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**July 8, 2021**

## **Health Department of Northwest Michigan COVID-19 Update**

### **Everyday precautions, knowing symptoms can help curb spread of COVID-19 in our communities**

In order to help stop the spread of COVID-19, health department officials are reminding people to know the symptoms of the virus, stay home if they are sick, and to get tested after exposure.

“It is important to know the signs and symptoms of COVID-19 and take precautions to prevent and reduce community spread,” said Lisa Peacock, Health Officer with the Health Department of Northwest Michigan. “We are also encouraging people to get tested if they think they have been exposed or have any symptoms so we can control the spread of the virus and keep our family, friends and neighbors safe and healthy,” she said.

People with COVID-19 have had a wide range of symptoms reported – [ranging from mild symptoms to severe illness](#). Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

If you are sick with COVID-19 or think you might have it, take steps to help protect other people from getting sick. Visit the [Michigan Contain COVID-19](#) website to learn more about necessary steps to stop the spread. Getting tested is one of the steps to protect others from getting sick. The health department is offering free testing at their offices by appointment only. No symptoms or doctor’s order is necessary. To locate an office closest to you and schedule an appointment call 800-432-4121. Testing can also be found by visiting the [Michigan Test Finder](#) website.

The health department is requesting that residents who [test positive do the following](#):

1. Stay home unless you need to seek medical attention.
2. Call your close contacts to inform them of their exposure.
3. *If residents received a positive result from an over-the-counter (OTC) home COVID-19 test they must:*
  - a. Call the health department at 800-432-4121 to report the case
  - b. Answer the return phone call from a health department nurse to complete case investigation, and
  - c. Receive any needed support and resources from the health department nurse.

Ultimately, the best way to stop the spread of COVID-19 is to get immunized, Peacock said. The health department continues to offer vaccination clinics throughout the four-county jurisdiction, in addition to working with local businesses to offer pop-up vaccination clinics. Public health nurses are on site at

*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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these events and able to answer any questions that residents may have regarding the vaccines. All clinics are open to walk-ins or people can register by clicking on the clinic link below or by visiting [www.nwhealth.org](http://www.nwhealth.org).

**Friday, July 9**

- 8:15-11:30 a.m. - Health Department of Northwest Michigan, 220 W. Garfield Ave, Charlevoix. To schedule an appointment: [Click Here](#)
- 2-4 p.m. - Jay's Sporting Goods, 1151 S. Otsego Ave, Gaylord. To schedule an appointment: [Click Here](#)
- 5:30-7:30 p.m. - Boyne City City Hall, 319 N. Lake St., Boyne City. To schedule an appointment: [Click Here](#)

**Tuesday, July 13**

- 1-6 p.m. - Health Department of Northwest Michigan, 220 W. Garfield Ave, Charlevoix. To schedule an appointment: [Click Here](#)
- 2:30-4:30 p.m. - Stafford's Perry Hotel, 100 Lewis St., Petoskey. To schedule an appointment: [Click Here](#)

**Wednesday, July 14**

- 8:15-11:30 a.m. - Health Department of Northwest Michigan, 95 Livingston Blvd., Gaylord. To schedule an appointment: [Click Here](#)
- 4-6 p.m. - Gaylord Alpenfest, Downtown Gaylord. To schedule an appointment: [Click Here](#)

**Thursday, July 15**

- 8:15-11:30 a.m. - Health Department of Northwest Michigan, 3434 M-119, Harbor Springs. To schedule an appointment: [Click Here](#)
- 2:30-6 p.m. - Health Department of Northwest Michigan, 205 Grove St., Mancelona. To schedule an appointment: [Click Here](#)

**Friday, July 16**

- 11 a.m. - 1 p.m. - DerMiner's Parkside Market, 7131 Old 27 N St., Gaylord. To schedule an appointment: [Click Here](#)
- 2:30-5 p.m. - Gaylord Alpenfest, Downtown Gaylord. To schedule an appointment: [Click Here](#)

The calendar on the website [www.nwhealth.org](http://www.nwhealth.org) lists clinics currently scheduled through July 22.

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](#).