June 8, 2022 Issue 18

CMDHD TODAY

Central Michigan District Health Department Newsletter

GREAT LAKES AND FRESH WATER WEEK HONORS MICHIGAN'S WATER CHAMPIONS

The Great Lakes and Michigan's abundant freshwater resources have tremendous value to Michiganders. June 4-12 is the annual celebration of Great Lakes and Fresh Water Week, which focuses on becoming "water champions" – inspiring people to champion the health of this vital ecosystem and to enjoy, appreciate, and safeguard it for current and future generations.

Michigan is home to more than 3,200 miles of coastline along four Great Lakes, 11,000 inland lakes and ponds, 36,000 miles of rivers and streams, and enough groundwater to fill Lake Michigan over again. More than 30 million people in the U.S. and Canada rely on the Great Lakes for their drinking water.

"Michiganders share a special bond as stewards of the world's largest freshwater system," said Gov. Gretchen Whitmer, who dedicated the week in a proclamation. "Great Lakes and Fresh Water Week reminds us that this irreplaceable resource powers our lives, our livelihoods, and the ecosystems around us. Being a Michigan water champion means understanding our responsibility to work together to find solutions and overcome challenges such as aging infrastructure, invasive species, extreme weather, and climate change."

More details about the week are available on the OGL's Stewarding the Great Lakes webpage.

Read EGLE'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.

Subscribe to CMDHD TODAY

THANK YOU FOR YOUR INTEREST IN LOCAL PUBLIC HEALTH!

CMDHD TODAY

CMDHD offers routine immunizations for adults & children.

Call today to schedule an appointment!

Arenac
(989) 846-6541

Clare
(989) 539-6731

Gladwin
(989) 426-9431

Isabella
(989) 773-5921

Osceola
(231) 832-5532

Roscommon
(989) 366-9166

CMDHD TESTING E. COLI LEVELS AT DISTRICT'S PUBLIC BATHING BEACHES

Central Michigan District Health Department (CMDHD) is conducting a bathing beach monitoring program of public beaches in the six-county district, which includes Arenac, Clare, Gladwin, Isabella, Osceola, and Roscommon counties.

Monitoring consists of weekly water sampling and testing for E. coli, posting results on the State's BeachGuard website, and posting advisories at beaches with elevated E. coli results. Testing beaches during the swimming season is important to make sure the public is informed of high E. coli levels that pose a greater risk of illness. Beaches posted with an advisory should not be used for swimming until further testing show bacteria levels are within acceptable levels.

Surface waters contaminated with elevated levels of E. coli bacteria can result in nausea, vomiting, stomach ache, diarrhea, headache, and fever. Other illnesses associated with swimming in contaminated waters include ear, eye, nose and throat infections, skin rashes, and skin infections, which can be serious. In highly polluted waters, swimmers run the risk of exposure to more serious disease causing organisms such as Cryptosporidium, Giardia, E. coli STEC, Norovirus, and Shigella.

Beaches that are open to the public but not part of a monitoring program – including smaller beaches, campgrounds, and children's camps – have been asked by the health department to either implement a water sampling program that meets the State standards or post notices at the beaches to inform the public whether or not the water has been tested for E. coli bacteria. Public beaches which are not being monitored for E. coli are required to post a sign stating they are not being monitored.

For more information on the beach monitoring program and results, visit CMDHD.org.

Summer SAFETY FAIR

June 11, 2022
10 a.m. - 2 p.m.
Public Safety Building

Featuring:

- Fire engines and information
- Police dog demonstration
- Car seat inspections
- Distracted driving simulation
- Emergency helicopter
- Fall safety for elders
- Drug and sharps drop available
- Colon health screening
- Police vehicles
- Ambulance
- Bouncy house
- Food
- Door prizes
- Project Venture
- Dog registrations
- And more!

Nimkee Memorial Wellness Center

Barbara Ann Karmanos Cancer Institute, Wayne State University

McLaren Health Care

Behavioral Health Programs, Nog-da-win-da-meg

Project Venture

For more information, please contact:
Sue Sowmick at 989-775-4699 or SSowmick@sagchip.org

My Michigan Health, University of Michigan Health

Saginaw Chippewa Indian Tribe of Michigan
"Working Together for Our Future"

7500 Soaring Eagle Blvd.
Mount Pleasant, MI 48858
989-775-4000
www.sagchip.org

CMDHD TODAY

'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!

ARE YOU PREGNANT OR 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.

CMDHD TODAY

CMDHD COVID-19 VACCINATION RATES*

District Average
53.5%

Arenac.....58.2%
Clare.....52.4%
Gladwin.....55.2%
Isabella.....51.1%
Osceola.....47.6%
Roscommon.....62.3%

**Percentage of population over the age of 5 with at least one dose of the vaccine as of 06/01/2022.*

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.