



# EMERGENCY OPERATIONS CENTER



March 27, 2020

## District Public Health Dept #10 suggests everyone assume they have been exposed to someone with COVID-19

**TEXT:** District Public Health Dept 10 suggests everyone assume they have been exposed to someone with COVID-19. Click for more info (LINK ATTACHED)

**EMAIL:** District Public Health Dept 10 suggests everyone assume they have been exposed to someone with COVID-19.

DHD#10 and all local officials are relying on our community to work together to slow the potential spread of illness and refer to official sources of reliable information. Thank you for your support in keeping our community safe during the COVID-19 pandemic. Please note that we have a plan in place to effectively and efficiently attend to anyone concerned about whether they may have contracted the disease. This is a very fluid situation and you should expect this information to change as new information emerges and/or new orders are given by the Governor or Michigan Department of Health and Human Services. *NewaygoES is doing our best to keep up with rapidly developing and evolving situations and we will strive to be as timely and accurate as possible.*

At this time, and due to the likelihood that individuals have been in public places but unaware that they have COVID-19, District Health Department #10 suggests that everyone assume they have been exposed to someone with the virus. Please follow [CDC Guidelines](#) and monitor your symptoms. If symptoms become severe, please contact your medical provider for further instructions or follow the guidance below. <https://www.dhd10.org/>

“As COVID-19 spreads throughout our region, there is the possibility that individuals may have been exposed to the virus in public places,” said Kevin Hughes, DHD#10 Health Officer. “We urge our communities to work together, take all public health executive orders seriously, and stay home to stay safe and save lives.”

On Tuesday, District Health Department #10 (DHD#10) reported the second lab confirmed positive case of COVID-19 in Newaygo County. As of 03/27/2020 there are now 12 positive cases in DHD#10’s jurisdiction and 1 death. Statewide there are 3,657 lab confirmed positives cases and 92 confirmed deaths.

“We recognize that due to a limited number of test kits available locally, not everyone that is symptomatic is being tested,” said Abby Watkins, Newaygo County Emergency Services Director. “There are strict COVID-19 testing guidelines in place which our healthcare providers are following. We ask that you follow all the State guidelines closely and do not go out unless absolutely necessary.”

COVID-19 testing will be performed on individuals with COVID-19 symptoms\* and are included in one of the following groups and who have a fever plus either cough or shortness of breath to qualify for testing at this time:

- Patients hospitalized with severe lower respiratory illness
- Pregnant women in the third trimester or in active labor
- Severely immunocompromised
- Health care workers and first responders (EMS, police, fire)
- Patients living in communal environments such as prisons, shelters and nursing facilities

### **What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)**

If you think you have been exposed to someone with laboratory-confirmed COVID-19, follow the steps below to monitor your health to avoid spreading the disease to others if you get sick.

MDHHS also has guidance on [what to do if you think you were exposed](#) to COVID-19.

### **How do I know if I was exposed?**

You generally need to be in close contact with a sick person to get infected. Close contact includes:

- Living in the same household as a sick person with COVID-19,
- Caring for a sick person with COVID-19,
- Being within 6 feet of a sick person with COVID-19 for about 10 minutes, OR
- Being in direct contact with secretions from a sick person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

If you have not been in close contact with a sick person with COVID-19, you are at low risk for infection. You can continue to go to work but should monitor your health for 14 days and stay away from others if you get sick.

### **What should I do if I was in close contact with someone with confirmed COVID-19 while they were ill, but I am not sick?**

You should monitor your health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person with COVID-19. You should not go to work and should avoid public places for 14 days.

### **What should I do if I am a close contact to someone with confirmed COVID-19 and get sick?**

If you get sick with fever, cough or shortness of breath (even if your symptoms are very mild), you likely have COVID-19. You should isolate yourself at home and away from other people.

If you have any of the following conditions that may increase your risk for a serious infection—age 60 years or older, are pregnant, or have medical conditions—contact your physician’s office and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you may have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

## Free Virtual Screening 833.559.0659

If you do not have a high-risk condition but want medical advice, call your healthcare provider or a virtual health service such as Spectrum Health Now and tell them you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be evaluated in person. There are currently no medications to treat COVID-19.

## COVID-19 Screening

People who are concerned about COVID-19 symptoms such as fever and cough, and with or without difficulty breathing, or have questions, are **strongly discouraged** from going to the hospital or their doctor.

A strict protocol is in place to be tested: A provider must order a COVID-19 test and approval for that test includes a collaboration between the provider and the local health department. Do not go to Spectrum Health Gerber Memorial Hospital to request COVID-19 Screening. Please follow the Screening steps listed below.

- **READY:** Visit [spectrumhealth.org/covid19](https://spectrumhealth.org/covid19) to stay informed and review free screening options.
- **CONNECT:** For people in the state of Michigan and experiencing symptoms, get screened by calling Spectrum Health's hotline at 833.559.0659 or by using Spectrum Health's virtual chat found on [spectrumhealth.org/covid19](https://spectrumhealth.org/covid19).
- **GO:** Spectrum Health providers will determine if a person needs further evaluation and, if so, provide instructions for specimen collection.

\*Please be aware that screening is not a COVID-19 test.

## **REMINDER: Current Testing Guidelines**

COVID-19 testing will be performed on individuals with **COVID-19 symptoms\*** and are included in one of the following groups:

- Patients hospitalized with severe lower respiratory illness
- Pregnant women in the third trimester or in active labor
- Severely immunocompromised
- Health care workers and first responders (EMS, police, fire)
- Patients living in communal environments such as prisons, shelters and nursing facilities

*\*Person must have fever **plus** either cough or shortness of breath to qualify for testing at this time*

## Prevention

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. Information from Centers for Disease Control and Prevention (CDC) is available in [English](#), [Chinese](#), and [Spanish](#).

- **Clean your hands often. Scrub with soap for at least 20 seconds. Use hand sanitizer if you cannot wash.**
- **Avoid close contact with people who are sick.**
- **Stay home when you are sick**, except to get medical care. Call ahead before going to your healthcare provider. Learn [what to do if you are sick](#).
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash. Immediately wash your hands.
- **Clean and disinfect frequently touched surfaces.**

**Always, call before you go and Use Telemedicine resources whenever possible**

Availability of routine in-person services may be limited. Please access services as much as possible online or by phone. Many events, activities, and community services have been closed or altered services. Many healthcare facilities housing vulnerable populations are enforcing family and visitor restrictions or are self-quarantining their residents to protect them.

### **Continue to Avoid Large Gatherings**

All residents in Newaygo County should practice social distancing measures as feasible including limiting in-person meetings, large work and personal gatherings, and limit non-essential travel outside your home and work areas.

**For COVID-19 questions, please contact the State of Michigan toll-free hotline at 1-800-535-6136**

### COMMUNITY INFORMATION

- **ONLY CALL 9-1-1 TO REPORT EMERGENCIES!** Emergency operators and phone lines are needed to support this incident, please continue to monitor Nixle for updates or call 2-1-1 (not 9-1-1) for general safety information.
- **DO NOT GO TO THE EMERGENCY DEPARTMENT FOR TESTING!** Please DO NOT show up at an emergency department or urgent care center unless it is a life threatening emergency and you need immediate medical care. Anyone with severe or life-threatening symptoms should call 911.
- **VIRTUAL SCREENING FOR COVID-19 IS AVAILABLE BY CALLING 833.559.0659!** Spectrum Health is offering free virtual COVID-19 screenings to those who have symptoms and may be concerned they have the virus. The purpose is to prevent the spread of illness by enabling people to seek the information they need from their homes, while making it easy and convenient for them.
- **ADDITIONAL INFORMATION WILL BE RELEASED!** Continue monitoring your radio, Nixle, and Newaygo ES's Facebook Page for additional information.
- **THANK YOU FOR YOUR COOPERATION!**

Additional resources for information monitoring –

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

State of Michigan: <https://www.michigan.gov/coronavirus/>

Spectrum Health: <https://www.spectrumhealth.org/covid19>

District Public Health Department 10: <https://www.dhd10.org/coronavirus/>

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