November 23, 2022 Issue 35

CMDHD TODAY

Central Michigan District Health Department Newsletter

PROTECT YOURSELF FROM STUDENT LOAN DEBT RELIEF SCAMS

The Michigan Department of Insurance and Financial Services (DIFS) is alerting Michiganders to protect themselves from scams related to the Biden Administration's new Student Loan Debt Relief Program. Although the courts have currently blocked the program, scammers have been attempting to take advantage of this uncertainty to steal money or personal information from Michigan's student loan borrowers.

"An estimated 1.3 million Michiganders may be eligible for student loan relief under this new program, and this can mean a large number of potential targets for scams," said DIFS Director Anita Fox. "Criminals will often pretend to be from the federal government or a company that can help you take advantage of the Relief Program. Never give your Social Security Number or other personal information to anyone who sends you unsolicited emails, texts, or phone calls, and never agree to pay for an unsolicited service."

Programs with major financial impacts, such as the new Student Loan Debt Relief Program, often create opportunities for scammers. DIFS encourages Michiganders to take the following steps to avoid falling into these scams:

- Never agree to pay for assistance in obtaining student loan relief.
- Never give away your Social Security Number or FSA ID.
- Do not rely on caller ID. Scammers can use technology to make it look like they are calling from a legitimate business or government agency.
- Don't trust mailers that appear to be government communications. These may be advertisements for private companies that may have a disclaimer in small print.

More information on how to protect yourself can be found here.

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.
- For more information on these topics and others please visit us on Facebook or cmdhd.org.
- If you have visited us recently, we would appreciate if you would complete our Customer Service Survey.

Subscribe to CMDHD TODAY

THANK YOU FOR YOUR INTEREST IN LOCAL PUBLIC HEALTH!

CMDHD TODAY

CDC REPORTS RSV INFECTIONS & HOSPITALIZATIONS ARE ON THE RISE

Respiratory syncytial virus (RSV) is a common respiratory virus that usually causes mild, cold-like symptoms. *Call your healthcare professional if you are having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.*

People infected with RSV usually show symptoms 4 to 6 days after getting infected. Symptoms of RSV infection usually include

- Runny nose
- Decrease in appetite
- Coughing
- Sneezing
- Fever
- Wheezing

Most RSV infections go away on their own in a week or two, and there is no specific treatment for RSV. To help prevent infections:

- Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands.
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid close contact with others, including kissing, shaking hands, and sharing cups/utensils.
- Disinfect frequently touched surfaces, such as doorknobs and phones.

Learn more at www.cdc.gov/rsv.

I *YAM* SO THANKFUL FOR MY FLU SHOT

Central Michigan District Health Department
Promoting Healthy Families, Healthy Communities

The flu vaccine is safe for everyone 6 months old and up.

Visit www.cmdhd.org/seasonal-flu to find out more and locate a clinic near you.

PROTECT THOSE YOU LOVE
From Respiratory Viruses

- **Stay up to date on flu and COVID-19 vaccinations.**
- **Consider wearing a mask indoors in public places, especially if you are at risk for severe illness.**
- **Wash your hands often with soap and water for at least 20 seconds.**
- **Disinfect frequently touched surfaces, such as doorknobs and phones.**
- **Avoid close contact with others, including kissing, shaking hands, & sharing cups/utensils.**
- **Cover your coughs and sneezes with a tissue or your upper shirt sleeve, not your hands.**

Central Michigan District Health Department
Promoting Healthy Families, Healthy Communities
www.cmdhd.org

THANK YOU

Over 2,200 pairs of socks donated!

to the students at Sterling and Central Elementary Schools!

GREAT JOB

collecting socks for our community! You helped so many people!

From your friends at

Arenac County Office
Central Michigan District Health Department

CMDHD Office at 101 E. Main Street, Marion has in-person WIC appointments available from 9am - 4pm on the following dates:

Friday, December 2

PLEASE CALL 231-743-3059 TO MAKE AN APPOINTMENT.

Central Michigan District Health Department

www.cmdhd.org

CMDHD TODAY

CMDHD COVID-19 VACCINATION RATES*

District Average
51.6%

Arenac.....56.4%
Clare.....50.2%
Gladwin.....53.1%
Isabella.....49.3%
Osceola.....45.7%
Roscommon.....61.5%

**Percentage of population 6 months of age & above with at least one dose of the vaccine as of 11/17/2022.*

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 & FRIDAYS 1PM-4:30PM

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 8:30-11:30AM & 1PM-4PM, WEDNESDAYS 8:30-11:30AM, AND FRIDAYS 1PM-4PM

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.

CMDHD Office at 101 E. Main Street, Marion is open for routine/flu/COVID immunization appointments from 9am - 4pm on the following dates:

Friday, December 16

PLEASE CALL 231-743-3059 TO MAKE AN APPOINTMENT.

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www.cmdhd.org