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April 5, 2021

Health Department of Northwest Michigan COVID-19 Update

Testing urged after returning from Spring Break travels, MDHHS increases quarantine to 14-days

Health department and school officials are urging area residents to get tested for COVID-19 upon returning from Spring Break to help slow the spread of the virus across northern Michigan. Unfortunately, COVID-19 cases are rising across the region and the state with illness and hospitalizations spiking, too.

In March, the Health Department of Northwest Michigan saw a significant increase in COVID-19 cases, reporting 1,056 new cases last month compared to 345 new cases in February, while hospitalizations remained steady. To view more information about COVID-19 cases reported this past month in the health department's four county jurisdiction, visit our [COVID-19 data website](#) to view March 2021 county profiles. County profiles can be found below the vaccination and case dashboards.

Due to increasing cases and a growing number of variant cases in Michigan, effective today, the Michigan Department of Health and Human (MDHHS) services is reinstating the standard 14-day quarantine for close contacts of COVID-19 cases. This will remove the option of a 10-day quarantine for non-variant cases. As a reminder, a negative test result to "test out of quarantine" has never been adopted in the State of Michigan. As of press time, the MDHHS guidance found [here](#) had not been updated but will soon include the 14-day quarantine requirements.

Students and families traveling across Michigan, to other states or out of the country risk being exposed to and carrying COVID-19 with them. This in turn could fuel outbreaks within their households and the communities where they live or visit.

Residents should get tested 3-5 days after returning from travel, and those who chose not to be tested should stay home for 10 days. Whether or not you and your family get tested, you should avoid being around people of increased risk for severe illness for 14 days. If you know you have been in contact with a confirmed COVID-19 case, you should quarantine the full 14 days since your last exposure.

The Health Department of Northwest Michigan offers free testing by appointment. No symptoms or doctor's order is necessary. To find and schedule a free testing appointment, call 1-800-432-4121.

"Even with no symptoms, you can spread the virus to others," said Lisa Peacock, Health Officer. "Regardless of whether you traveled or not, you should also continue to wear a mask over your nose and mouth in public settings, avoid crowds and maintain social distancing of at least six feet from

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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anyone you did not travel with,” she said, suggesting carrying hand sanitizer of at least 60% alcohol in case washing hands with soap and water is not readily available.

At least one superintendent in northern Michigan has sent communications home about returning to school after traveling during Spring Break.

“Our goal continues to be to offer in-person instruction in a safe and healthy manner for the remainder of the school year,” stated Chris Parker, Superintendent of The Public Schools of Petoskey, in his communication to families. “For that to happen, we all need to work together, and each do our part,” he wrote.

After citing the [Centers for Disease Control and Prevention](#) and the [Health Department of Northwest Michigan](#)'s recommendations for after travel, Parker urged those families who, for whatever reason, are not able to follow those recommendations to keep their student home if they have any signs of illness. Additionally, he urged everyone to avoid gathering with other households for 7-10 days.

Friday, April 2, 96 new cases were reported: Antrim (15), Charlevoix (10), Emmet (22), and Otsego (49) counties. Saturday, April 3, 55 new cases were reported: Antrim (6), Charlevoix (8), Emmet (20), and Otsego (21) counties. Sunday, April 4, 17 new cases were reported: Antrim (3), Charlevoix (1), Emmet (5), and Otsego (8) counties. Today, April 5, 49 new cases were reported: Antrim (7), Charlevoix (8), Emmet (10), and Otsego (24) counties. Today we are also reporting 1 new COVID-19 associated death in Emmet county. As of 4 p.m. today, the health department is reporting:

- Total COVID-19 cases in the following counties: Antrim (1,249), Charlevoix (1,234), Emmet (1,800), and Otsego (1,775).
- Recovered COVID-19 cases in the following counties: Antrim (968), Charlevoix (1,029), Emmet (1,452), and Otsego (1,153).
- Confirmed COVID-19 associated deaths in the following counties: Antrim (20), Charlevoix (13), Emmet (39), and Otsego (28).

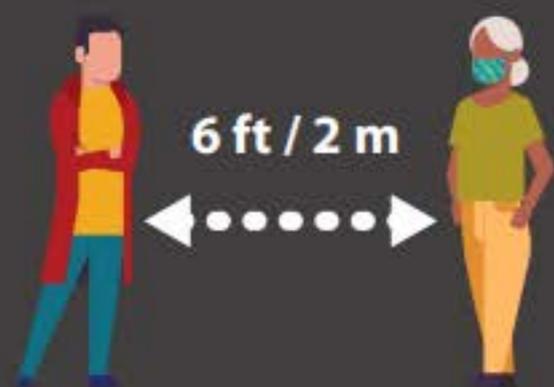
The State of Michigan is reporting 702,449 cases and 16,239 deaths.

Stay up to date on the latest information in the Health Department of Northwest Michigan jurisdiction by [liking and following our Facebook page](#) and visiting our [COVID-19 Data Dashboard](#). To locate a testing facility, visit the [Michigan COVID-19 Test Finder website](#). To track the risk levels of COVID-19 pandemic indicators, visit the [MI Safe Start Map website](#). For more information regarding the COVID-19 vaccine, visit the MDHHS [vaccine website](#) or the [CDC vaccine website](#).

CUTLINE: [This graphic illustrates](#) steps anyone returning from travel should take to keep themselves and others from spreading the COVID-19 virus.

You may have been exposed to COVID-19 while traveling.
Even with no symptoms, you can spread the virus to others.

Protect others from getting sick:



- Keep at least 6 ft/2 m apart from others.
- Wear a mask.
- Wash your hands often.



Watch your health for symptoms.

Take care after travel:

- Get tested at 3-5 days AND stay home for 7 days.
- If you don't get tested, stay home for 10 days.



Whether or not you get tested, avoid being around people at increased risk for severe illness for 14 days.

If you test positive or get sick, isolate yourself from others.

www.cdc.gov/COVIDtravel