



December 30, 2022

COVID-19 Status Report
Oak Park Village Board of Trustees

To: Kevin Jackson, Village Manager

From: Dr. Theresa Chapple-McGruder, Health Director

For: Village President and Village Board of Trustees

The memo is a status report presented Fridays and provides a summary of information regarding the Village of Oak Park's operational activities in response to COVID-19.

New COVID-19 Cases

The Village of Oak Park Department of Public Health received official notification of 75 COVID-19 cases from December 21 – December 28, 2022. This is a 24.2% decrease over the last 7-day period and a 25.0% increase over the cases 30 days ago.

These numbers do not reflect those who tested positive using a home self-administered test. The at-home test must be confirmed at an official testing site (pharmacy, physician's office, health department, school, etc.) in order to be included in the official state count.

If you test positive on a home test and decide not to test at an official testing facility, please alert the Health Department of your positive home test by emailing your name, age, zip code, and date of positive test to health@oak-park.us. While this won't be included in the official tally, it will help give the Health Department a sense of the number of new cases beyond the official tally it receives from the state. All who report at-home positive test results will receive COVID-19 education and free at-home test from the health department, while supplies last.

As the holiday season brings more large gatherings, keep in mind that close indoor contact is likely to increase the spread of illness. This holiday season please make plans to help keep your family, friends, and community safe and consider the following recommendations:

- Consider shopping online to have items delivered to your home or use curbside pick-up.
- Consider delaying travel until you are fully vaccinated. If eligible for a booster shot, consider getting it before traveling.
- If indoors, gather in small groups that allow for physical distancing. Consider wearing a well-fitted mask when indoors, even if fully vaccinated, to prevent the spreading of COVID-19 and to maximize protection for guests and family members who are not fully vaccinated.
- Consider alternative greetings to decrease risk. Use hand sanitizer after shaking hands.

- Arrange spacious seating to help prevent crowding in your home, especially when eating.
- Open windows as much as possible in the home for fresh air to help with indoor ventilation.

Please see guidance from the Illinois Department of Public Health for more tips on a safer holiday season. <https://dph.illinois.gov/covid19/community-guidance/holiday-season-safety.html>

COVID-19 Community Levels

On February 25, 2022, the CDC introduced COVID-19 Community Levels of low, medium, and high. COVID-19 Community Levels help individuals and communities decide which prevention actions to take based on the latest information. Each level helps convey how much COVID-19 is impacting our community using data on hospitalizations and cases. For each level, CDC recommends actions you can take to help you protect yourself and others from the severe impacts of COVID-19.

Oak Park is in the **low** level this week, as defined by less than 200 new cases per 100,000 (we have 138) or new COVID-19 admissions per 100,000 population less than 10 (we have 6). Cook County is in the **medium** community level this week. Our overall percent of staffed inpatient beds occupied by COVID-19 patients is still less than 10% (Cook County reports 8.9% as of December 24, which is a 24.8% increase from last week).

As Oak Park remains in the low community level, the health department wants to remind people of the CDC's precautions which include:

- Stay up-to-date with COVID-19 vaccines
- Get tested if you have symptoms
- Take additional precautions if you, anyone in your household, or people you work with/serve are at high-risk for severe illness

Additional guidance from the Health Department includes that individuals:

- Stay at home when sick
- Test at the first sign of illness (even if you think it may be allergies)
- Isolate for a minimum of five days if you test positive and wear a high-quality mask if you reenter society prior to 10 days post-infection
- Consider using a rapid antigen test before ending isolation, as many people remain infectious post their five-day isolation period.

The Health Department has issued new guidance to aid our residents who have tested positive. Please see the COVID-19 guidance and order page for more information.

If you are a close contact, wear a high-quality mask for 10 days and get tested on Day 5, regardless of vaccination status.

As weather allows, consider hosting events outdoors and asking guests to test prior to arriving. To aid residents in adhering to this guidance, the health department can provide high-quality masks, email health@oak-park.us if you would like one.

The health department mobile response van will also be in the community most Mondays-Wednesday to provide free COVID PCR and rapid test.

Many people in Oak Park travel throughout the county and as a result experience a greater risk of contracting COVID-19. Although Oak Park is in the low community level, we recommend following the medium community level prevention strategies for Oak Park residents that frequently travel throughout the county. Oak Park residents that tend to be more stationary within Oak Park may follow the low community level prevention strategies.

CDC’s recommendations on individual, household, and community level prevention strategies:

COVID-19 Community Level	Individual- and household-level prevention behaviors	Community-level prevention strategies (as recommended by state or local authorities)
Low	<ul style="list-style-type: none"> Stay up to date with COVID-19 vaccines and boosters Maintain improved ventilation throughout indoor spaces when possible Follow CDC recommendations for isolation and after exposures, including getting tested if you are exposed to COVID-19 or have symptoms of COVID-19 If you are immunocompromised or high risk for severe disease Have a plan for rapid testing if needed (e.g., having home tests or access to testing) Talk to your healthcare provider about whether you are a candidate for treatments like oral antivirals, PrEP, and monoclonal antibodies 	<ul style="list-style-type: none"> Distribute and administer vaccines to achieve high community vaccination coverage and ensure health equity Maintain improved ventilation in public indoor spaces Ensure access to testing, including through point-of-care and at-home tests for all people <ul style="list-style-type: none"> Communicate with organizations and places that serve people who are immunocompromised or at high risk for severe disease to ensure they know how to get rapid testing Ensure access and equity in vaccination, testing, treatment, community outreach, support services for disproportionately affected populations

COVID-19 Community Level	Individual- and household-level prevention behaviors	Community-level prevention strategies (as recommended by state or local authorities)
Medium	<ul style="list-style-type: none"> If you are immunocompromised or high risk for severe disease <ul style="list-style-type: none"> Wear a mask or respirator indoors in public. Have a plan for rapid testing if needed (e.g., having home tests or access to testing) Talk to your healthcare provider about whether you are a candidate for treatments like oral antivirals, PrEP, and monoclonal antibodies If you have household or social contact with someone at high risk for severe 	<ul style="list-style-type: none"> Protect people at high risk for severe illness or death by ensuring equitable access to vaccination, testing, treatment, support services, and information Implement enhanced prevention measures in high-risk congregate settings (see guidance for correctional facilities and homeless shelters) Distribute and administer vaccines to achieve high community vaccination coverage and ensure health equity Maintain improved ventilation in public indoor spaces

COVID-19 Community Level	Individual- and household-level prevention behaviors	Community-level prevention strategies (as recommended by state or local authorities)
	<p>disease consider wearing a mask when indoors with them</p> <ul style="list-style-type: none"> • Stay up to date with COVID-19 vaccines and boosters • Maintain improved ventilation throughout indoor spaces when possible • Follow CDC recommendations for isolation and quarantine, including getting tested if you are exposed to COVID-19 or have symptoms of COVID-19 	<ul style="list-style-type: none"> • Ensure access to testing, including through point-of-care and at-home tests for all people <ul style="list-style-type: none"> ○ Communicate with organizations and places that serve people who are immunocompromised or at high risk for severe disease to ensure they know how to get rapid testing • Ensure access and equity in vaccination, testing, treatment, community outreach, support services for disproportionately affected populations

¹At all levels, people can wear a mask based on personal preference, informed by personal level of risk. People with symptoms, a positive test, or exposure to someone with COVID-19 should wear a mask.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html>

Deaths

Oak Park Health Department Director Dr. Theresa Chapple is sad to inform the community of 1 additional death to residents from COVID-19, bringing the total resident deaths to 84. Dr. Chapple extends her sincerest condolences to their families.

Oak Park Residents Vaccinated

Oak Park reports 92% of residents receiving their first dose and 83% completing their primary vaccination series as of November 22, 2022.

On March 30, 2022, the CDC approved an additional (bivalent) booster for certain populations:

- Everyone 50 and older
- Age 12 and older who are moderately or severely immunocompromised
- Age 18-49 who received a J&J vaccine and a J&J booster

On October 12, 2022, the CDC approved an additional (bivalent) booster for children ages 5-11.

On December 9, 2022, the CDC approved the bivalent booster for children ages 6 months- 4 years.

Everyone must be at least four months post their initial booster to qualify.

Stay Up to Date with COVID-19 Vaccines Including Boosters

The CDC recommends everyone stay up to date with COVID-19 vaccination, including all primary series doses and boosters for their age group. On September 1, 2022, the CDC announced its recommendation of the updated COVID-19 boosters.

Individuals 6 months of age and older are eligible for a single booster dose of the updated Pfizer-BioNTech (Bivalent) booster if it has been at least two months since they have completed primary vaccination or have received the most recent booster dose with any authorized or approved monovalent COVID-19 vaccine.

Individuals 6 months of age and older are eligible for a single booster dose of the Moderna (Bivalent) booster if it has been at least two months since they have completed primary vaccination or have received the most recent booster dose with any authorized or approved monovalent COVID-19 vaccine.

The Health Department encourages its residents to schedule an appointment for a second booster at local vaccine providers such as Walgreens and CVS.

Age Range Data

For the week of December 21 – December 28, 2022, Oak Park residents who tested positive for COVID-19 ranged in age from infancy to 100 years.

Age Range	Cases Dec 21-Dec 28	% of Cases Dec 21-Dec 28
0-4	1	1.3%
5-13	2	2.7%
14-19	2	2.7%
20-29	9	12.0%
30-39	9	12.0%
40-49	13	17.3%
50-59	10	13.3%
60-69	9	12.0%
70-79	12	16.0%
80-89	6	8.0%
90-99	1	1.3%
100-109	1	1.3%
Total	75	