



LAPEER COUNTY HEALTH DEPARTMENT  
1800 Imlay City Road  
Lapeer, MI 48446

**Date: Thursday, November 19, 2020** *Note: Updates will be posted on Mondays & Thursdays.*

**\*\*\*FLU CLINIC November 21, 2020** – See flyer on County Website [www.lapeercountyweb.org](http://www.lapeercountyweb.org) regarding a flu clinic to be held at 2 locations in the county on November 21.

### **2019 Novel Coronavirus Update**

Today's report includes **197** new cases and **3** deaths.

#### **Today's Data:**

- Michigan: Confirmed Cases – **277,806**; Reported Deaths – **8,190**
- Lapeer County: Confirmed Cases – **1,586**; Probable Cases - **248**; Deaths - **46**
- Lapeer test positivity rate – 16.4% over past 7 days
- Daily New Cases per 100K – 63.4 (ranked 49<sup>th</sup> out of 83 counties)
- Infection Rate – 1.33 (anything >1.0 indicates ongoing spread)
- Hospital – As of this morning there were 24 confirmed cases hospitalized locally, with 8 in ICU, of which 5 were on ventilators

#### **Additional Info on the County Status:**

- Several months back we were able to get our case counts down, and the number of hospital cases came down as well.
- Recently there has been a dramatic change in this. We are seeing very high case counts on a daily basis.
- We've also been watching the hospital numbers rise.
- We CAN turn it around as we've done in the past, but it will take everyone to do so.
- I realize many are weary of this virus – so are the healthcare providers. The method has not changed – in order to ensure that we have the capacity to handle all the very ill everyone needs to follow some very basic steps: Wear your mask (it DOES make a huge difference); avoid gatherings (especially indoor); wash hands often and disinfectant common surfaces frequently.
- The more cases out there, the greater the chances that those who are high risk will become ill.
- MDHHS has called for a 3 week "Pause" (effective November 18, 2020) in an attempt to quell the rise of cases.
- See the additional infographics that have been added to the website for details regarding this pause.
- Several months back we were able to get our case counts down, and the number of hospital cases came down as well.
- \*For the most current MDHHS **Epidemic Orders**, go to:  
[https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_98455-533660--,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_98455-533660--,00.html)
- See also: [https://www.michigan.gov/coronavirus/0,9753,7-406-98163\\_98173---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98163_98173---,00.html)

At this time we have so many new cases that we cannot get to everyone in a timely manner. You will also have delays in receiving call backs from our office.

- If you have tested positive, have symptoms, or have been exposed to COVID-19, you can take immediate steps to prevent additional spread of illness.
  - Isolate yourself for 10 days if you are positive or have symptoms.
  - Quarantine for 14 days if you are a close contact of a positive case.

**FURTHER CLARIFICATION:**

## **If you tested positive or have symptoms**

If you test positive for COVID-19, isolate for a minimum of 10 days from the start of your symptoms or your positive test date if you didn't have symptoms. Notify your close contacts that they may have been exposed. A close contact is someone who has been within 6 feet of an infected person for at least 15 total minutes with or without a face covering. A person is considered contagious 2 days before their symptoms start or before their positive test if they do not have symptoms.

## **If you are a close contact (exposed)**

Close contacts should quarantine for 14 days. If you are exposed but do not have symptoms, please wait at least 5 days before testing, and remember that a negative test does NOT eliminate the need to quarantine for the full 14 days. Isolation or quarantine requires staying away from others and out of public places, except if seeking medical care or testing.

## **Workplaces**

The Health Department will continue to assist businesses and workplaces with COVID-19 related questions and positive employees as capacity allows. This includes prioritizing those situations or clusters that may be of greater concern because of their size, setting or impact on more vulnerable individuals. Do not wait for the Health Department to contact your business or organization to act.

## **Prevention**

The virus that causes COVID-19 continues to circulate locally. Risk of exposure is present whenever you are out in public or having any direct contact with others. To reduce the spread of illness, the Health Department recommends wearing a face covering, maintaining 6 feet distance from others not in your household, cleaning hands frequently, and avoiding others if you have any symptoms.

These prevention strategies are most effective when combined. Using them remains vital to slowing the spread of illness and preventing as many cases of COVID-19 as possible – especially as the weather becomes colder, more activities are indoors, and [flu](#) may begin to circulate locally.

The Michigan Department of Health and Human Services (MDHHS) has also issued guidance for holiday [activities](#) and [travel](#) during COVID-19.

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**NEW APP:** MDHHS launched a new free app on 11/9/20 for your mobile phone. This app is available to help notify each other of possible COVID-19 exposure to help slow the spread of the virus. For more information regarding this app go to [https://www.michigan.gov/coronavirus/0,9753,7-406-99891\\_102592---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-99891_102592---,00.html)

## **UPDATE:**

As you are aware by now, MDHHS has called for a 3 week "Pause" in an attempt to quell the rise of cases. Please see the additional infographics that have been added to the website for details regarding this pause.

\*For the most current MDHHS Epidemic Orders, go to: [https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_98455-533660--,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_98455-533660--,00.html)

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**VACCINE UPDATE:** This slot will contain updates on COVID-19 vaccine availability as they become known to us. This is what I have for now:

- At this time it appears that there may be a vaccine available for the public late December, or early January.
- The Pfizer vaccine, may be out in December, however, it will only be available in large batches, must be stored at very cold temperatures, and will most likely go to healthcare systems to start.
- We are already working on plans for distribution of the vaccine when it is available.
- I'd like to dispel concerns I'm hearing that this vaccine is "rushed", causing some to be leery of it. Please remember that vaccine production is much more refined today than it was in the days of the first small pox and polio vaccine production (for example). New flu vaccine is produced each year. Paperwork is being processed more quickly, but the safety of the vaccine is not.
- While we wait on the COVID Vaccine, remember that Flu Vaccine is out and available. It is especially important to get your flu shot as early as possible this year. Check with your health care provider, nearby pharmacy, or the health department for availability.

\*SEE ALSO a copied article at the bottom entitled, "The Difference between COVID-19 and the Flu"

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### **Stress and Coping – there's help available:**

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911, or the Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517). Additionally, the local CMH (Community Mental Health) staff are available to assist county citizens, especially crisis intervention to address feelings of harm to self or others. Their number is 810-667-0500.

### **Testing:**

- **There are several urgent cares in the county (primarily Lapeer & Imlay City) where individuals may be tested. You do not need a physician's prescription for this, and anyone desiring a test may request one.**
- There is a link on the [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus) website for testing locations outside the county.
- Locations with testing available at no cost: [https://www.michigan.gov/coronavirus/0,9753,7-406-99891\\_99912-530161--,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99912-530161--,00.html)
- Reminder: The test is a "snapshot" in time. Depending on exposures, you could test negative one day but contract the illness the next. You still need to continue to monitor yourself for symptoms, practice social distancing, and wear a cloth face covering when you are out and about.
- There is a 3 page document posted on the website that explains tests a bit better.

Current known testing sites in Lapeer County – some, may require you to be a patient of theirs, so call ahead to be sure, as well as to check on days/hours of operation.

- Lapeer Community Urgent Care, 1227 Summit Dr., Lapeer, MI 810-969-4546
- Occupational Health & Convenient Care – McLaren (check ahead); 1181 S. Main, Lapeer 810-667-7040
- Total Urgent Care – 147 N. Almont Ave., Imlay City 810-721-7640
- Convenient Urgent Care (\$25 without insurance – no other charge), 700 S. Main #10, Lapeer, 810-969-4500
- We understand that the Washington Urgent Care (Macomb County) & Oxford Urgent Care (Oakland County) both offer the rapid test. Reminder – the closer to symptom onset that you use this test the more accurate the results.

### **Information/resource links:**

- The MDHHS website – [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)
- Link to the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/>

- **"Self-Checker"** - check your symptoms and see if they might meet criteria for COVID-19. Remember, this is only a tool. Your healthcare provider is the best source for additional information. Link: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html> . Near the bottom right you'll see a gold colored, rectangular box that reads, "Self-Checker". Click on the box and follow the instructions.
- New Attorney General Website for information or filing complaints: <https://www.michigan.gov/ag/0,4534,7-359-98784---,00.html>
- For information on fraudulent coronavirus tests, vaccines, and treatments: <https://www.fda.gov/consumers/consumer-updates/beware-fraudulent-coronavirus-tests-vaccines-and-treatments>
- Website for information regarding severe illness (& death) associated with using Non-Pharmaceutical Chloroquine Phosphate to prevent & treat Coronavirus Disease 2019 (COVID-19): <https://emergency.cdc.gov/han/2020/han00431.asp>
- The State has added a **"dashboard"** that illustrates COVID-19 risks and trends in Michigan, to provide residents with important information about the pandemic status where you live and work. The link to this dashboard is: <https://www.mistartmap.info/>
- For filing a work or business related complaint: [www.michigan.gov/mioshacomplaint](http://www.michigan.gov/mioshacomplaint)

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**COPIED FROM A DETROIT WRITER:**

## The difference between COVID-19 and the flu

By [oht\\_editor](#) | on September 16, 2020

Editor's note: The following guest article was written by Dr. S. George Kipa, MD, deputy chief medical officer at Blue Cross Blue Shield of Michigan.

DETROIT — Preliminary figures from the latest influenza season, fall 2019 to spring 2020, showed between 24,000 and 62,000 people in the U.S. died from the flu. In comparison to the new coronavirus, which has sickened people faster in a shorter time frame, more than 100,000 deaths have been attributed to COVID-19 since it was first detected in the U.S. in January through the end of June.

While there are similarities between the new coronavirus and the flu, there are significant differences as well.

Differences:

- At-risk populations: People most at-risk for severe flu illness are children, pregnant women, the elderly, individuals who are immunocompromised and those with underlying medical conditions. For COVID-19, those considered to be most at-risk for severe illness are older adults and those with underlying medical conditions.

While children are at more risk of getting the flu, school-aged children infected with COVID-19 are at higher risk of Multisystem Inflammatory Syndrome in Children (MIS-C), a rare but severe complication of COVID-19.

- Death rate: The death rate for COVID-19 is significantly higher than the flu.

- **Speed of transmission:** The flu can spread faster than COVID-19 because flu symptoms often occur faster in an infected person than COVID-19. However, COVID-19 has been observed to have more superspreading events than the flu and may be more contagious among certain populations and age groups.
- **Treatments:** While there are several antiviral therapeutic medications available to treat the flu, there is only one antiviral agent being explored as a treatment for COVID-19, which is available under an Emergency Use Authorization.
- **Vaccinations:** There is an annual immunization for the flu. While there are clinical trials in development for a COVID-19 vaccine, there is not one available yet.
- **Virus:** COVID-19 is caused by a newly discovered strain of coronavirus, which is called SARSCOV 2. In humans, the flu is caused by two types of virus: influenza A and influenza B. There are subtypes of each. For example, H1N1 is a subtype of influenza A and was responsible for the 2009 flu pandemic.

### Similarities

- **Symptoms:** Both COVID-19 and the flu cause many of the same respiratory disease symptoms, including fever, chills, cough, sore throat, runny nose, muscle or body aches, headaches and fatigue. However, COVID-19 could also cause a loss of taste or smell.
- **Transmission method:** Both COVID-19 and the flu are transmitted by droplets through close contact. This means the same precautions will work against both illnesses: frequent hand washing, social distancing and wearing face coverings.

### The Importance of the flu shot during the pandemic

Though the flu shot will not protect individuals against COVID-19, the vaccine has many other important benefits. Having more people vaccinated against the seasonal flu will decrease the amount of people who get seriously ill from the flu this winter. As experts predict strained health care resources from new COVID-19 cases, keeping people healthy from other seasonal illnesses is especially critical.

The U.S. Centers for Disease Control and Prevention recommends flu shots for everyone ages 6 months old and up. During the 2018-2019 flu season, 62.6% of children ages 6-17 years old and 43.5% of adults received a flu vaccine nationally, according to the CDC. The CDC estimates that increasing the number of people vaccinated — even by five percentage points — could prevent thousands of hospitalizations from the flu.

Each year, the flu shot helps protect individuals against the dominant strains of the flu virus that experts predict will be the most active during the fall, winter and early spring months. Flu season typically begins in October and peaks in December and February — though cases can continue through the spring. The 2020-2021 flu vaccine will soon be available at doctor's offices, pharmacies and clinics, and the CDC recommends getting the shot as early as September or October.

**[UPDATE:** [Flu Vaccine is out and available](#). We encourage you to get your flu shot as soon as possible.]