



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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PRESS RELEASE FOR LOCAL MEDIA

To: Local News Media

From: Central Michigan District Health Department

RE: Public Health Advisory

Release Date: March 31, 2020

PUBLIC HEALTH ADVISORY

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:

Central and northern Michigan counties are seeing an influx of individuals who are seeking shelter from areas with significant COVID-19 community spread or returning from travel outside of these counties. While we understand the desire to seek shelter in our communities with fewer COVID cases, this potentially poses an unnecessary risk to all residents of central and northern Michigan.

The increased population to the central and northern Michigan area places a substantial strain on our communities as travelers seek supplies, such as groceries and toiletries, as well as potentially needing health care in the event they become sick. During this public health crisis, many rural communities may not be equipped with personnel, supplies or resources for a surge in population.

If you still choose to travel to your seasonal home or return home from travel, 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 and do not leave your residence.
2. If you have symptoms suggestive of COVID-19, contact your healthcare provider for assistance.

Please visit us at our website www.cmdhd.org

3. All individuals traveling to seasonal homes or returning home from areas with community spread should **self-quarantine for 14 days** upon arrival to your destination.
4. Following the 14-day self-quarantine period, please **obey the Governor’s “Stay at Home” order** and do not go out unless absolutely necessary.
5. All residents, whether full time or seasonal, should adhere to the Governor’s Stay at Home order and only venture out to obtain essential supplies and services when absolutely necessary. If you do need to go out, please adhere to social distancing protocols and limit the number of people going out for supplies or services.

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

Stay current on coronavirus information at www.cdc.gov/coronavirus; www.michigan.gov/coronavirus or <https://www.cmdhd.org/novel-coronavirus>.

In addition, the Michigan Department of Health and Human Services has a hotline number that Michigan residents can call to ask questions about COVID-19. The number is 1-888-535-6136 and is available seven days a week from 8:00 a.m. – 5:00 p.m. Residents can also send an email to: COVID19@michigan.gov. Emails will be answered seven days a week between 8:00 a.m. and 5:00 p.m.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org, LIKE Central Michigan District Health Department on Facebook and follow us on Twitter @CMiDHD.

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To request an interview, please visit our website (cmdhd.org) and fill out the Media Interview Request Form.

No in-person interviews are being given at this time by Central Michigan District Health Department.