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: Back to School

Release Date: August 21, 2020

Mt Pleasant: Over the past week, Central Michigan District Health Department (CMDHD) has seen a large increase in positive cases in Mt. Pleasant and surrounding areas, associated with the return of students to Central Michigan University.

Our investigations have shown that many individuals that have tested positive live with several roommates or have attended large social gatherings. If you have been to a large party or social gathering or live in a setting that makes spatial distancing difficult, either affiliated or non-affiliated with a registered student organization since returning to the Mt. Pleasant community, CMDHD encourages you to monitor yourself for symptoms of COVID-19 and consider getting tested. Testing locations can be found by visiting www.michigan.gov/coronavirustest or by calling 211.

In order to help keep our campus and local communities safe and healthy, we ask the following of **everyone** in our communities:

- Refrain from hosting or attending gatherings that do not allow for proper spatial distancing, especially if they do not comply with the current executive orders. Indoor gatherings are limited to 10 people and outdoor gathering are limited to 100 people at this time in our area.
- If you receive a phone call from our staff or volunteers, we ask that you answer the phone and provide as much information as possible. It's important for us to get information as quickly and accurately as possible to reduce the risk of others becoming infected.
- If you are notified by CMU or your local health department and asked to isolate or quarantine, please follow the instructions. By choosing not to isolate or quarantine, you are putting others at risk of becoming positive.

- Wear a face covering or mask when you are in an indoor public place or in crowded outdoor areas (Executive Order 2020-153).
- Wash your hands often with soap and water for at least twenty seconds.
- Keep a physical distance of 6 feet or more when you are inside or outside.
- Cover coughs and sneezes; avoid touching your face.
- Stay home when you are sick (work, school, social gatherings, events, etc.).
- Clean/disinfect all "high touch" surfaces every day with household cleaning spray or wipes.
- If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice. An automated self-checker is also available to help you make decisions and seek appropriate medical care.
- Get your information from credible sources, such as the Centers for Disease Control and Prevention, the Michigan Department of Health and Human Services, or your local health department.

Central Michigan District Health Department has a Coronavirus message center. After hours, please call 989-773-5921 extension 1444 if you have any questions. Leave your name, phone number, county of residence, and a brief message. Staff will return calls as soon as possible. Businesses can also use this message center to report positive cases to the local health department.

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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To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.