



CMDHD TODAY

Central Michigan District Health Department Newsletter



MDHHS SHARES FDA'S UPDATED GUIDELINES FOR JANSSEN VACCINE

The Michigan Department of Health and Human Services (MDHHS) is updating vaccine providers across the state about the U.S. Food and Drug Administration (FDA) limiting the authorized use on the administration of the Janssen (Johnson & Johnson) COVID-19 vaccine.

On May 5, FDA released a statement that it has revised its Emergency Use Authorization (EUA) and limited the authorized use of the Janssen COVID-19 vaccine. The updated EUA limits use to:

- Individuals 18 years of age and older for whom other authorized or approved COVID-19 vaccines are not accessible or clinically appropriate; or
- Individuals 18 years of age and older who elect to receive the Janssen COVID-19 vaccine because they would otherwise not receive a COVID-19 vaccine.

The FDA has determined that the risk of thrombosis with thrombocytopenia syndrome (TTS), warrants limiting the authorized use of the vaccine. TTS is a syndrome of rare, potentially life-threatening blood clots in combination with low levels of blood platelets. TTS linked with the Janssen COVID-19 vaccine has most frequently presented within 14 days following vaccine administration.

Read [MDHHS's full press release](#).

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](#).
- [Unsubscribe](#) from our newsletter.

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



'TIS THE SEASON FOR OUTDOOR ACTIVITIES!



When you are out enjoying the warm months and happen to come across loose syringes in your community, you can call or text us to report them at 989-259-4549. Our team will properly clean them up to keep our environment safe!



CMDHD OFFERS SPECIALTY CARE FOR QUALIFYING INDIVIDUALS THROUGH CHILDREN'S SPECIAL HEALTH CARE SERVICES

Children's Special Health Care Services (CSHCS) provides medical specialty care to children from birth to age 21 who have a qualifying medical diagnosis. Individuals aged 21 and over with cystic fibrosis or certain blood disorders may also qualify for these support services.

CSHCS covers more than 2,700 physical conditions. The yearly fee is waived if the individual has Medicaid or MICHild. This program offers case management, care coordination, and referrals for specialty care or community-based services for children and families. There may be assistance to help with specialty bills, mileage, lodging, and locating community resources.

CSHCS also helps prepare youth for transitioning into adult life by planning for future needs including health care, employment, education, and independent living.

CMDHD has 7 dedicated staff for CSHCS clients, including a social worker, registered nurses, and clerks. CMDHD also provides additional intensive services as needed, including case management and referrals to a specialist for diagnostic evaluation. Click [here](#) for more information.



point of view.

Disease

disordered or

COMMUNICABLE DISEASE CORNER

Norovirus – The Scourge of Restaurants and Cruise Ships

Norovirus is a very contagious virus that causes vomiting and diarrhea and is spread through vomit and feces (poop) particles. People of all ages can get sick with norovirus. It only takes a few viral particles to make other people sick. Norovirus is sometimes called the stomach flu; however, norovirus illness is not related to the seasonal flu, which is caused by a different virus.

How can you get norovirus?

- Having direct contact with an infected person
- Consuming contaminated food or water
- Touching contaminated surfaces and then putting unwashed hands in your mouth
- Eating food grown or harvested with contaminated water, such as fruit or vegetables watered with contaminated water
- Drinking or swimming in water contaminated with norovirus

What are the symptoms of norovirus illness?

- The most common symptoms are diarrhea, vomiting, nausea, and stomach pain.
- Other symptoms can include fever, headache, and body aches.
- A person usually develops symptoms 12 to 48 hours after being exposed to norovirus.
- If you get extremely ill (such as having diarrhea or vomiting many times a day), it can lead to dehydration, especially in children, older adults, and people with other illnesses
 - Drink plenty of liquids to prevent dehydration

How can you protect yourself and others?

- Always practice proper hand hygiene: wash your hands thoroughly with soap and warm water
 - Especially after using the toilet or changing diapers
 - Always before eating, preparing, or handling food, and
 - Before giving yourself or someone else medicine
- You can use hand sanitizer in addition to hand washing, but hand sanitizer should not be used as a substitute for washing hands.
- Carefully wash fruits and vegetables before preparing and eating them. Cook oysters and other shellfish thoroughly.
- Do not prepare food for others or provide healthcare while you are sick and for at least two days after symptoms started.
- Clean and disinfect surfaces using a bleach-based solution, followed by soap and hot water. Follow the instructions in [this video](#).
- Wash laundry in hot water and machine dry on the highest heat setting. Wear gloves while touching soiled laundry.

Read more about norovirus from the [Centers for Disease Control and Prevention](#).



NEW HOTLINE AVAILABLE FOR MOMS FACING MENTAL HEALTH CHALLENGES

The new National Maternal Mental Health Hotline provides 24/7, free, confidential support, resources and referrals to any pregnant and postpartum mothers facing mental health challenges and their loved ones. The service is available via phone and text in English or Spanish.

Call or text, 1-833-9-HELP4MOMS (1-833-943-5746) to connect with counselors at the National Maternal Mental Health Hotline.

Pregnancy and a new baby can bring a range of emotions. In fact, many women feel overwhelmed, sad, or anxious at different times during their pregnancy and even after the baby is born. For many women, these feelings go away on their own. But for some women, these emotions are more serious and may stay for months.

The National Maternal Mental Health Hotline's counselors provide real-time emotional support, encouragement, information, and referrals. Pregnant and postpartum women can get the help and resources they need, when they need it.

Are you a new parent and feeling sad, worried, overwhelmed, or concerned that you aren't good enough? You aren't alone. You aren't to blame. With help, you can feel better. **Call or text 1-833-9-HELP4MOMS (1-833-943-5746) to connect with counselors at the National Maternal Mental Health Hotline.** Learn more [here](#).

Did you know Weatherization helps households save money and improve comfort with measures including wall and attic insulation, duct sealing, furnace repair and replacement, and other energy efficient initiatives?

If you are interested in our weatherization services, call the office nearest you:

Bay City: 989-894-9060

Big Rapids: 231-660-0271

Farwell: 989-386-3805

Gladwin: 989-426-2801

Midland: 989-832-7377

Reed City: 231-791-7078

Toll-Free: 1-877-213-5948 or email us at contactus@mmcaa.org

Our weatherization program is available for residents of Bay, Clare, Gladwin, Mecosta, Midland, and Osceola Counties.

Click [here](#) to learn more.



mid michigan
COMMUNITY
Action





MICHIGAN FAMILIES ASKED TO COMPLETE HOME VISITING FAMILY SURVEY

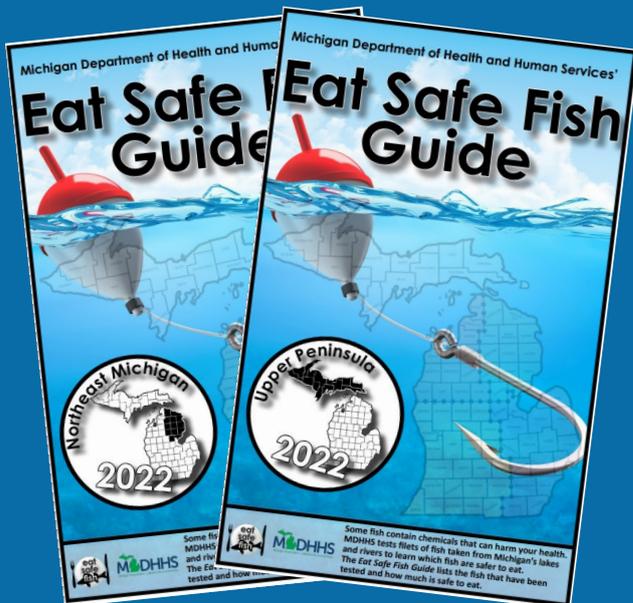
The Michigan Home Visiting Leadership Team, a partnership of the Michigan Department of Health and Human Services and the Michigan Department of Education, is looking for families to complete a **brief** survey to provide feedback.

Results of the survey will help us develop marketing and advertising strategies and material to increase the visibility of home visiting programs and improve awareness of the benefits for Michigan's families with infants and young children. Families do not have to be currently or previously enrolled in a home visiting program.

[Click here to access the survey.](#)



MICHIGAN RELEASES 2022 "EAT SAFE FISH" GUIDES TO HELP RESIDENTS PLAN FOR LOCAL FISH CONSUMPTION



The Michigan Department of Health and Human Services (MDHHS) has released the 2022 regional "Eat Safe Fish" Guides. The regional "[Eat Safe Fish](#)" Guides provide guidelines for eating locally caught fish. Guidelines are based on levels of chemicals found in the portions of fish that people eat - typically the filets. Test results from the MDHHS Bureau of Laboratories are used to determine what is safe for people to eat over the long-term. There are many health benefits to eating fish and the "Eat Safe Fish" Guides help individuals choose the fish that are best for them and their families. Find your regional guide [here](#).



COVID-19

CORONAVIRUS



CMDHD COVID-19 VACCINATION RATES*

District Average
53.4%

Arenac.....	58.1%
Clare.....	52.4%
Gladwin.....	55.1%
Isabella.....	51.1%
Osceola.....	47.5%
Roscommon.....	62.1%

**Percentage of population over the age of 5 with at least one dose of the vaccine as of 05/11/2022.*

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 5 & 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.