



# **COUNTY OF OTSEGO**

CORONAVIRUS 2019 INFORMATION

(COVID – 19)

## **RESIDENT TOOLKIT**

225 WEST MAIN STREET, SUITE 203  
GAYLORD, MICHIGAN 49735



## ***Administration***

225 West Main Street • Room 203  
Gaylord, Michigan 49735  
Phone 989-731-7520 • Fax 989-731-7529

March 13, 2020

To: Otsego County Residents  
From: Rachel Frisch, County Administrator  
Re: Coronavirus (COVID-19)

Otsego County is working closely with the Northwest Michigan Health Department, Otsego County Emergency Management, the State of Michigan, and the Centers for Disease Control and Prevention (CDC) to actively monitor and prepare for the coronavirus (COVID-19) in the community and in our workplace. First and foremost, we want to maintain a safe workplace and encourage practices protecting the health of employees, visitors, and others. We also want to ensure the continuity of county operations.

Otsego County is providing a toolkit to share accurate information from accredited sources about how to stay healthy and prevent illness.

**You will find the following preparedness information in the attached toolkit:**

Coronavirus Disease 2019 (COVID-19) General Information  
Symptoms of Coronavirus Disease/What To Do If You Are Sick  
Stop the Spread of Germs  
Stop Germs: Wash Your Hands  
Common Products That Can Destroy the Coronavirus, And Those That Don't

Also included in this communication are two letters containing critical information:

1. **Letter from Governor Whitmer and the Michigan Department of Health and Human Services (MDHHS).**
2. **Public Notice Letter from the Health Department of Northwest Michigan.**

The safety of our employees and citizens is a priority for the County. Further updates with regards to Otsego County programs, services, and building hours will be posted on our website and the Otsego County Government Facebook Page.

Thank you for your attention to prevention and safety as we deal with this challenge. Each of us has an important role to play in defeating the virus and putting this behind us.

Sincerely,

Rachel Frisch  
County Administrator

# What you need to know about coronavirus disease 2019 (COVID-19)

## What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

## Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

## Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

## How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

## What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

## What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

## How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

## If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

## What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

## Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

## Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



**Patients with COVID-19 have experienced mild to severe respiratory illness.**

**Symptoms\* can include**

**FEVER**



**COUGH**



**\*Symptoms may appear 2-14 days after exposure.**

**Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.**

**SHORTNESS OF BREATH**



# What to do if you are sick with coronavirus disease 2019 (COVID-19)

**If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.**

## Stay home except to get medical care

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

## Separate yourself from other people and animals in your home

**People:** As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.

**Animals:** Do not handle pets or other animals while sick. See [COVID-19 and Animals](#) for more information.

## Call ahead before visiting your doctor

If you have a medical appointment, call the healthcare provider and tell them that you have or may have COVID-19. This will help the healthcare provider's office take steps to keep other people from getting infected or exposed.

## Wear a facemask

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

## Cover your coughs and sneezes

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can; immediately wash your hands with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

## Avoid sharing personal household items

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.

## Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

## Clean all "high-touch" surfaces every day

High touch surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables. Also, clean any surfaces that may have blood, stool, or body fluids on them. Use a household cleaning spray or wipe, according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

## Monitor your symptoms

Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing). **Before** seeking care, call your healthcare provider and tell them that you have, or are being evaluated for, COVID-19. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people in the office or waiting room from getting infected or exposed.

Ask your healthcare provider to call the local or state health department. Persons who are placed under active monitoring or facilitated self-monitoring should follow instructions provided by their local health department or occupational health professionals, as appropriate. When working with your local health department check their available hours.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have, or are being evaluated for COVID-19. If possible, put on a facemask before emergency medical services arrive.

## Discontinuing home isolation

Patients with confirmed COVID-19 should remain under home isolation precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation precautions should be made on a case-by-case basis, in consultation with healthcare providers and state and local health departments.



For more information: [www.cdc.gov/COVID19](https://www.cdc.gov/COVID19)

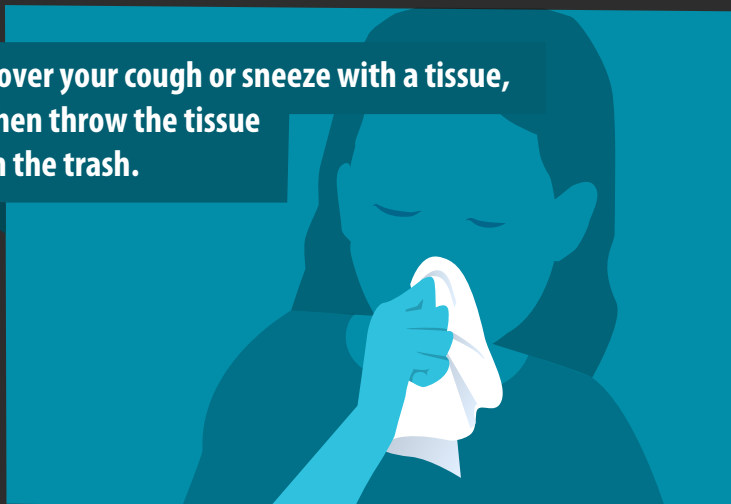
# STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

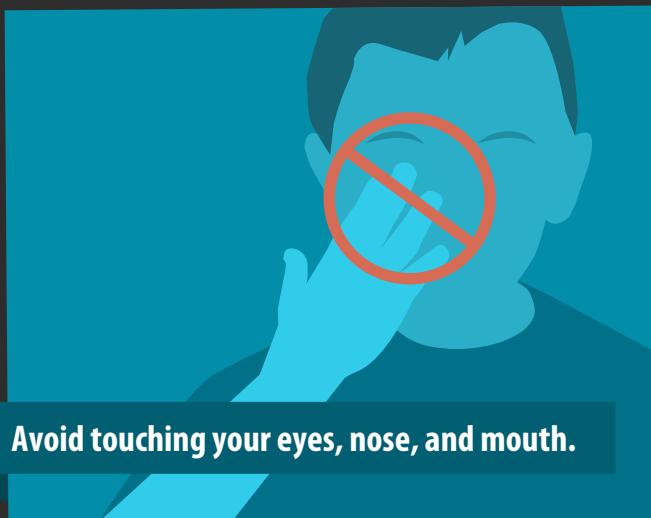
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.





# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



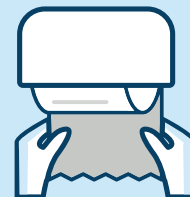
**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310027-A

# Cleaning and Disinfecting Hard Surfaces

## *What You Need to Know*

### **What should be used to clean and disinfect hard surfaces?**

When a surface is visibly dirty, wash with a general household cleaner (soap or detergent). Rinse with water and follow with a disinfectant. When a surface is not visibly dirty, clean with a commercial product that is both a detergent (cleans) and a disinfectant (kills germs). Wear disposable gloves. Make sure the disinfectant product you choose is registered with the United States Environmental Protection Agency (EPA) and includes an EPA registration number on it. For a list of EPA-registered disinfectants visit: [www.epa.gov/oppad001/chemregindex/html](http://www.epa.gov/oppad001/chemregindex/html)

Also for more tips see: Consumer Protection Article on “Common Household Products Can Destroy the Novel Coronavirus” at the following link:  
<https://www.consumerreports.org/cleaning/common-household-products-that-can-destroy-novel-coronavirus/>

#### NOTE:

- Minimum disinfectant concentrations are needed for different bacteria/viruses and surfaces. In general, a bleach concentration of 200 parts per million (1 tablespoon of bleach in one gallon of water) is effective against many bacteria and viruses. Bleach solution of 1,000-5,000 parts per million (1/3 cup to 1 2/3 cups of bleach in 1 gallon of water) may be needed to be effective against Norovirus. For more detailed information visit the EPA disinfectant web page at: [www.epa.gov/oppad001/chemregindex/html](http://www.epa.gov/oppad001/chemregindex/html)
- When using chlorine bleach to disinfect surfaces, use an unopened bottle. Chlorine bleach loses its effectiveness 30 days after opening. A fresh bleach/water solution should be made daily. Spray or use a cloth to apply to surfaces and let stand for 10 minutes if possible. Rinse with clear water.
- Always follow label instructions carefully when using cleaners and disinfectants. Pay attention to hazard warnings and label instructions for using personal protective items such as household gloves.
- **DO NOT MIX DISINFECTANTS AND CLEANERS**

### **What surfaces should be cleaned and disinfected?**

Hard surfaces that are touched often or by more than one person need to be cleaned and disinfected as explained above. Examples of hard surfaces include:

Countertops	Tabletops	Doorknobs/door handles
Toys	Desktops	Chairs
Bathroom surfaces	Drinking fountains	

Use sanitizer cloths on electronic items that are touched often. These items include computers, keyboards, computer mice, telephones, remote controls, light switches, door knobs and hand-held video games. Also use sanitizer cloths on car door handles, steering wheels, and gear shifts in vehicles.





GRETCHEN WHITMER  
GOVERNOR

STATE OF MICHIGAN  
OFFICE OF THE GOVERNOR  
LANSING

GARLIN GILCHRIST II  
LT. GOVERNOR

**Michigan Department of Health and Human Services (MDHHS)**  
**Interim Recommendations for COVID-19 Community Mitigation Strategies**  
March 11, 2020

[The most up-to-date guidance on these and other mitigation strategies is available at [www.Michigan.gov/coronavirus](http://www.Michigan.gov/coronavirus). This matter is rapidly evolving and MDHHS may provide updated guidance.]

Community mitigation strategies are crucial to slowing the transmission of coronavirus disease 2019 (COVID-19) in Michigan, particularly before a vaccine or treatment becomes available. These strategies provide essential protections to individuals at risk of severe illness and to health care and other critical infrastructure workforces. Preventing a sudden, sharp increase in the number of people infected with COVID-19 will help minimize disruptions to daily life and limit the demand on health care providers and facilities.

These recommended strategies apply at the individual, organizational, and community levels. They apply to businesses, workplaces, schools, community organizations, health care institutions, and individuals of all ages, backgrounds, and health profiles. Everyone has some measure of responsibility to help limit the spread of this disease. Even individuals who are healthy can help prevent the spread of COVID-19 to others.

Michiganders have been preparing for COVID-19 for weeks, and all individuals should continue to take the following basic personal-hygiene measures to prevent the spread of the virus:

- wash your hands often with soap and water or use hand sanitizer;
- avoid touching your eyes, nose, or mouth with unwashed hands;
- cover your mouth and nose with a tissue when coughing or sneezing;
- avoid handshakes;
- avoid contact with sick people who are sick; and
- stay home when you are sick.

Michigan must take further action, however. To help avoid a rapid increase of cases in the state, MDHHS recommends implementing now the following community mitigation strategies. Please note, guidance for health care providers is not addressed in this document, but is available at [www.Michigan.gov/coronavirus](http://www.Michigan.gov/coronavirus).

### **Individuals and families at home:**

1. Learn about the signs and symptoms of COVID-19. Symptoms include fever, cough, and difficulty breathing.
2. If you have respiratory symptoms, **STAY HOME WHEN YOU ARE SICK**. Call your health care provider's office in advance of your visit.
3. Regularly clean and disinfect frequently touched surfaces, like doorknobs, keyboards, cell phones, and light switches.
4. Communicate and reinforce best practices for washing hands and covering coughs and sneezes.
5. 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.
6. Access services as much as possible online or by phone.

### **Individuals at risk of severe illness:**

These individuals include, but are not limited to, older adults and persons of any age with underlying medical conditions, such as persons with a blood disorder (e.g., sickle cell disease or a disorder being treated with blood thinners), an endocrine disorder (e.g., diabetes mellitus), or a metabolic disorder (such as inborn error of metabolism); those with heart disease, lung disease (including asthma or chronic obstructive pulmonary disease), chronic kidney disease, or chronic liver disease; those with a compromised immune system (e.g., those who are receiving treatments such as radiation or chemotherapy, who have received an organ or bone marrow transplant, who are taking high doses of immunosuppressant, or who have HIV or AIDS); those who are currently pregnant or were pregnant in the last two weeks; and those with neurological or neurologic and neurodevelopment conditions.

1. Individuals at risk of severe illness should stay at home and keep away from others who are sick, except in exceptional circumstances. Wash your hands often, particularly after contact with high-touch surfaces. Avoid crowds and closed-in settings with little air ventilation as much as possible. Avoid cruise travel and non-essential air travel.
2. Regularly clean and disinfect frequently touched surfaces, like doorknobs, keyboards, cell phones, and light switches.
3. In households with individuals at risk of severe illness, provide a protected space for those individuals and have healthy people conduct themselves as if they were a significant risk to those individuals. For example, healthy people should wash their hands before feeding or caring for an at-risk individual.
4. Have a plan for if you get sick, and stay in touch with others by phone or email.
5. Watch for symptoms and emergency warning signs that require immediate medical attention.
6. Family members and caregivers can support older adults by knowing what medications they are taking and ensuring there is an extra supply on hand.
7. Family members and caregivers can support older adults by monitoring food and other necessary medical supplies (e.g., oxygen, incontinence, dialysis, and wound care supplies) and by creating a back-up plan for securing those essentials if they run out.

**Assisted living facilities, adult day care programs, and senior living facilities:**

1. Encourage personal protective measures among residents, clients, and staff, including handwashing and covering coughs and sneezes.
2. Encourage residents, clients, and staff to stay home (or in their private quarters) when sick and to notify program administrators of illness.
3. Regularly clean and disinfect frequently touched surfaces, like doorknobs, keyboards, cell phones, and light switches.
4. Ensure hand hygiene supplies are readily accessible throughout the facility.
5. If caring for an individual living in a care facility, monitor the situation, ask about the health of the other residents frequently, and know the protocol if there is an outbreak.
6. Implement social distancing measures as feasible, such as reducing large gatherings, altering meal schedules to reduce mixing, and limiting programs with external staff.

7. Limit visitors to only those who are absolutely necessary and implement screening of visitors for temperature and respiratory symptoms.
8. Maintain contact with individuals at risk of severe illness who are no longer able to attend day care programs.

#### **Universities and colleges:**

1. Educate students and the community about COVID-19 and preventative hygiene practices.
2. Regularly clean and disinfect frequently touched surfaces, like doorknobs, keyboards, cell phones, and light switches.
3. Encourage staff and students to stay home when sick.
4. Cancel or postpone large gatherings, conferences, and sporting events (e.g., greater than 100 people in a shared space).
5. Consider tele-learning opportunities, as feasible.
6. Communicate and reinforce best practices for washing hands and covering coughs and sneezes.
7. Students and faculty at risk of severe illness should implement plans for distance learning.

#### **Schools and childcare facilities:**

1. Educate students and the community about COVID-19 and preventative hygiene practices.
2. Encourage staff and students to stay home when sick.
3. Report influenza-like activity, absenteeism, and potential school dismissals to public health officials.
4. Separate sick students and staff from others until they can go home. When feasible, identify a “sick room” through which others do not regularly pass.
5. Communicate and reinforce best practices for washing hands and covering coughs and sneezes.

6. Regularly clean and disinfect frequently touched surfaces, like doorknobs, keyboards, cell phones, and light switches.
7. Consider having students eat meals in their classrooms as opposed to a cafeteria-like setting, or alter meal schedules for smaller-group gatherings.
8. Limit large gatherings such as assemblies and limit inter-school interactions.
9. Alter schedules for recess and entry/dismissal to reduce the mixing of large numbers of students and staff.
10. Schools with students at risk of severe illness should consider implementing plans for distance learning for those students, to the extent feasible.

**Workplaces:**

1. Encourage employees to stay home when sick and to notify supervisors of illness.
2. Communicate and reinforce best practices for washing hands covering coughs and sneezes.
3. Regularly clean and disinfect frequently touched surfaces, like doorknobs, keyboards, cell phones, and light switches.
4. Ensure hand hygiene supplies are readily accessible throughout the workplace.
5. Encourage staff to tele-work when feasible, particularly individuals at risk of severe illness.
6. Implement social distancing measures as feasible, including limiting in-person meetings.
7. Limit large work-related gatherings (e.g., staff meetings and after-work functions).
8. Limit non-essential work travel.
9. Cancel or postpone large gatherings, conferences, and sporting events (e.g., greater than 100 people in a shared space).
10. Discourage employees from eating meals in a large group setting, such as a cafeteria.
11. Tailor continuity of operation plans to the COVID-19 threat.

**Community and faith-based organizations:**

1. Identify safe ways to serve those who are at high risk or vulnerable through outreach and assistance.
2. Encourage staff and members to stay home when sick and to notify the organization of illness.
3. Communicate and reinforce best practices for washing hands and covering coughs and sneezes.
4. Regularly clean and disinfect frequently touched surfaces, like doorknobs, keyboards, cell phones, and light switches.
5. Ensure hand hygiene supplies are readily accessible.
6. Implement social distancing measures as feasible.
7. Reduce in-person gatherings and activities, especially for organizations with individuals at risk of severe illness. Consider offering video or audio of events.
8. Determine ways to continue providing support services to individuals at risk of severe illness while limiting group settings and exposures.
9. Avoid large gatherings (e.g., greater than 100 people in a shared space) or move to smaller and staggered gatherings.
10. For organizations that serve high-risk communities, cancel gatherings of more than 10 people.

**Other mass events:**

1. Cancel or postpone large gatherings, conferences, and sporting events (e.g., greater than 100 people in a shared space).
2. Regularly clean and disinfect frequently touched surfaces, like doorknobs, keyboards, and light switches.
3. Communicate and reinforce best practices for washing hands and covering coughs and sneezes.





## PUBLIC HEALTH ALERT – March 12, 2020

Over the last 24 hours, the situation surrounding the novel coronavirus, COVID-19, has been rapidly evolving. It has been declared a global pandemic by the World Health Organization, we have seen our first positive cases in Michigan, multiple colleges and universities have transitioned to online classes, and many large gathering and events are being cancelled.

We are also seeing an increased volume of inquiries, calls, and questions from community partners, the media, as well as the public. I want to reassure you that we are actively monitoring the situation as it changes and assisting our communities to be prepared for an increased demand on healthcare resources as well as mitigation measures such as hand hygiene and widespread social distancing. The goal of containment efforts is to “flatten” the peak of the outbreak – in other words, to spread out the time period that people are getting infected, so that we do not overwhelm our healthcare system, to protect those most fragile, and to minimize the community impact from having many people sick at the same time.

It is normal to feel concerned and it is important to be prepared, but it is also important not to panic. Please know that our internal, regional and state leadership are working hard together to ensure we anticipate and plan for the next steps. The Health Department of Northwest Michigan supports the recommendations made by Governor Whitmer in the attached document and we are taking steps to implement these actions within our agency.

### **Below are some key points from these recommendations:**

- Learn about the signs and symptoms of COVID-19, which include fever, cough and difficulty breathing.
- **STAY HOME WHEN YOU ARE SICK** – also, individuals at risk of severe illness, including seniors and people with heart, lung, and immune disorders, should consider staying home to avoid others who are sick.
- Regularly clean and disinfect frequently touched surfaces, such as doorknobs, keyboards, cell phones and light switches.
- Communicate and reinforce best practices for washing hands and covering coughs and sneezes.
- Be sure to maintain a supply of medications, food, and other essentials in your house.
- Cancel or postpone large gatherings, conferences and sporting events (e.g. events with over 100 people).
- Reduce in-person gatherings and activities, especially for organizations with individuals at risk of severe illness. Consider offering video or audio of events.
- Consider tele-learning or tele-work opportunities, where feasible.
- Limit non-essential work travel.
- If you care for a loved one living in a care facility, monitor the situation, ask about the health of the other residents frequently, and know the protocol if there is an outbreak.
- Limit visitors at hospitals and other facilities to only those who are absolutely necessary and implement screening of visitors for temperature and respiratory symptoms.

You can find the full list of recommendations [at this link](#). This situation changes daily. If you want the latest information, you can visit the Health Department Website ([nwhealth.org/covid19](http://nwhealth.org/covid19)) where we maintain links to the Center for Disease Control and Prevention (CDC: [cdc.gov/coronavirus/2019-ncov](https://cdc.gov/coronavirus/2019-ncov)) and the Michigan Department of Health and Human Services (MDHHS: [Michigan.gov/coronavirus](http://Michigan.gov/coronavirus)).

We have established a Public Health Information Line so that we can efficiently respond to inquiries at 1-800-386-5959.

# HOW TO BE PREPARED FOR CORONAVIRUS

Keeping yourself and your family safe around respiratory illnesses



## WASH YOUR HANDS

It's important! Most of us don't do it enough or aren't good at it. Scrub for 20 seconds. If you can't wash, use a hand sanitizer with at least 60% alcohol.



## STAY HOME IF YOU'RE SICK

If you need medical care and think you may have been exposed to coronavirus, call your medical provider for instructions before going in.



## TRAVEL

Following the CDC's travel guidelines ([cdc.gov/coronavirus/2019-ncov/travelers/faqs.html](https://www.cdc.gov/coronavirus/2019-ncov/travelers/faqs.html)) and maintaining situational awareness are the best ways to determine whether or not you should travel.



## HIGHEST RISK

Currently, the CDC considers older adults, and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease at higher risk for severe infection.



## ALWAYS BE READY

Risk of exposure remains low. But, start thinking about daily supplies, like food staples and medications, for example. Visit [www.ready.gov](https://www.ready.gov) for suggestions.



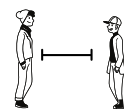
## KEEP GERMS OUT OF THE AIR

Cough or sneeze into your elbow, not your hands. Or, use a tissue and throw it away.



## DISINFECT SURFACES

Clean frequently-touched surfaces at home. Wash your hands after visiting public spaces.



## SOCIAL DISTANCING

If you're sick, stay home and restrict visitors. Someone coughing? Move away – 6 feet or more.



## RELIABLE INFORMATION

Make sure you're getting accurate information. Bookmark [nwhealth.org/covid19.html](https://www.nwhealth.org/covid19.html) and follow the Health Department of Northwest Michigan on social media.