



CMDHD TODAY

Central Michigan District Health Department Newsletter



International Overdose Awareness Day 31 August

INTERNATIONAL OVERDOSE AWARENESS DAY IS AUGUST 31

Central Michigan District Health Department (CMDHD) would like to recognize International Overdose Awareness Day on August 31 as a stark reminder of the harm that drugs inflict on our society. It is a day to remember those who have fallen victim to overdoses, as well as their loved ones. International Overdose Awareness Day also aims to reduce the stigma attached to the issues that families of victims often face. Such attitudes suppress efforts in raising awareness around overdose deaths by unfairly blaming those struggling with substance use disorder. August 31 is a day to come forward and stand in solidarity to reduce future overdose deaths.

CMDHD offers Narcan for free to anyone who needs it through their Syringe Service Program, Exchange Central. Narcan is a potentially life-saving medication designed to help reverse the effects of an opioid overdose in minutes. Since most overdoses happen in the home, having Narcan nearby can make all the difference. Overdose deaths in Michigan continue to rise. According to the Michigan Department of Health and Human Services (MDHHS), there were 2,354 overdose deaths in Michigan in 2019, 2,738 in year 2020, and 2,809 in 2021 (Michigan Overdose Data to Action Dashboard).

On Wednesday, August 31st, CMDHD be handing out free Narcan at its Clare County location: 815 N. Clare Ave, Suite B, in Harrison, during regular business hours. No ID is required, and there are no restrictions on county of residence.

For more information about getting Narcan for free through CMDHD's program [Exchange Central](#), call (989) 773-5921 ext. 1446. To get Narcan delivered through the mail for free, visit Next Distro at www.nextdistro.org.

UPDATES & RESOURCES

- If you or someone you know needs meals, clothing, shelter, or other essential items, click [here](#) or call 2-1-1 for local non-emergency resources.
- [CMDHD services](#) are currently being offered virtually, in person and/or by appointment.
- For more information on these topics and others please visit us on [Facebook](#) or cmdhd.org.

**Subscribe to
CMDHD TODAY**

**THANK YOU FOR
YOUR INTEREST IN
LOCAL PUBLIC HEALTH!**



AUGUST IS HOME VISITING MONTH



Governor Whitmer highlighted the evidence based home visiting programs serving families this month with a [proclamation](#) for August 2022 as Home Visiting Month in Michigan. The proclamation notes, "evidence-based home visiting from prenatal to kindergarten is an essential two-generation approach to successful kids and successful families."

Home Visiting programs connect you with a trained professional who will support you within your home, community and culture to give your child their best start in life. These programs provide you with prevention-focused family support services for pregnant women and families with children from birth to age five. These early learning at home programs range from maternal health to developing early learning for your child, to connecting you to community services such as food, housing and mental health.

At [Central Michigan District Health Department](#), we offer various programs that feature home visiting:

- [Maternal and Infant Health Program](#)
- [Healthy Futures](#)
- Healthy Families (Roscommon)
- [Children's Special Health Care Services](#)
- [Lead Case Management for elevated blood lead levels in children](#)
- [Community Health Workers](#)
- Other programs include [WIC](#), [Immunizations](#) and [Breastfeeding support](#) on a case-by-case basis



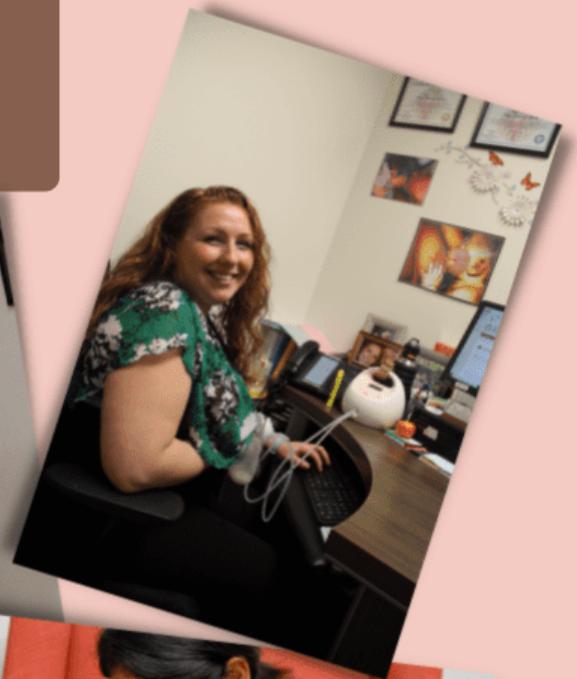
August is National Breastfeeding Month!

The American Academy of Pediatrics recommends breastfeeding for the first year of life. All WIC agencies have trained personnel ready to assist mothers with the basics of breastfeeding. Many WIC agencies have breastfeeding peer counselor support programs that provide mother-to-mother counseling. In addition, WIC agencies provide educational resources and breast pumps for returning to work or school.

Make an appointment with one of CMDHD's Peer Counselors for assistance with your breastfeeding journey. Find your nearest CMDHD WIC office [here](#).

NATIONAL BREASTFEEDING MONTH

SERVICES WIC PEER COUNSELORS PROVIDE



- Assistance with latching
- Breast pump education
- Milk supply support
- Tips for returning to work





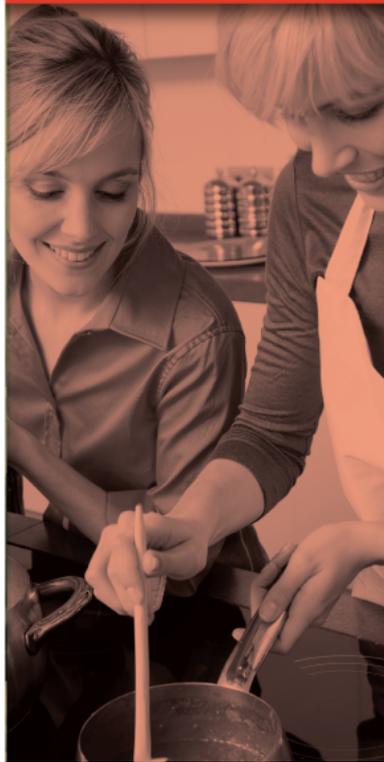
CLEAN



SEPARATE



COOK



CHILL



SEPTEMBER IS NATIONAL FOOD SAFETY EDUCATION MONTH

This September, take an active role in preventing foodborne illness, also known as “food poisoning.” The Federal government estimates that there are about 48 million cases of foodborne illness annually – that’s about 1 in 6 Americans each year. Each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths. Following simple food safety tips can help lower your chance of getting sick. To keep your family safer from food poisoning, follow these four simple steps: clean, separate, cook, and chill.

CLEAN: Wash hands and surfaces often

- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.

SEPARATE: Separate raw meats from other foods

- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.

COOK: Cook to the right temperature

- Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods.
- When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.

CHILL: Refrigerate foods promptly

- Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.
- Never thaw food at room temperature, such as on the counter top. The safest way to thaw food is in the refrigerator or in the microwave as part of the cooking process.



AFFORDABLE CONNECTIVITY PROGRAM

WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

WHO IS ELIGIBLE?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

TWO STEPS TO ENROLL

1

Go to AffordableConnectivity.gov to submit an application or print a mail-in application

2

Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

LEARN MORE

 Call 877-384-2575, or

 Visit fcc.gov/acp





CMDHD TODAY

BACK TO SCHOOL IMMUNIZATIONS

**WEDNESDAY, SEPTEMBER 21 &
WEDNESDAY, OCTOBER 19
4:00 - 6:00PM**

CMDHD Clare Office • 815 N. Clare Ave. Suite B • Harrison

**TO SCHEDULE AN APPOINTMENT,
CALL US AT 989-539-6731.**

• Children must be accompanied by parent/guardian •



Central Michigan District Health Department

www.cmdhd.org

Walk-ins accepted as time allows. We accept most private insurances, Medicaid, and Vaccines For Children Program (little to no cost to patient).



**Please scan the QR code
for more information.**



COVID-19

CORONAVIRUS



CMDHD COVID-19 VACCINATION RATES*

District Average
51.3%

Arenac.....	55.9%
Clare.....	49.9%
Gladwin.....	52.7%
Isabella.....	49.2%
Osceola.....	45.3%
Roscommon.....	60.7%

**Percentage of population 6 months of age & above with at least one dose of the vaccine as of 08/24/2022.*

Information around the COVID-19 outbreak continues to change rapidly. Visit [MDHHS](#) or [CDC](#) for more information.

Click [here](#) for weekly information on confirmed Coronavirus (COVID-19) cases in our jurisdiction.

WALK-IN COVID-19 VACCINATION CLINICS

ARENAC BRANCH OFFICE
4489 W M-61, SUITE 3 IN STANDISH
WEDNESDAYS 8:30AM-12PM & 1PM-4PM

CLARE BRANCH OFFICE
815 N CLARE AVENUE, SUITE B IN HARRISON
WEDNESDAYS 1PM-4PM

GLADWIN BRANCH OFFICE
103 N BOWERY IN GLADWIN
TUESDAYS & FRIDAYS 8:30AM-12PM & 1PM-4PM

ISABELLA BRANCH OFFICE
2012 E. PRESTON STREET IN MT. PLEASANT
MONDAYS 1PM-4PM & WEDNESDAYS 8:30-11:30AM

OSCEOLA BRANCH OFFICE
22054 PROFESSIONAL DR., SUITE D IN REED CITY
MONDAYS 1PM-4PM

ROSCOMMON BRANCH OFFICE
200 GRAND AVE, SUITE A IN PRUDENVILLE
WEDNESDAYS 9AM-11:30AM

**AGES 6 MONTHS & UP. NO APPOINTMENT NEEDED.
VISIT [CMDHD.ORG](#) FOR MORE INFORMATION.**

COVID-19 TESTING

TESTING IS FOR THOSE EXPERIENCING SYMPTOMS OR EXPOSED TO A POSITIVE CASE ONLY.

ARENAC COUNTY - CALL (989) 846-6541 TO MAKE AN APPOINTMENT
CMDHD Branch Office - 4489 W. M-61, Standish

GLADWIN COUNTY - CALL (989) 426-9431 TO MAKE AN APPOINTMENT
CMDHD Branch Office - 103 N. Bowery, Gladwin

VISIT [COVID-19 TESTING](#) FOR MORE INFORMATION ON LOCAL TESTING SITES.