

FOR IMMEDIATE RELEASE: 11-04-20

www.mmdhd.org

COVID-19 cases are on the rise

Ithaca, Stanton, St. Johns- Cases of COVID-19 have increased dramatically over the past month in Clinton, Gratiot, and Montcalm Counties. As of Wednesday, November 4, the Mid-Michigan District Health Department (MMDHD) has reported 2,653 total confirmed cases of COVID-19 since March 2020. Daily new case rates in October were more than double those recorded in September and five times greater than in August.

Like most other health departments in Michigan, MMDHDs staffing resources are strained because of the increase in cases, which means it is taking longer to call positive cases and their contacts. Another issue causing the delay is that a high number of COVID-19 positive cases have numerous close contacts, making contact tracing efforts difficult and time consuming.

If you have tested positive for COVID-19, it may take several days before you receive a call from MMDHD. In the meantime, please:

- Isolate at least 10 days from the onset of symptoms. If you have no symptoms, isolate for 10 days from the date of your positive test. After 10 days, you may end isolation if it's been 24 hours with no fever without the use of fever-reducing medications and your COVID-19 symptoms (cough, shortness of breath, etc.) have improved.
- Notify your close contacts. Someone with COVID-19 can spread the virus beginning 48 hours (two days) before symptoms start or 48 hours (two days) before testing positive.

If you have been identified as a close contact, it may be several days before you receive a call from MMDHD or Trace Force, a statewide notification system that partners with local health departments. In the meantime, please:

- Self-quarantine for 14 days from your last contact with the COVID positive person (while they were considered contagious).
- Monitor yourself for symptoms. If you do not develop symptoms, follow quarantine guidelines. If symptoms arise, get tested. Testing locations can be found at www.michigan.gov/coronavirustest or [by calling 211](http://www.michigan.gov/coronavirustest). If you test positive for COVID-19 you should follow home isolation guidelines. If you test negative, you still need to complete the 14 day quarantine.
- Contacts of a contact do not need to quarantine but should monitor themselves for symptoms.

Again, if you have tested positive for COVID-19 or have been identified as a close contact, please stay home and away from others until you hear from MMDHD or Trace Force.

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It is important to keep in mind that 40 percent of people are asymptomatic (do not have symptoms) but are still capable of spreading the virus. Therefore, it is important for everyone to follow safety protocols as much as possible. By isolating and quarantining, you are protecting the health of others in the community.

If you have a child that is exposed to or tests positive for COVID-19, please notify your child's school so that they can alert the health department.

QUARANTINE keeps someone who might have been exposed to the virus away from others. This is for individuals who have been exposed to COVID-19 but are not sick. Individuals in quarantine should not leave their home. Quarantine lasts for 14 days, even if they test negative.

ISOLATION keeps someone who is infected with the virus away from others, even in their home. This is for those who have tested positive or are suspected to be sick with COVID-19. Individuals in isolation should not leave their home and should avoid all members of their household. Isolation lasts for 10 days from the onset of symptoms. If you have no symptoms, isolate for 10 days from the date of your positive test.

The health department urges everyone to continue working together to help stop the spread of COVID-19 in our communities. Wearing a mask and keeping at least six feet away from others when in public is essential.

There are many other things we can all do to help reduce the risk of getting or spreading COVID-19:

- Stay home if you are sick and try to distance yourself from other members of your family.
- Refrain from hosting or attending gatherings that do not comply with current epidemic orders.
- Wash your hands often with soap and water.
- Cover coughs and sneezes and avoid touching your face.
- Clean and disinfect "high touch" surfaces daily.
- If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider.

Additional information can be found by visiting the Michigan Department of Health and Human Services website at [Michigan.gov/coronavirus](https://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*