Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities

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PRESS RELEASE FOR LOCAL MEDIA

To: Local News Media

From: Central Michigan District Health Department

RE: Coronavirus 2019

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Central Michigan District Health Department Advises Residents to Prepare not Panic for Coronavirus Disease 2019 (COVID-19)

Central Michigan District Health Department is continuously working on preparedness and response planning for Coronavirus Disease 2019 (COVID-2019). Communication occurs daily with federal, state and local officials/partners. The Health Department is monitoring the situation at a local level and coordinating efforts with other local health departments across northern Michigan -- this includes Benzie-Leelanau Health Department, District Health Department #2, District Health Department #4, District Health Department #10, Grand Traverse County Health Department and Health Department of Northwest Michigan. Michigan, including Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon Counties have no confirmed cases at this time.

As COVID-19 cases increase worldwide, including in the United States, it is important to be mindful of preparing for a shift from an epidemic to a pandemic. At this time, we are encouraging our communities to ***prepare, not panic***. It is still uncertain when it will impact the greater United States, for how long, or the severity, and information is rapidly changing on a daily basis. Taking action early can help protect your health and those you care about.

These measures will help decrease and slow the spread of infection, and reduce the impact on our community:

- Pay attention, and comply, with public health requests and recommendations.
- Get your information from credible sources (CDC, MDHHS, Health Department, etc.).
- Support your family, friends and neighbors when they need your help.
- Practice good hand washing hygiene – wash hands regularly or use an alcohol-based hand sanitizer (60% or more) if soap and water are not available.

- Stay home when you are sick (work, school, social gatherings, events, etc.).
- Clean all "high touch" surfaces every day with household cleaning spray or wipes.
- Cover coughs, sneezes and avoid touching your face.
- Avoid sharing personal household items.
- Be current on your routine vaccinations.
- Call ahead before going to the doctor or hospital if you are sick (most COVID-19 infections are not serious, be watchful of concerning symptoms like shortness of breath and prolonged fever).
- Plan now for caring for loved ones who may be sick or medically compromised; and how not to expose each other.
- Keep prescription medications filled and over-the-counter medications on hand.
- Maintain a good supply of non-perishable food items, including pet food.
- Begin planning for options if daycare or schools are closed.
- Talk to your employer on contingency plans for absenteeism, working from home or other strategies for the continuation of operations.

Stay current on coronavirus information at www.cdc.gov/coronavirus; www.michigan.gov/coronavirus or https://www.cmdhd.org/novel-coronavirus.

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This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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