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Prepare for, but don't panic over COVID-19

Ithaca, Stanton, St. Johns- As the COVID-19 situation continues to evolve, Mid-Michigan District Health Department (MMDHD) advises residents to prepare for, but don't panic over the virus. MMDHD is continuously working on preparedness and response planning for emerging communicable diseases, like COVID-19 with federal, state and local partners.

At this time, Michigan has no confirmed cases of COVID-19 and there are no individuals being monitored within MMDHDs jurisdiction (Clinton, Gratiot and Montcalm Counties). For up-to-date information, visit www.michigan.gov/coronavirus.

As COVID-19 cases increase worldwide, it is uncertain how it will impact the United States. That's why taking action now can help protect your health and those you care about.

The following measures may help decrease or slow the spread of infection, and reduce the impact on our communities:

- Pay attention to and comply with public health requests and recommendations
- Get your information from credible sources, like the CDC, MDHHS or MMDHD
- Practice good hand hygiene by washing hands regularly and using alcohol-based hand sanitizer (60% or more) if soap and water is not available
- Stay home when you are sick
- Clean all "high touch" surfaces daily with household cleaning sprays or wipes
- Cover coughs and sneezes and avoid touching your face
- Avoid sharing personal household items
- Be current on your routine vaccinations
- Call ahead before going to the doctor or hospital if you are sick. Most cases of coronavirus are not serious, but be watchful of concerning symptoms like shortness of breath and prolonged fever
- Plan how you'll care for loved ones who may be sick or medically compromised, and how not to expose each other to sickness
- Keep prescription medications filled and over-the-counter medications on hand
- Maintain a good supply of non-perishable food items, including pet food

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- Plan ahead for daycare options if schools are closed
- Talk to your employer on contingency plans for absenteeism, working from home, or other strategies for the continuation of operations

For additional information, visit: www.cdc.gov/coronavirus; www.michigan.gov/coronavirus or www.mmdhd.org

Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.

We take action to protect, maintain and improve the health of our community.

Advancing innovative solutions to achieve healthier outcomes

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