

FOR IMMEDIATE RELEASE  
JULY 3, 2020

## DISTRICT HEALTH DEPARTMENT #10 SENDS A REMINDER TO STAY SAFE IN ADVANCE OF HOLIDAY WEEKEND

July 3, 2020 – As the Fourth of July weekend approaches bringing more visitors to northern Michigan, District Health Department #10 reminds residents and visitors the COVID-19 pandemic is ongoing. As the number of cases increase across the jurisdiction, residents need to do their part to prevent further spread.

“Keeping our residents and visitors healthy and safe is imperative,” said Kevin Hughes, Health Officer for DHD#10. “While we realize that folks want to enjoy the holiday weekend, we also want to maintain our health and safety practices to help slow the spread of COVID-19.”

These measures include wearing a mask, social distancing at least six feet from others, avoiding large crowds and frequently washing and sanitizing hands. COVID-19 symptoms include fever or chills, cough, fatigue, shortness of breath, muscle aches, sore throat, nausea, vomiting, diarrhea, and recent loss of taste or smell. Anyone experiencing one or more of these symptoms should immediately quarantine themselves and contact a medical provider.

Additionally, residents are also reminded of general safety tips. If you choose to travel this holiday weekend, remember to buckle up, follow speed limits, and don’t drink and drive. Individual actions impact the health and safety of others, now more than ever. By following the tips above, residents can continue to do their part in slowing the spread of COVID-19 and protecting their families and community.

For more information about COVID-19, go to: [www.dhd10.org](http://www.dhd10.org), [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus), or [www.cdc.com/coronavirus](http://www.cdc.com/coronavirus)

### About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families of Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit [www.dhd10.org](http://www.dhd10.org).

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#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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