

## PUBLIC HEALTH ADVISORY

**District Health Department #10 issues the following advisory to protect the health of the public in the 10-county DHD#10 jurisdiction of Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford Counties.**

On November 15<sup>th</sup>, 2020, the Director of the Michigan Department of Health and Human Services signed Emergency Order Under MCL 333.2253 – Gatherings and Face Mask Order to contain the spread of COVID-19, as Michigan continues to see a surge in cases, hospitalizations, and deaths. The [new emergency order](#) enacts a three-week pause targeting indoor social gatherings and other group activities in an effort to curb rapidly rising COVID-19 infection rates.

Locally, we have experienced a **138% increase in cases** over the past month. Hospitalizations due to COVID-19 are trending upward. The deaths and hospitalizations due to COVID-19 in our region have reached the highest they have ever been and the COVID-19 risk level for all our counties is now considered **highest risk**, signifying widespread community transmission.

Therefore, District Health Department #10 is issuing this Public Health Advisory to provide heightened guidance for our residents to best protect themselves and others. **This Public Health Advisory will remain in effect until lifted and will replace all previously issued Public Health Advisories.** The cooperation of all businesses and residents in following best practices and safety precautions is needed to prevent an unmanageable surge on our local healthcare systems, to protect the health and safety of citizens, as well as to prevent additional restrictions and closures. District Health Department #10 continues to urge everyone to wear a facial covering in public places, practice social distancing, and exercise good hand hygiene and to comply with the public health orders issued by the Michigan Department of Health and Human Services (MDHHS).

Increased gathering with others, travel, and movement in and about local business establishments during the upcoming holiday celebrations presents additional risk to our hospitals, business, and community members. It is easy to ‘let our guard down’ in what has always been deemed our safe places, our homes and those of our good friends and relatives. Unfortunately, viral transmission is most common, and infection rates are increased, with prolonged exposure times indoors especially when in close proximity to others, which describes typical gatherings with family and close friends.

In order to protect our residents, visitors, and employees, District Health Department #10 is advising that you abide by the following guidelines:

1. **If you are sick, stay at home.** Do not leave your residence except to get tested for COVID-19 or seek health care. Do not go to work or school.



### 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](https://www.facebook.com/DHD10)

2. **If you have symptoms suggestive of COVID-19 seek testing as soon as possible** and isolate at home until your test results come back. Contact your healthcare provider, go to [www.mi.gov/coronavirustest](http://www.mi.gov/coronavirustest), or call 211 to locate a testing location.
3. **If you test positive for COVID-19 immediately isolate yourself** and notify your close contacts to quarantine. Do not wait for instruction from the Health Department as there may be delays due to rapidly rising cases. For more information go to [www.dhd10.org/covid-19-now-what/](http://www.dhd10.org/covid-19-now-what/).
4. If you are a **close contact of a confirmed case of COVID-19 self-quarantine for 14 days after** your last contact with them.
5. Residents are urged to **answer all calls, texts, or emails from the State or Local Health Department.**
6. All residents and visitors should **adhere to the required safety precautions** while in business establishments including face coverings, social distancing, and capacity limits posted at business entrances.
7. **Maintain 6-feet of social distance** with those outside your household, and avoid crowding on outdoor trails, parks, and recreational areas.
8. Parents and guardians are strongly encouraged to prevent children from gathering in groups during evenings, weekends, holidays, or during periods of remote education. The benefit achieved by these periods of separation will be eliminated if people continue to gather outside of the school setting.
9. **Comply with limits for social gatherings and events.** See [MDHHS social gathering limitations](#). Note that any gathering is a high risk for COVID-19. Just because it is allowed doesn't mean it is safe.
10. **If you must gather with others, choose a consistent "social pod"** and be comfortable with that group knowing that as the number increases so does risk of transmission. Keep your number under 10 and no more than one other household. This will not eliminate your risk of getting COVID-19. It may decrease your risk some and make it easier to track those that have been exposed.
11. **Consider modified holiday celebrations that are small, local, and encourage wearing of masks, social distancing, and proper hygiene practices** to help slow the spread of the virus. If you must gather with others, stay within your small ["social pod"](#) and instead of larger indoor gatherings around a meal consider alternative activities such as meeting outdoors for walks or shorter visits where everyone can mask and maintain distance.
12. **People over the age of 65 and those with underlying health conditions need to be extra cautious.** These individuals should avoid or at least minimize time in public places and gatherings. Others need to take special care to protect those at increased risk by avoiding interactions. Please see the additional recommendations at the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>.
13. **If you decide you must travel to visit with friends or relatives keep the number low.** Consider being very careful in the week or two before travel, make as few stops as possible during your trip, and practice increased caution

during the visit. Upon returning home for the week or two after travelling you should closely monitor for any symptoms and stay home if you become sick. Consider getting tested 5-7 days after travel or visiting and isolating until the results are back. This goes for those travelling and those who are having visitors, especially if anyone in these groups is higher risk.

14. **If you must travel via public transportation protect yourself and others** by wearing a mask, keeping as much distance from others as possible, and regularly washing or sanitizing your hands. Keep your hands away from your face as much as possible. **Do NOT travel if you are ill.**

While indoor spaces present increased risk for coronavirus transmission, schools and businesses currently allowed to remain open should strictly adhere to state and local guidance to maintain lower risk environments. Customers are encouraged to continue to support local businesses but are advised to opt for pickup and delivery whenever possible. Time spent shopping or otherwise inside indoor public spaces should be minimized. Schools are encouraged to continue following their school board approved COVID-19 preparedness and response plans, in addition to utilizing [state](#) and [local](#) guidance as needed.

**All residents and businesses are urged to follow all these safety precautions. Failure to do so will perpetuate the spread of COVID-19 and cause prolonged harm to people and businesses. By following these simple guidelines, the risk for spreading COVID-19 lowers significantly, protecting everyone who lives, works, and plays in beautiful northern Michigan.**

*Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana and Wexford County residents who need resources can call 211 or utilize the Health Department's free Community Connections program by calling 888-217-3904 (option #3).*



---

Health Officer

---

11/23/2020

Date