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Health Department of Northwest Michigan COVID-19 Daily Update

The Health Department of Northwest Michigan is urging and reminding our residents to follow the Executive Order of the Governor to STAY HOME and STAY SAFE. Although we acknowledge that individuals may need to get groceries, pick up prescriptions or go to work, we encourage individuals to practice social distancing in these locations by trying to maintain 6 feet of distance between yourself and others, utilizing hand sanitizer in your car and/or immediately washing your hands when you return home.

Medical Director, Dr. Josh Meyerson, encouraged residents to remember that “the virus can’t spread if people separate themselves and stay home. We need everyone in our communities to do their best to follow the guidelines put in place with the Governor’s *Stay Home, Stay Safe* to save lives.”

While we understand this greatly impacts your day-to-day life, a strong and compliant shelter in place response is the **best** thing individuals can do to slow the spread of this virus. This means:

- **no playdates** (but Zoom, FaceTime, or other technology can be a great substitute for the time being),
- **minimizing trips** to the grocery store if you are able (try one big trip rather than smaller frequent trips),
- **staying home** if you are experiencing any sort of symptoms, are returning from an area where COVID-19 is active, have been in close contact with someone who has been diagnosed or has symptoms consistent with COVID-19 (asking friends to help with grocery shopping and leaving groceries on the porch or reaching out to 211 or the Health Department’s Community Connections).
- **If you are at risk for developing severe illness from a respiratory virus** (over age 65 or have underlying medical conditions), do not go out and instead allow someone else to assist you with errands for essential supplies such as groceries or prescriptions (again, there are resources available to help you with this through 211 or the Health Department).

211 is operated United Way organizations and makes referrals to local resources and can be accessed by simply dialing 2-1-1. For residents who need additional help connecting to or using services, the Health Department’s Community Connections program provides navigation services at no charge and can be reached by calling 1-800-432-4121.

As of 4:00pm, the Health Department of Northwest Michigan is reporting positive COVID-19 cases in the following counties: Antrim – 0; Charlevoix – 4; Emmet – 3; Otsego – 12. The State of Michigan has reported 3,657 cases and 92 deaths.

Stay up-to-date on the latest information in the Health Department jurisdiction by [liking and following our Facebook page](#) and visiting our [website](#).

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.

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