

Connecting Point *Newsletter*

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Visit www.mmdhd.org
for more information on
agency programs,
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issues.

COVID-19 Re-Opening and Safety Guidelines

On May 21, Governor Gretchen Whitmer signed Executive Order 2020-96, which allows certain businesses to begin the process of reopening. Retail businesses and auto dealerships will be able to reopen on May 26 by appointment only, and non-essential medical, dental and veterinary procedures will be allowed to resume on May 29.

Under the order, businesses will be required to adopt strict safety measures to protect employees, customers and their families. Businesses will also be required to adopt social distancing practices and other mitigation measures. Reopened medical and dental facilities will have to adopt strict protocols to prevent infection. The Executive Order also allows gatherings of ten people or less, as long as social distancing is practiced.

The Mid-Michigan District Health Department (MMDHD) recently released a toolkit to help guide businesses with re-engaging or expanding services. The MMDHD toolkit includes a workplace checklist, health screening tool, frequently asked questions, and much more. The toolkit can be found under the "Business/Employer" heading at www.mmdhd.org/novel-coronavirus. The Michigan Economic Recovery Council (MERC) also has excellent sector-specific guidance at www.blmcovid19.com/businessbestpractices.

The MMDHD reminds everyone that, in order to protect themselves and others from COVID-19, they are still safer at home. If residents choose to gather with friends or family, please keep the following in mind:

- Keep gatherings to no more than 10 people.
- Gather outside rather than indoors.
- Maintain a six-foot distance from others (except for those you live with) at all times.
- Wash your hands or use hand sanitizer often.
- Wear masks, if possible.
- Do not share food, drinks or other items.
- Serve food with single-use serving utensils.

For daily updates on COVID-19 cases within Clinton, Gratiot and Montcalm Counties, please visit: www.mmdhd.org/coronavirus.

Maintaining Childhood Immunization Schedules

As a result of Covid-19, children may have fallen behind on well-child checkups and routine immunizations due to physician office closures and stay-at-home orders. The Centers for Disease Control and Prevention (CDC) has provided guidelines for getting kids caught up on immunizations, as well as tips on assuring a healthy medical office environment. Suggestions include:

- Scheduling sick and well patients at different times of the day
- Reduce crowding in waiting rooms by spacing appointments or separating seating
- Ask patients to remain outside until called into the facility
- Locate well-child checkups in a separate location



For more information, visit: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/pediatric-hcp.html>

Children's Special Health Care Services

Children's Special Health Care Services (CSHCS) is a collaboration of the Michigan Department of Health and Human Services (MDHHS) and the Mid-Michigan District Health Department (MMDHD). It's purpose is to provide case management services for children and some adults with chronic health issues, who also have special health care needs.



The benefits of CSHCS are: assistance with paying specialty medical bills, coordinating services from multiple providers, learning about specialty providers, coordinating health insurance benefits and covering co-pays and deductibles. Families of all incomes are eligible to join, even if they have other health insurance. The child's medical condition, not the parents' income, determines if one qualifies for the program.

For information on program eligibility, contact a CSHCS representative at:

- Clinton County Branch Office: (989)227-3121
- Gratiot County Branch Office: (989)875-1024
- Montcalm County Branch Office: (989)831-3643
- MDHHS Family Phone Line: 1-800-359-3722
- Or visit www.michigan.gov/cshcs

Early Prenatal Care Initiative

Promoting early prenatal care is the focus of a Maternal and Child Health grant from the MDHHS. In 2018, rates of entry into care during the first trimester of pregnancy were: Gratiot County—50%, Montcalm County—69%, Clinton County—81% and Statewide—73%. The low rate of care in Gratiot County is now the catalyst for an education campaign, survey analysis, and collaboration with the MidMichigan Medical Center—Gratiot to address the issue.



Accessing early prenatal care is an important part of a healthy pregnancy and having a healthy baby. Creating a relationship with one's OB/GYN allows for vital education, health screenings and the establishment of routine care. With concerns about COVID-19, mothers-to-be may be hesitant to visit the doctor's office. Women in the early stages of pregnancy, are encouraged to call their obstetrician to seek advice on starting prenatal care in a safe way. Some visits can be completed virtually through telemedicine to keep both mom and health care workers safe.

For more information on the Maternal & Child Health initiative, contact Cheryl Thelen, Health Educator, at cthelen@mmdhd.org.

STAY HOME.
STAY SAFE. SAVE LIVES.
MICHIGAN.GOV/CORONAVIRUS

Preventing Tick-Borne Illnesses



The MDHHS wants to remind residents to protect themselves from tick bites now that spring is here. Tick-borne illnesses, primarily Lyme Disease caused by the black-legged tick, are a concern statewide. In 2018, 262 cases of Lyme Disease were reported in Michigan. Clinton County is considered an area of "known risk," with at least two cases confirmed. Gratiot and Montcalm Counties are considered areas of "potential risk." While black-legged ticks have a presence there, there are no reported cases of Lyme Disease.

A bulls-eye rash (erythema migrans) is the most obvious sign of Lyme Disease. Other symptoms are: fever, chills, headache, muscle and joint pain, and fatigue. Severe cases may result in heart problems, nervous system issues or arthritis.

For protection from tick bites, residents are encouraged to follow these tips:

- Avoid tick-infested areas, including overgrown grass, brush and leaf litter.
- Use insect repellent containing DEET.
- Perform daily tick checks after being outdoors and be familiar with tick removal techniques.
- Bathe or shower after outdoor activity and wash clothing in hot water.

With five common tick varieties in Michigan, residents can receive help in identifying ticks they encounter. Through the **Got a Tick, Submit a Pic** program, residents can email photos to the State for assistance in identification. For more information, visit: www.michigan.gov/emergingdiseases.

Condom Distribution Program

With the closure of health department lobbies due to COVID-19, access to condoms through the Family Planning and Wear One programs has been temporarily suspended. The Michigan Department of Health and Human Services has instituted a program to ensure that people in the community are still able to get condoms for free, and without having to leave their homes. To order free condoms:

- *Send an email to:* MDHHS-FreeCondoms@Michigan.gov
- *In the email, include:* Name and Mailing Address

For more information about these and other Health Department programs, contact:

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