

## PREPARE FOR, BUT DON'T PANIC OVER CORONAVIRUS

March 2, 2020 – As the coronavirus (officially named SARS-COV-2, which causes the illness called COVID-19) continues to evolve, District Health Department #10 (DHD#10) advises residents to prepare for, but don't panic over the virus. DHD#10 is continuously working on preparedness and response planning for emerging communicable diseases like the coronavirus with federal, state and local officials/partners.

Currently, Michigan has no confirmed cases of coronavirus. The Michigan Department of Health and Human Services (MDHHS) reports they are actively monitoring 76 people and tested 6 individuals that met the criteria for Persons Under Investigation (PUI). There are no individuals being monitored within DHD#10's ten-county jurisdiction.

As coronavirus cases increase worldwide, including in the United States, it is still uncertain how long and how severe it will become. That's why taking action early 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, and comply, with public health requests and recommendations
- Get your information from credible sources (CDC, MDHHS, DHD#10, etc.)
- Support your family, friends and neighbors when they need your help
- Practice good hand hygiene; wash hands regularly. Use alcohol-based hand sanitizer (60% or more) if soap and water is not available
- Stay home when you are sick (work, school, social gatherings, events, etc.)
- Clean all "high touch" surfaces everyday with household cleaning spray or wipes
- Cover coughs, sneezes; 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, be watchful of concerning symptoms like shortness of breath and prolonged fever)
- Plan now for caring for loved ones who may be sick or medically compromised; and how not to expose each other
- Keep prescription medications filled and over the counter medications on hand
- Maintain a good supply of non-perishable food items, including pet food
- Plan ahead on 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

Stay current on coronavirus information at [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus);  
[www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus) or [www.dhd10/coronavirus](http://www.dhd10/coronavirus).

###



### MEDIA CONTACT

Jeannine Taylor  
Public Information Officer  
O: 231-876-3823  
C: 231-920-4998  
E: [jtaylor@dhd10.org](mailto:jtaylor@dhd10.org)



### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



[www.dhd10.org](http://www.dhd10.org)



[www.facebook.com/DHD10](http://www.facebook.com/DHD10)