



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

Date: Thursday, January 14, 2021 **Note: Updates will typically be posted on Monday & Thursday evenings.**

***** If you are sick/have symptoms, don't expose the rest of your family/friends/coworkers – stay home.**

***YOU CAN FIND MUCH INFORMATION ON THE COVID VACCINE – INCLUDING "FREQUENTLY ASKED QUESTIONS" – AT THIS WEBSITE: <https://www.michigan.gov/COVIDvaccine>**

SPECIAL VACCINE AVAILABILITY MESSAGE: We appreciate your interest in the vaccine. We, too, are anxious to get people vaccinated as quickly as possible.

We have been receiving an overwhelming number of phone calls inquiring about COVID-19 vaccination appointments due to the Governor's announcement earlier this week. Please do not call the office for an appointment – we cannot take your information at this time. However, soon!

- We still do not have sufficient doses of vaccine at this time, but should have some in the next week. **KEEP READING FOR INSTRUCTIONS – DO NOT CALL THE Health Dept.**
- We are testing a vaccine page for our website that will allow for individuals and businesses to request vaccination – it is not there yet. Once we know it's working properly it will be on the web page. It is not there yet, but current plans are to have it ready by mid-week next week (hopefully 1/20 or 1/21).
- Once the form is available, you will be able to complete your information and will then receive a confirmation email that it was received. Once we schedule your appointment, a follow-up email with an appointment time will be sent based on the Phase that you fall under.
- We will have further instructions/information in the Monday update to assist those who may not have computer access or who may need help
- Vaccination clinics may be at the Health Department or at an offsite facility. You will be provided this information with your confirmation.
- At this time we will have both Pfizer and Moderna Vaccines. You will receive the vaccine that is being administered the day of your appointment. At this time we cannot accommodate special requests for one vaccine over another.
- **Please keep an eye on the county website, which is www.lapeercountyweb.org, or either of the county newspapers - The TriCity Times and the Lapeer County Press. We will post information there as soon as possible providing people with instructions for scheduling an appt. for the vaccines. Thank you for your patience.**
- Please see this website for more detail on the vaccine, vaccination plan, etc.:
<https://www.michigan.gov/COVIDvaccine>.
- Updated Vaccination Phases (or tiers) are as follows:
 - Phase 1: Paid and unpaid persons serving in healthcare settings who have the potential for direct or indirect exposure to patients or infectious materials and are unable to work from home as well as residents in long term care facilities.
 - Phase 1B: Persons 65 years of age or older and frontline essential workers in critical infrastructure.

- Phase 1C: Individuals 16 years of age or older at high risk of severe illness due to COVID-19 infection and some other essential workers whose position impacts life, safety and protection during the COVID-19 response.
- Phase 2: Individuals 16 years of age or older.

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2019 Novel Coronavirus Update

Today's report includes an increase of **55** new cases and **2** deaths.

Today's Data:

- Michigan: Confirmed Cases – **531,004**; Reported Deaths – **13,672**
- Lapeer County: Confirmed Cases – **3,880**; Probable Cases - **510**; Deaths - **104**
- Lapeer positive test rate – **10.5%** (ranked 22nd out of 83 counties) – State is 8.9%
- Daily New Cases per 100K – **31.3** (ranked 40th out of 83 counties) – State is 31.7/100K
- Infection Rate – **1.02** (ranked 33rd out of 83 counties); State is 1.02;
-Anything >1.0 for infection rate indicates ongoing spread
- Hospital – As of this morning there were 16 confirmed cases hospitalized locally, with 5 in ICU, of which all 5 were on a ventilators
- There are currently no influenza cases hospitalized locally

Let's keep the numbers moving in the right direction by observing precautions.

- Phase 2: Individuals 16 years of age or older.

*** See **NEW DOCUMENT "COVID-19 Vaccination Prioritization Guidance"** uploaded to the County website for further information.

"How disease is spread": For a communicable disease to spread you need 4 things:

- An Infective Agent – in this case the Novel Coronavirus 2019
- A Susceptible Host – someone to infect
- Mode of transmission – way of getting into the person to cause the illness, such as respiratory droplets
- A portal of entry – the way it gets in (such as the nasal mucosa/lining)

The best way to combat the transmission is to consistently reduce the risk of picking it up and spreading it. There is much inaccurate information floating around. No, this is not a case of doctors having patients with influenza but calling it COVID. The influenza test checks for flu and reports flu. COVID tests check for COVID and report it as such. Another myth is that people who wear masks will get it worse – there is no science to back that statement. Consistently following preventive measures is what is needed. I wish you all a safe and happy holiday week. Continue to:

- Wear a mask – inside and out. Indoors is greater risk, but if you're in close proximity to someone outside, such as at parades and huddled around heating units without masks, you're at risk.
- Stay home when possible; if you need to go out take precautions – every time.
- Avoid large gatherings. Attending large get-togethers, gathering indoors in close proximity, especially events (such as eating) that require mask removal, put you at higher risk
- Support businesses with curbside pickup and carryout – safer ways to help each other
- Regularly wash hands and frequently touched surfaces
- *For the most current MDHHS **Epidemic Orders**, go to:
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
- 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 10 days if you are a close contact of a positive case (but continue to monitor for symptoms on days 11-14).

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 10 days, but continue to monitor for symptoms on days 11-14. At least 1% of the population will develop symptoms on days 11-14 according to recent research findings. 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 10 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.

[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

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

QUARANTINE: Recently the CDC put out some "options" regarding quarantine. However, please note that:

- They continue to recommend a quarantine period of 14 days.
- We will be quarantining for 10 days, but advising individuals to continue to monitor for symptoms on days 11-14 (at least 1% of the population will develop symptoms on days 11-14 according to recent research findings).
- If you develop symptoms at any time during this period, you should get tested and isolate.

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 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
- Reminder: The test is a "snapshot" in time. Depending on exposures, you could test negative one day but come down with 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
- 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