>>> NEWSLETTER <<<

CMDHD Today

CENTRAL MICHIGAN DISTRICT HEALTH DEPARTMENT

TOP NEWS

School Hygiene Program Receives Grants

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CMDHD is pleased to announce that our REFRESH program has been awarded two grants from the Clare County Community Foundation. REFRESH is a vital initiative providing hygiene kits and menstrual hygiene products to district schools to support students in need.

Read More <<<

Measles is a highly contagious illness that spreads through respiratory droplets when an infected person coughs or sneezes. CMDHD offers routine childhood and adult vaccinations, including MMR -- to prevent measles, mumps, and rubella -- at our offices. Find a clinic near you: www.cmdhd.org/countyimmunizations.

Measles Cases Rising in Michigan; MMR Vaccine Offers Protection

CDC updates and simplifies respiratory virus recommendations

CDC released updated recommendations for how people can protect themselves and their communities from respiratory viruses. The new guidance brings a unified approach to addressing risks from a range of common respiratory viral illnesses, such as COVID-19, flu, and RSV. Learn more at www.cdc.gov/media/releases/2024/p0301-respiratory-virus.html.

CMDHD celebrating National Public Health Week (NPHW): April 1-7

"NPHW is a time to reflect on our efforts to improve the health of our communities," said Steve Hall, CMDHD Health Officer. "Public health employees work daily to improve others' lives, and we are proud of how much our staff cares about our communities."

CMDHD promotes health and physical well-being by offering preventive services and information, including immunizations and other programs, such as WIC. Our staff also works to stop diseases from spreading, help with emergency preparedness, keep our environment safe, advocate for harm reduction, and support reproductive health.

Join us in thanking our public health professionals for their work to keep all people healthy and safe.

WIC MICHIGAN PUBLIC COMMENT PERIOD MARCH 1 - APRIL 30

WE WANT TO HEAR FROM YOU!

نريد أن نسمع منك!

¡QUEREMOS ESCUCHAR DE TI!

Visit www.Michigan.gov/WIC to learn more.

Are you currently breastfeeding?

Join us in Gladwin!

BREAST FRIENDS

Breastfeeding Support Group

When: Third Monday of each month from 10-11:30am

Where: Gladwin County CAN Council Playgroup space (225 W. Cedar Ave.)

CMDHD's Breastfeeding Peer Counselors invite you to bring your kids so they can play while you chat with others who are breastfeeding.

2024 MEDICATION TAKE-BACKS

Isabella Substance Awareness Coaliton

Date/Time

January 17th
08:00am-11:30am

April 4th
01:00pm-04:00pm

July 10th
08:00am-11:30am

October 24th
01:00pm-04:00pm

Location

Central Michigan District Health Department 2012 E. Preston, Mount Pleasant, MI Door B

MSHN Mid-State Health Network

For more information: 989 817-7917 cdemers@1016.org

COVID & Emerging Diseases

- **Measles Cases and Outbreaks**

- **Planning a trip abroad? Check if you are protected against measles.**

- **Michigan Care Improvement Registry (MCIR) - Immunization Records**

- **Older adults now able to receive additional dose of updated COVID-19 vaccine**

- **CMDHD COVID information, including testing and vaccination clinics**

- **Check your COVID home tests for extended expiration dates before you throw them away.**

- **CMDHD offices have free COVID home tests.**

New virtual classes for older veterans available to enhance well-being

The Michigan Department of Health and Human Services (MDHHS) is pleased to announce new topics in a series of customized sessions with GetSetUp specifically for individuals who have served in the military and their families.

MDHHS began partnering with GetSetUp in October 2020 to help combat social isolation and keep older adults mentally, physically and socially active by providing free virtual classes across a range of topics to Michigan residents over age 50. Learn more: https://www.michigan.gov/mdhhs/inside-mdhhs/newsroom/2024/02/29/getsetup-vets-classes.

Other Topics

- MDHHS seeks public input on effort to offer nutrition services to Medicaid recipients

- MDHHS reports first influenza-associated pediatric death in Michigan this season

- CDC study shows effectiveness of RSV immunization for infants

- Challenges, reduced public trust confront local health agencies

IT HAPPENS

Norovirus doesn't have to.

Norovirus can be spread by people who didn't wash their hands.

Don't be one of them.

WASH YOUR HANDS.

CDC

cdc.gov/norovirus

WE ARE HIRING