



CMDHD TODAY

Central Michigan District Health Department Newsletter



CMDHD COVID-19 VACCINATION RATES*

District Average 53.0%

Arenac.....57.7%

Clare.....52.0%

Gladwin.....54.7%

Isabella.....50.7%

Osceola.....47.0%

Roscommon.....61.7%

*Percentage of population over the age of 5 with at least one dose of the vaccine as of 03/04/2022.

LT. GOV. GILCHRIST RELEASES COVID-19 RACIAL DISPARITIES TASK FORCE REPORT

The first-of-its-kind Michigan Coronavirus Racial Disparities Taskforce has released recommendations for collaborative policy, programming and systemic change to protect communities of color from the spread of COVID-19 and create lasting structural change. The report, which provides a progress report on the taskforce's short- and long-term goals, finds that actions taken by the State of Michigan in 2020 and 2021 helped reduce health-based racial disparities in COVID-19 response and deaths.

"When we saw that COVID-19 was uniquely lethal in communities of color in Michigan, Governor Whitmer and I knew we had to act quickly," said Lt. Governor Garlin Gilchrist, Chair of the Michigan Coronavirus Racial Disparities Task Force. "Two years later, the successes of the Michigan Coronavirus Racial Disparities Task Force in balancing short-term needs with long-term goals have made it a national model on responding to racial disparities and flattening inequities. But we know there is more work to do - which is why I am proud to join the Task Force in releasing these recommendations to help us chart the way forward."

Read Lt. Gov. Gilchrist's full remarks [here](#). View the report [here](#).



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.

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.
- 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.
- [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!**



IN OTHER NEWS

- [Michigan WIC Program Urges Families to Celebrate a World of Flavors During National Nutrition Month](#)
- [MDHHS Announces New Wait Time Feature on COVID-19 Test Finder, Reminds Residents about Availability, Importance of Testing](#)
- [Governor Whitmer Proclaims March 2022 as Reading Month](#)

COVID-19 TESTING

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

ARENAC COUNTY

CMDHD Branch Office - 4489 W. M-61, Standish

Call (989) 846-6541 to make an appointment.

Please park in the designated parking spots by the health department entrance of the building. If the designated parking spots are full, please be patient and pull in when one becomes available. Remain in your car and a nurse will be with you shortly. Please bring your driver's license or another form of identification and your health insurance card, if you have one. No doctor's order or prescription needed. Results will be ready in 15 - 30 minutes.

GLADWIN COUNTY

CMDHD Branch Office - 103 N. Bowery, Gladwin

Call (989) 426-9431 to make an appointment.

Please park in one of the 3 designated parking spots by the dumpster toward the back of the building, then call the phone number listed on the sign to let us know you've arrived. If the designated parking spots are full, please be patient, find a different spot to wait, then pull into a designated spot when one becomes available. Remain in your car and a nurse will be with you shortly. Please bring your driver's license or another form of identification and your health insurance card, if you have one. No doctor's order or prescription needed. Results will be ready in 15 - 30 minutes.

OSCEOLA COUNTY: COVID-19 TESTING CLINICS

Crossroads Community Church - 110 S. Main Street, Eart

Thursdays 3/10 & 3/24 - 10:30am - 4:30pm

Pre-registration not required, but is available [here](#). No insurance needed. No prescription needed. No doctor's order needed. Testing provided by Honu/LTS.



GET TO KNOW YOUR DRINKING WATER



NATIONAL GROUNDWATER AWARENESS WEEK

March 6-12, 2022

How often do you turn on the tap to fill your cup, wash your hands, or take a shower? Now, how often do you consider what comes out of your tap or where that water comes from? While most people use water many times a day, they don't often give much thought to where it comes from. Do you know where your water comes from or what types of contaminants could be present? March 6-12, 2022, is National Groundwater Awareness Week. CMDHD encourages you to find out about where your water comes from and what you can do to protect it.



SOURCE

Where does your water come from? Do you know if it comes from a well or municipal source? The easiest way to tell, is if you receive a monthly water bill. If you do, you are paying for municipal water. If not, you probably have a well. Wells can usually be identified by the wellhead, PVC or steel well casing rising at least 12" above ground. Sometimes older wells can be buried, so just because you don't see a wellhead, doesn't necessarily mean that you are connected to a municipal system. If you have municipal water, contact the water utility to find out where your water comes from (source water) and how it is processed at the plant. If you have well water, see if you can find out how deep your well is. If the well is less than 25' deep, it is less protected and could be contaminated by surface water and runoff. Wells greater than 25 feet deep and those that penetrate a clay layer are better protected from contamination.

QUALITY

Are you aware of the types of contamination that could impact your drinking water? Municipalities may get their water from groundwater, surface water, or a combination of the two. Municipalities must provide an annual Consumer Confidence Report (CCR) detailing the operation and the most recent water sample test results. Private well owners must sample their own wells to ensure it continues to meet water quality standards. Private well owners are responsible to protect the area around the well to prevent runoff flowing to the wellhead, eliminate animal waste from accumulating, ensure yard chemicals are used according to the label directions, and prevent chemical spills. An annual bacteria sample and partial chemistry test are recommended water quality tests. Check with the local health department to see if there are water quality concerns in your area.

ACT

You are in control of your drinking water safety. When you have municipal water make sure you review the annual CCR. Know how the municipality will communicate any water quality concerns. Contact the water utility if you have any questions. Private well owners can make sure the area around the well is protected from contamination. Sample the water if it hasn't been done recently. Annual sampling to ensure that the water quality hasn't changed is recommended, especially in areas of known nitrate and arsenic contamination. Well water should also be tested anytime there has been work on the well, pump, or pressure distribution system. If you do have your water tested, we encourage you to review the results and consult with an environmental sanitarian at CMDHD if you have questions.

PROTECT

Surface water, runoff, and any pollution carried with the water makes its way into the groundwater at some point. The things that you choose to do, buy, and use can all impact your groundwater and drinking water. Foremost, maintain your private water well and make repairs when necessary. You can protect your drinking water by using chemicals according to directions, disposing of excess chemicals through a household hazardous waste program, repair leaking vehicles, and do not flush chemicals or medications into the sewer or septic system. Local Conservation Districts often have a Hazardous Waste Cleanup once or twice a year where homeowners can take old or unwanted chemicals for proper disposal. There are also many local medication take back programs available to dispose of unwanted medications. You can become an informed protector of your water by using products according to direction, choosing safer alternatives when available, and disposing of chemicals and medications responsibly. Being informed and proactive can make a world of difference in protecting the quality of your drinking water.

STAY WELL: CULTIVATING JOY SERIES

For many of us, feelings of joy dwindled during the pandemic. We've been through a lot - but an animated video series from the Stay Well program can help. "It's OK to not be OK (for now!)," premiering Wednesday, March 9, explores action-oriented ways to bring back personal joy. Look for new episodes each week at Michigan.gov/StayWell.



BUSINESS RESOURCES AVAILABLE THROUGH THE GROWING MI BUSINESS GRANT PROGRAM

The [Growing MI Business Grant Program](#) is a program by the State of Michigan to distribute up to \$409 Million of its American Rescue Plan Act funds to be awarded through grants to provide resources to businesses that meet [certain criteria](#). The program will support businesses as defined by Public Act 132 of 2021. For specifics on this program, view the [Growing MI Business Overview Factsheet](#). For the most recent webinar explaining the program, [click here](#). Applications can be now through March 31, 2022.

Are you up to date on your COVID-19 vaccine?

MDHHS has released a new tool to help you see if you're eligible for an additional dose or booster dose of the vaccine.

Visit the [COVID Up-To-Date Tool](#) to check your status.

Are you up to date on your COVID-19 vaccine?

Check Today

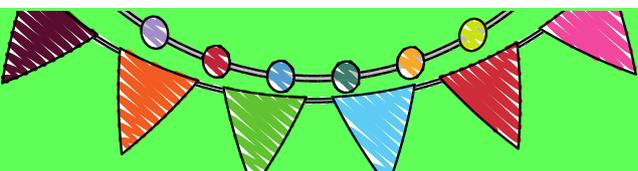
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MDHHS
Michigan Department of Health & Human Services



GOVERNOR WHITMER LAUNCHES PROGRAM FOR HOMEOWNERS EXPERIENCING HARDSHIPS

The Homeowner Assistance Fund was established under section 3206 of the American Rescue Plan Act of 2021 (the ARP) to mitigate hardships associated with the coronavirus pandemic by providing funds to prevent homeowner mortgage delinquencies, defaults, foreclosure, loss of utilities or home energy services. Grants of up to \$25,000 are available per eligible household. Click [here](#) for more information and to apply. Individuals without internet can click call 2-1-1 for assistance or dial 844-756-4423.



FREE HEALTH FAIR in Mt. Pleasant

CMU College of Medicine Health Fair Committee is hosting a **FREE HEALTH FAIR** Saturday, March 19th 12-3 PM at MyMichigan Health 4851 E. Pickard Rd, Mt. Pleasant

Free health services, health and lifestyle products, and food for those in need will be provided.

Healthcare providers from Cardiology, Endocrinology, Psychiatry, Obstetrics, Urology, and Primary Care will all be on site. No insurance necessary.

CMDHD will be providing information about STI testing and our Syringe Service Program. We will also be offering flu and COVID vaccines.



Medication Take Back

Dispose of your unused, unwanted medications safely

located at Central Michigan District Health Department Entrance B.

March 22-24

Open hours 8:00am-4:30pm, closed for lunch 12-1

2012 E. Preston
Mt. Pleasant, MI 48858

(989) 773-5921 ext. 1446





Safety and Wellness Resources for Youth

Sun Safety

CMDHD encourages you to practice sun safety by:

Wearing a Hat

Seeking Shade

Covering Up

Wearing Sunglasses

Applying Sunscreen



CONSENT IS:

Clear

Consent is active.

Coherent

People incapacitated by drugs or alcohol cannot consent.

Willing

Consent is never given under pressure.

Ongoing

Consent must be granted every time.



<https://mentalhealthathome.org/2019/04/30/understanding-consent/>

Spring Break COVID Safety

Being Around Large Crowds



Traveling when sick



Know your risks and the risk of the area(s) you are traveling to.



Wash your Hands



Get Tested



Get Vaccinated



Wear a Mask



B.R.A.V.E.



How to provide support and education following sexual assault

B: BELIEVE THEM

Remind them it is not their fault.



R: RESPECT CONFIDENTIALITY

Ensure individuals understand how and when you will share information they have shared.*



A: ASK WHAT SUPPORT LOOKS LIKE

Let go of assumptions. Reporting to the police is not every survivor's view of justice.



V: VALUE BOUNDARIES

Don't pry or press for additional details.



E: EMPATHIZE

Understand everyone deals with trauma differently and that each person's healing path is different.



CMDHD WANTS YOU TO BE B.R.A.V.E.

CHALLENGE:

When others act or speak in a way that condones sexual violence, challenge what they say.

TAKE ACTION:

If you see something of concern, check in with the victim and intervene. If you hear something of concern, say something.

EDUCATE YOURSELF:

Learn about this issue. Read. Attend workshops and events.

BECOME A LEADER:

Attend trainings to learn about making our communities safe.