



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PUBLIC HEALTH ADVISORY

Issued June 10, 2020

The Central Michigan District Health Department, in collaboration with the Northern Michigan Public Health Alliance (NMPHA), issues the following advisory to protect the health of the public in the 31-county NMPHA region:

During summer, many individuals make plans with family and friends to travel to the beautiful coastlines of Michigan or to central and northern Michigan. While we understand that many travelers, seasonal, and full-time residents enjoy the beautiful scenery and activities that central and northern Michigan has to offer, we encourage everyone to keep in mind that we are moving carefully through the phases of re-opening our state. It is important that everyone continues to follow best practices and safety precautions as additional businesses and travel are phased back in.

The increased population to the central and northern Michigan area has the potential to place a substantial strain on our local healthcare systems. Increased movement in and about local business establishments may present additional risk to employees and community members. In order to protect our residents, visitors, and employees, the Central Michigan District Health Department, in addition to the Northern Michigan Public Health Alliance, is advising that you abide by the following guidelines:

1. If you are sick, stay at home. Do not leave your residence and do not go to work.
2. If you have symptoms suggestive of COVID-19, contact your healthcare provider or local health department for assistance and to seek testing as soon as possible.
3. If you have been in close contact with someone who has a confirmed COVID-19 infection, self-quarantine for 14 days from your last contact with them.
4. All individuals traveling to central and northern Michigan for vacation, to stay in seasonal homes or are returning from travel out of the area should carefully consider their risk of exposure during travel (ie: attended a large gathering or event, traveled via public transportation such as plane, train, or bus, traveled to an area with a rising rate of cases of COVID-19). If travel is considered higher risk, then they are advised to stay at home for 14 days upon arrival to your destination. If they must leave their home, they are advised to wear a face covering, practice social distancing, and frequently wash their hands.
5. All residents and visitors should adhere to the required safety precautions while in business establishments such as stores, bars, and restaurants. This includes wearing face coverings, physical distancing, and adhering to capacity limits posted at business entrances.
6. Maintain 6-feet of physical distance with individuals outside your household and avoid crowding on outdoor trails and in recreational areas such as beaches.
7. Comply with limits on gatherings. This pertains to both indoor and outdoor gatherings.

Please visit us at our website www.cmdhd.org

By following these simple guidelines, the risk for spreading COVID-19 lowers significantly, protecting everyone who lives, works, and plays in beautiful central and northern Michigan.

This Advisory replaces the previous Public Health Advisory issued on March 31, 2020 and will remain in place until lifted.

Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon residents who need resources can call 211.



6-10-2020

Health Officer

Date



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