Central Michigan
District Health Department
Promoting Healthy Families, Healthy Communities

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Suite B
Harrison, MI 48625
989-539-6731
FAX: 989-539-4449

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Marion Human Services
107 E. Main St.
P.O. Box 39
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231-743-9877
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Roscommon County
200 Grand Ave.
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Prudenville, MI 48651
989-366-9166

July 1, 2020

Dear Church Member,

An individual that attended your church on June 28th has been diagnosed with COVID-19, also called SARS-CoV-2 or novel coronavirus and was contagious at that time. COVID-19 is very contagious. It can cause very serious illness in some people. Those that are at higher risk of serious illness are those that are older than 65 and those that have health problems like lung disease, asthma, heart problems, problems with their immune system, severe obesity, diabetes, kidney disease, or liver disease.

We ask that you help protect your family and your community from this disease by taking the following steps.

- Watch for symptoms of COVID-19 illness, which are fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea.
    - It is recommended you get tested for COVID-19 if you do get symptoms. You can call the Michigan COVID-19 Hotline at 888-535-6136 or go to www.michigan.gov/coronavirustest for testing locations.
- If you think you were exposed to COVID-19, consider testing even if you don't have symptoms. Wait at least 5 days after you were exposed. Getting tested sooner is likely to cause the test to be negative, even if you are infected.
- Wash your hands often with soap and water for at least 20 seconds especially before eating, after you have been in a public place, or after blowing your nose, coughing, or sneezing.
    - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick. Stay home if you are sick.
- Avoid gathering in groups, stay at least 2 arms' length (about 6 feet) apart from others, and stay out of crowded areas.
- Cover your mouth and nose with a cloth face cover when around others.
- Cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze.
- Clean and disinfect surfaces that are touched often at least once a day.

It is important to continue to do all of these things until COVID-19 is out of our communities for good. If you have any questions or concerns, please call your local health department branch office.

Sincerely,

Jennifer Morse, MD, MPH, FAAFP
Medical Director
Central Michigan District Health Department