not require hospitalization,
- Are 12 years old or older, and
- Have a risk factor for getting severe COVID-19:

- Obesity with BMI > 35
- Chronic kidney disease
- Pregnancy
- Diabetes
- Immunosuppressive disease
- >64 years old

≥55 years old AND have one of the following conditions:

- Cardiovascular disease
- Hypertension
- Chronic obstructive pulmonary disease
- Other respiratory disease



COVID-19 Treatments:

<https://cv.nmhealth.org/covid-19-monoclonal-antibody-patient-treatment-info/>



# COVID-19 Vaccines



# Vaccines Available for the whole family

## Primary Doses (First Two Vaccines)

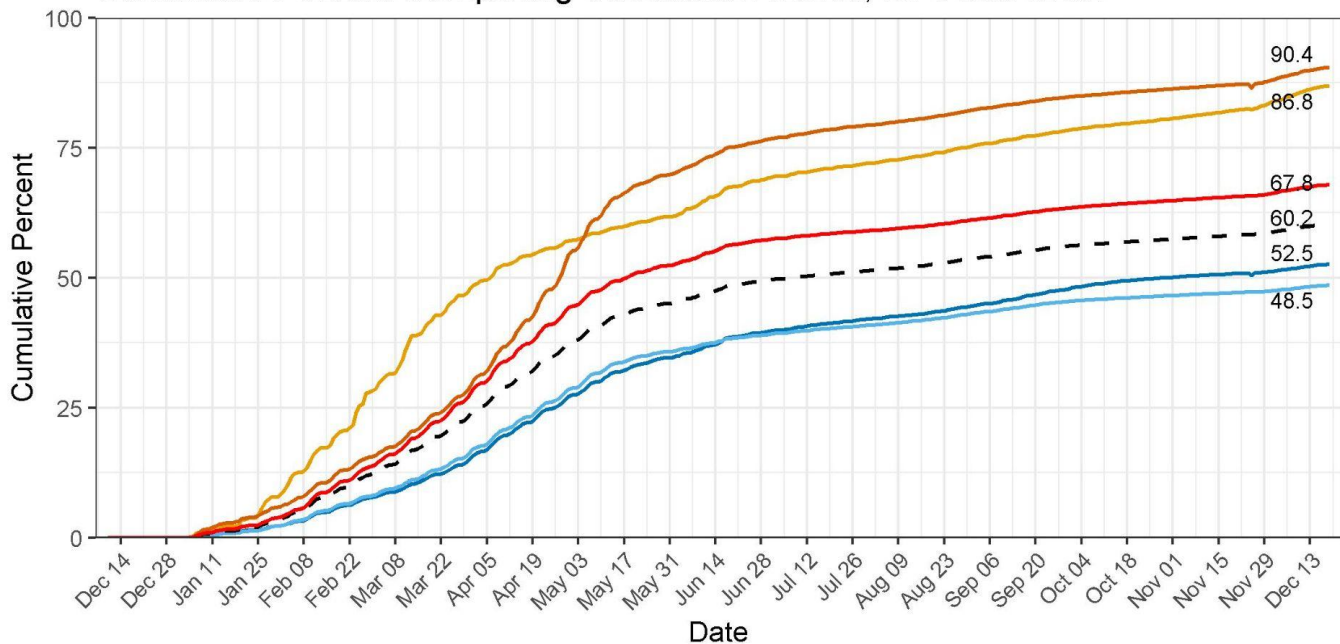
- 5-11 year old : Pfizer ( $\frac{1}{3}$  adult dose)
- 12-17 year old: Pfizer
- 18+: Pfizer, Moderna, J and J

## Booster Doses (6 months after first two doses Pfizer, Moderna, 2 months for J and J)

- 16+: Pfizer
- 18+: Pfizer, Moderna (half a dose),
- J and J



### Cumulative Percent Completing Vaccination Series, for 5 and Older



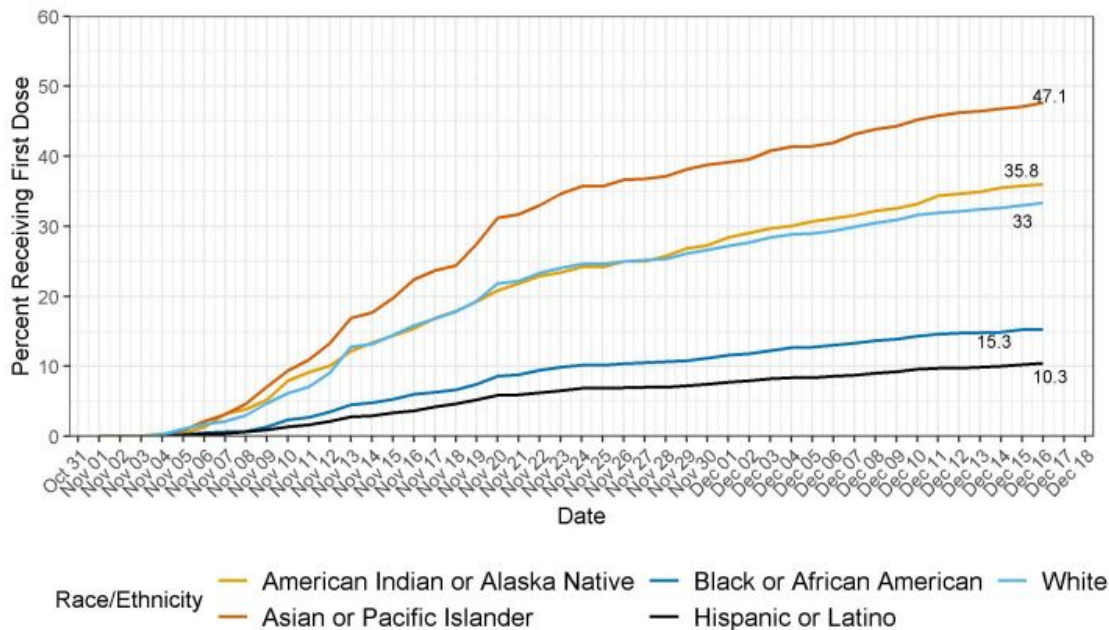
nm\_race\_ethnicity2

- American Indian or Alaska Native
- Black or African American
- White
- Asian or Pacific Islander
- Hispanic or Latino
- - Overall

Data are drawn from the New Mexico State Immunization Information System (NMSIIS) and Tiberius and include only residents of New Mexico. Last refresh on 2021-12-21



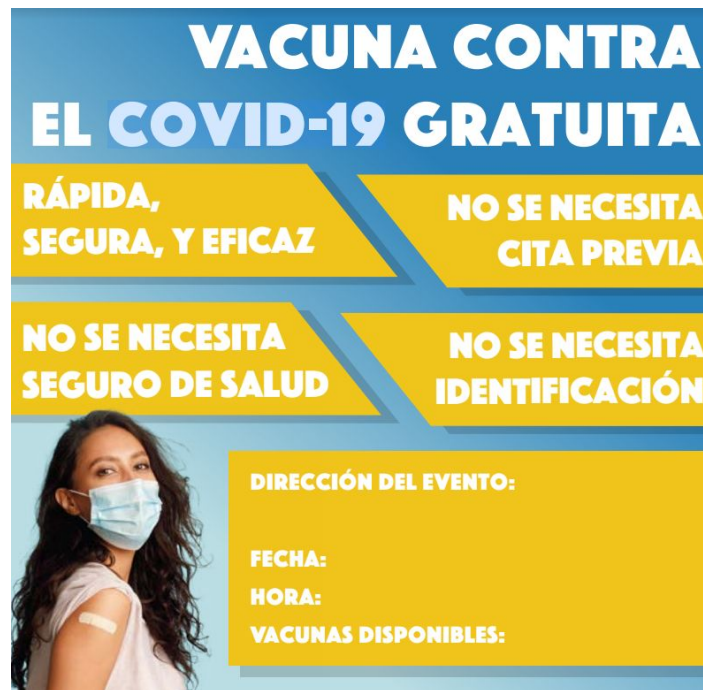
# Vacunación 5-11 años por raza



Data are drawn from the New Mexico State Immunization Information System (NMSIIS) and include only residents of New Mexico. Label shows data of 2021-12-15

# Working on improvements

- Improving Spanish translation for regional distribution
- Better Signage at events for Spanish Speakers
- Increasing number of Spanish speakers for our hotline



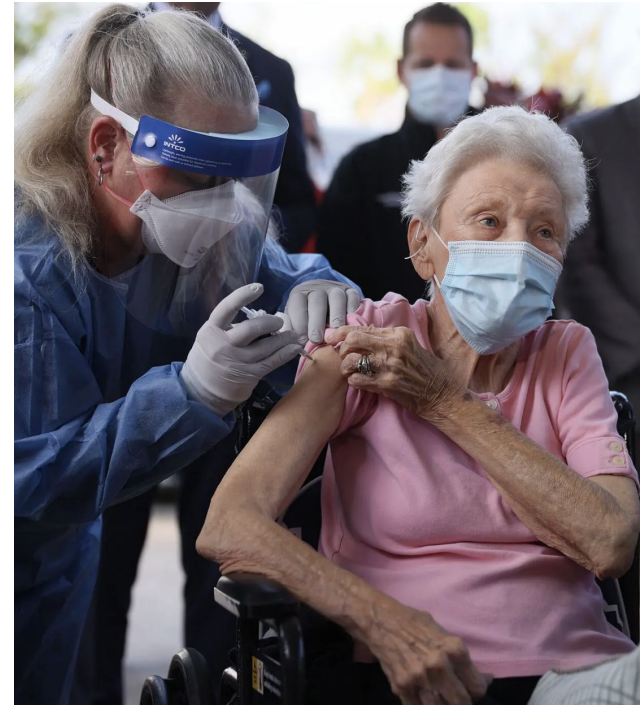
# Mix and Match for Booster Doses

- If you got Pfizer or Moderna for your primary, you can get any booster at 6 months
- If you got J and J as your primary, you can get any booster at 2 months



# Vaccines greatly reduce an older person's risk of getting severe COVID-19

- **94% of deaths** due to COVID are in people over 65
- **Fully vaccinated**, older adults:
  - **Reduce their chances of being hospitalized** by 94% if they get COVID
  - **Reduce their chance of dying** by 91% if they get COVID

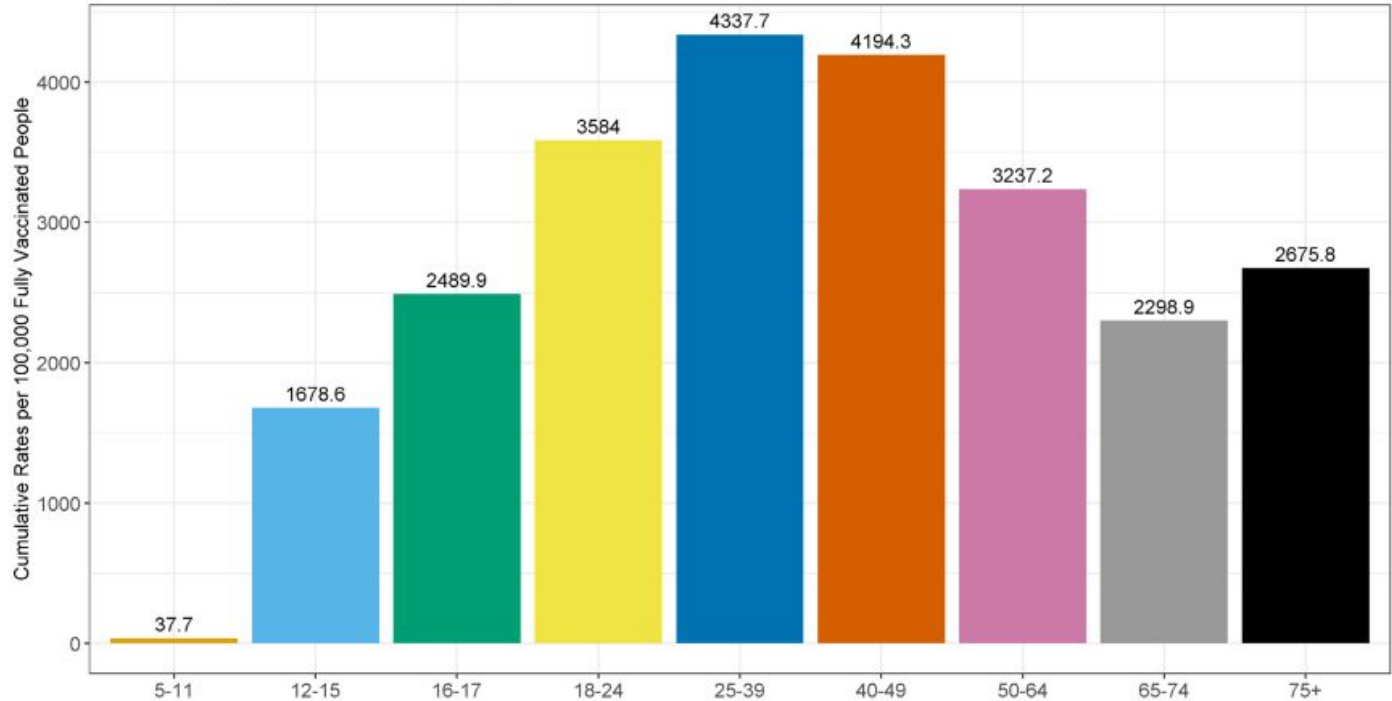




# Breakthrough Cases

Most breakthrough cases are not in the elderly, but in the adult population.

Cumulative Vaccine Breakthrough Rates by Age per 100,000 Fully Vaccinated People  
1 February, 2021 - 20 December, 2021\*





*Investing for tomorrow*

**Make a vaccination  
appointment today!**

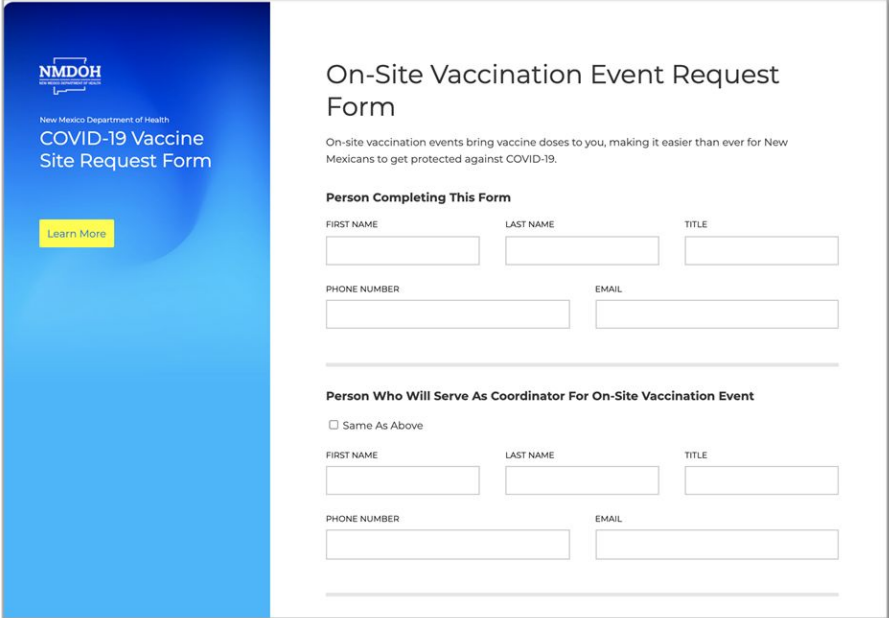
# No ID, No Insurance Required

- Vaccine providers may ask for insurance or ID, but **it is not required and will you be still be given the vaccine**
- The COVID-19 vaccine can be administered at the same time as flu or childhood vaccines
- Schedule an appointment today at:
  - [VaccineNM.org](https://vaccineNM.org)
  - [Vaccines.gov](https://vaccines.gov)



# Churches, community organizations, neighborhood groups, and others can sign up for Mobile Vaccine Clinics

- To request a mobile vaccine clinic, go to [GetVaxNM.com](https://www.getvaxnm.com)
- To request promotional support for your event, go to [BetterTogetherNM.com](https://www.bettertogethernm.com)
- We thank the City of ABQ, Albuquerque Public Schools, and sites in Santa Fe and Las Cruces for helping us deliver vaccine



**NMDOH**  
New Mexico Department of Health  
COVID-19 Vaccine Site Request Form

[Learn More](#)

### On-Site Vaccination Event Request Form

On-site vaccination events bring vaccine doses to you, making it easier than ever for New Mexicans to get protected against COVID-19.

**Person Completing This Form**

FIRST NAME  LAST NAME  TITLE

PHONE NUMBER  EMAIL

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**Person Who Will Serve As Coordinator For On-Site Vaccination Event**

Same As Above

FIRST NAME  LAST NAME  TITLE

PHONE NUMBER  EMAIL



*Investing for tomorrow*

# Stay safe for the holidays

# Holiday Safety Suggestions

- If gathering with others, try to keep air flowing through the room.
- Consider outdoor activities.
- Consider socially distanced food or gift exchanges.
- Avoid gatherings if you or others have symptoms.





**The best way to keep your family and friends safe is to get vaccinated.**



Avoid crowded, poorly ventilated spaces.



# Test to prevent spread to others.



**Wear a mask in public indoor settings if you are not fully vaccinated, have a weakened immune system, are in an area of high transmission.**



**If you are sick or have symptoms,  
don't host or attend gatherings.**





## DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps



Have a nose wire to prevent air from leaking out of the top of the mask

## DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators



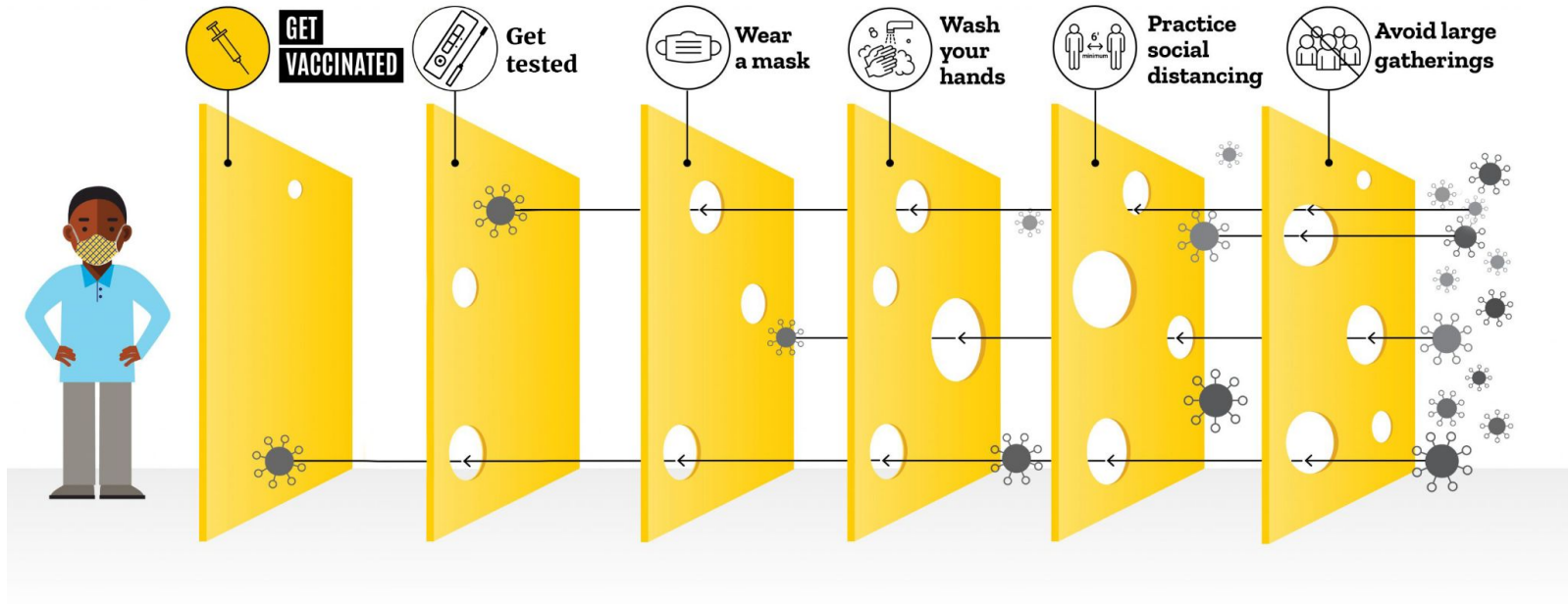
CS 319876-O November 12, 2021

[cdc.gov/corona](https://www.cdc.gov/coronavirus)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>



# How to stop COVID-19: the more layers you add, the safer you are:



<https://myemail.constantcontact.com/COVID-19-Community-Newsletter-for-December-7--2021.html?soid=1121878134211&aid=vyTCjHSfOnM>



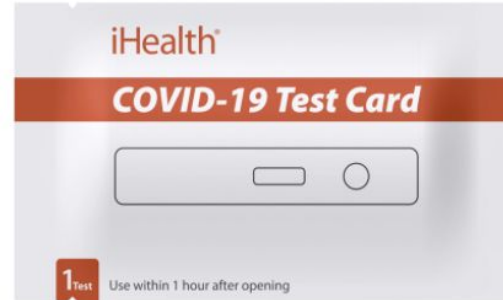
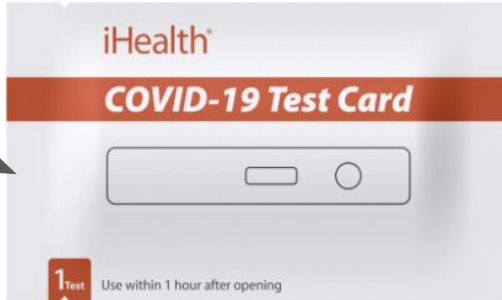
# **At Home Testing COVID-19 Rapid Antigen Testing**

# Each test kit comes with:

2 Nasal Swabs



2 Test Cards



2 Test Tubes



# How to collect a sample:

- 1** Remove the swab from the packaging and hold on the opposite end from the cotton round.
- 2** Move the the swab around the inside of your nose (about 1/2 inch deep).  
5 circles in each nostril.



Right Nostril



Left Nostril

3

Remove the orange cap from the test tube.



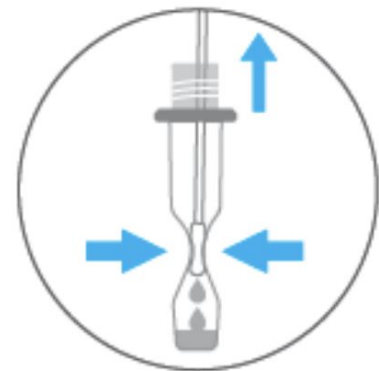
4

Dip the swab into the liquid in the test tube. Swirl around 15 times.



5

Remove the swab from the liquid while squeezing the test tube.



6

Place the cap back on the test tube and remove the clear cover



7

Use the tube to place **3 drops** onto the round circle on the test card.



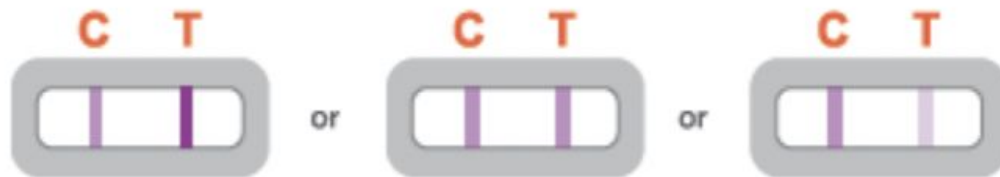
8

Wait 15 minutes for your results!



# Reading your results:

Positive results show two lines:  
one at the C and one at the T  
(\*Lines may appear faint)



Negative results show one line:  
only at the C



If the card shows no lines or a  
line at the T but not at the C,  
it is invalid.





# Greatest risk of infection comes from family members and friends who visit indoors and don't know they have COVID-19

- Even if you are fully vaccinated, it is still possible but less likely for you to get and transmit COVID 19 to family and friends
- Virus is spread through the air
- If you are not fully vaccinated, don't endanger your loved ones
- Be especially careful around unvaccinated older adults

# This holiday, protect your older family members

- Get a booster shot
- If not vaccinated, start your series
- If you visit with family or friends, consider outdoor activities or well-ventilated spaces
- Wear a mask indoors
- Avoid gatherings if you or others have symptoms.