EMERGENCY OPERATIONS CENTER

March 23, 2020

FIRST POSITIVE LAB CONFIRMED CASE OF COVID-19 IN NEWAYGO COUNTY

TEXT: **The Health Department is reporting the first positive, lab-confirmed COVID-19 case, in Newaygo County. Click for more info (LINK ATTACHED)**

EMAIL: **The Health Department is reporting the first positive, lab-confirmed COVID-19 case, in Newaygo County.**

District Health Department #10 (DHD#10) is reporting the first presumptive positive case(s) of coronavirus disease 2019 (COVID-19) in a Newaygo County resident. They are working quickly to investigate this case and to determine if there were any exposures to the individual. Additional information and guidance will be announced as soon as possible at www.dhd10.org/coronavirus and via Newaygo County Emergency Services Nixle feed.

For COVID-19 questions, please contact the State of Michigan toll-free hotline at 1-800-535-6136

DHD#10 and all local officials are relying on our community to work together to slow the potential spread of illness and refer to official sources of reliable information. Thank you for your support in keeping our community safe during the COVID-19 pandemic. Please note that we have a plan in place to effectively and efficiently attend to anyone concerned about whether they may have contracted the disease. This is a very fluid situation and you should expect this information to change as new information emerges and/or new orders are given by the Governor or Michigan Department of Health and Human Services. *NewaygoES is doing our best to keep up with rapidly developing and evolving situations and we will strive to be as timely and accurate as possible.*

What is coronavirus disease 2019 (COVID-19)?
COVID-19 is a respiratory disease caused by a new virus called SARS-CoV-2. The most common symptoms of the disease are fever, cough, and shortness of breath. Most people with COVID-19 will have mild disease but some people will get sicker and may need to be hospitalized.

What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)
If you think you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to monitor your health to avoid spreading the disease to others if you get sick.

How do I know if I was exposed?
You generally need to be in close contact with a sick person to get infected. Close contact includes:

Living in the same household as a sick person with COVID-19,
Caring for a sick person with COVID-19,
Being within 6 feet of a sick person with COVID-19 for about 10 minutes, OR
Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

If you have not been in close contact with a sick person with COVID-19, you are at low risk for infection. You can continue to go to work but should monitor your health for 14 days and stay away from others if you get sick.

What should I do if I was in close contact with someone with confirmed COVID-19 while they were ill, but I am not sick?
You should monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19. You should not go to work and should avoid public places for 14 days.

What should I do if I am a close contact to someone with confirmed COVID-19 and get sick?
If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild), you likely have COVID-19. You should isolate yourself at home and away from other people.

If you have any of the following conditions that may increase your risk for a serious infection—age 60 years or older, are pregnant, or have medical conditions—contact your physician's office and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

Free Virtual Screening 616.391.2380
If you do not have a high-risk condition but want medical advice, call your healthcare provider or a virtual health service such as Spectrum Health Now and tell them you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be evaluated in person. There are currently no medications to treat COVID-19.

COVID-19 Screening
People who are concerned about COVID-19 symptoms such as fever and cough, and with or without difficulty breathing, or have questions, are **strongly discouraged** from going to the hospital or their doctor.

A strict protocol is in place to be tested: A provider must order a COVID-19 test and approval for that test includes a collaboration between the provider and the local health department. Do not go to Spectrum Health Gerber Memorial Hospital to request COVID-19 Screening. Please follow the Screening steps listed below.

STEP 1: Visit www.spectrumhealth.org/covid19 to stay informed and review your free screening options.
STEP 2: If you are in the state of Michigan and experiencing symptoms, get screened by calling our hotline at 616.391.2380 or by using our virtual chat found on spectrumhealth.org/covid19.
STEP 3: Spectrum Health providers will determine if you need further evaluation and, if so, provide instructions for specimen collection.

*Please be aware that screening is not a COVID-19 test.

Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. Information from Centers for Disease Control and Prevention (CDC) is available in **English**, **Chinese**, and **Spanish**.

- **Clean your hands often. Scrub with soap for at least 20 seconds. Use hand sanitizer if you cannot wash.**
- **Avoid close contact with people who are sick.**
- **Stay home when you are sick**, except to get medical care. Call ahead before going to your healthcare provider. Learn what to do if you are sick.
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash. Immediately wash your hands.
- **Clean and disinfect frequently touched surfaces.**

Always, call before you go and Use Telemedicine resources whenever possible

Availability of routine in-person services may be limited. Please access services as much as possible online or by phone. Many events, activities, and community services have been closed or altered services. Many healthcare facilities housing vulnerable populations are enforcing family and visitor restrictions or are self-quarantining their residents to protect them.

Continue to Avoid Large Gatherings

All residents in Newaygo County should practice social distancing measures as feasible including limiting in-person meetings, large work and personal gatherings, and limit non-essential travel outside your home and work areas.

WHAT TO EXPECT

- Be prepared if there is COVID-19 in your household or a disruption of daily activities in your community. For example, maintain a supply of medications, food, and other essentials in your house. Consider alternative shopping options such as curbside pickups or online deliveries.
- Availability of in-person services may be limited. Access services as much as possible online or by phone.
- Additional cancellations of events, community gatherings, sporting events, and other in-person gatherings.
- Additional measures and guidance to be implement by the Michigan Department of Health and Human Services in order to protect the public and limit the spread of the virus.

COMMUNITY INFORMATION

- **ONLY CALL 9-1-1 TO REPORT EMERGENCIES!** Emergency operators and phone lines are needed to support this incident, please continue to monitor Nixle for updates or call 2-1-1 (not 9-1-1) for general safety information.
- **DO NOT GO TO THE EMERGENCY DEPARTMENT FOR TESTING!** Please DO NOT show up at an emergency department or urgent care center unless it is a life threatening emergency and you need immediate medical care. Anyone with severe or life-threatening symptoms should call 911.
- **VIRTUAL SCREENING FOR COVID-19 IS AVAILABLE BY CALLING 616.391.2380!** Spectrum Health is offering free virtual COVID-19 screenings to those who have symptoms and may be concerned they have the virus. The purpose is to prevent the spread of illness by enabling people to seek the information they need from their homes, while making it easy and convenient for them.

- **ADDITIONAL INFORMATION WILL BE RELEASED!** Continue monitoring your radio, Nixle, and Newaygo ES's Facebook Page for additional information.
- **THANK YOU FOR YOUR COOPERATION!**

Additional resources for information monitoring –

CDC: https://www.cdc.gov/coronavirus/2019-ncov/index.html

State of Michigan: https://www.michigan.gov/coronavirus/

Spectrum Health: https://www.spectrumhealth.org/covid19

District Public Health Department 10: https://www.dhd10.org/coronavirus/

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