



COVID-19

Guidance for the Community

3/2/20

This interim guidance is based on what is currently known about the Coronavirus Disease 2019 (COVID-19). Additional information will be updated as it becomes available.

MID-MICHIGAN DISTRICT HEALTH DEPARTMENT'S RESPONSE

- Regularly participating on calls with Michigan Department of Health and Human Services (MDHHS), the Centers for Disease Control and Prevention (CDC), and community partners
- Monitoring all individuals identified by MDHHS and based on risk exposure from the CDC
- Maintaining communication with local medical providers to provide up-to-date information
- Coordinating with local and regional preparedness partners to ensure the proper response plans and procedures are in place and ready to be activated, if needed.

HOW TO PREVENT THE SPREAD OF COVID-19

WHAT SHOULD INDIVIDUALS BE DOING TO PROTECT THEMSELVES?

- Wash your hands frequently, using soap and water for at least 20 seconds
- If soap and water is not available, use an alcohol-based hand sanitizer that contains at least 60-95% alcohol
- Avoid close contact with sick people
- Stay home if you are sick
- Cover your nose and mouth when you cough or sneeze.
- Avoid touching your eyes, nose and mouth, as this is how germs spread
- Disinfect frequently touched objects and surfaces using a bleach-based household cleaning spray or wipe



WHAT PERSONAL PROTECTIVE EQUIPMENT (PPE) SHOULD I USE?

- The CDC does not routinely recommend the use of face masks by persons who are well, as a means of avoiding respiratory infection. Currently, face masks are only recommended under special, high-risk circumstances, and for those who are already ill, to prevent virus spread
- There is little evidence at this time that supports the use of face masks by persons who are well

TRAVEL

Review [CDCs travel guidance](#) prior to traveling

STAY UPDATED ON CURRENT FACTUAL INFORMATION

Mid-Michigan District Health Department website: www.mmdhd.org

MDHHS's website: www.michigan.gov/coronavirus

CDC's website: cdc.gov/coronavirus/2019-ncov/index.html

Learn how to prepare for a pandemic: ready.gov/pandemic