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**For Immediate Release**  
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### **Health Department of Northwest Michigan Reports Second COVID-19 Case from Otsego County**

The Health Department of Northwest Michigan is reporting the second positive case of coronavirus disease 2019 (COVID-19) from a resident of Otsego County who has no history of travel.

The individual, an adult male, is isolated and recuperating at a residence. The Health Department is conducting an ongoing investigation with him to identify and contact anyone potentially exposed. The individual has not received care at any local hospitals.

Medical Director, Dr. Josh Meyerson stated, "We are hoping that this individual has a complete recovery. We also are beginning to see evidence of community spread and therefore, community mitigation and prevention strategies are even more imperative."

The best way to prevent illness is to avoid being exposed to this virus.

*To prevent the spread of COVID-19, people should:*

- Wash their hands.
- Stay home when sick.
- Avoid close contact with sick people.
- Avoid touching their face.
- Disinfect commonly touched surfaces.
- Avoid shaking hands.
- Follow suggested guidelines for social distancing.

*For social distancing, we recommend the following:*

- Keep six feet between yourself and others when possible.
- Avoid public places at their busiest times.
- Work from home when possible.
- Cancel gatherings of more than 50 people as required by Michigan law. However, it is recommended gatherings not exceed 10 people.
- Limit travel.

The Health Department is working to share updates and essential information through our website at [nwhealth.org/covid19](http://nwhealth.org/covid19) or at [the Health Department's Facebook Page](#).

The Michigan Department of Health and Human Services (MDHHS) has created a statewide hotline for COVID-19. The hotline will be open seven days a week from 8 a.m. to 5 p.m. at 1-888-535-6136. Additionally, the Health Department of Northwest Michigan has a Public Health Information Phone Line – 1-800-386-5959 and email [publichealthinfo@nwhealth.org](mailto:publichealthinfo@nwhealth.org).

*The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego counties. For more information, visit [nwhealth.org](http://nwhealth.org).*

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