

**PREVENTING CORONAVIRUS DISEASE 2019
(COVID-19)**

GENERAL PUBLIC



Health
Department



MACOMB COUNTY HEALTH DEPARTMENT

William J. Ridella, M.P.H., M.B.A.
Director/Health Officer

Kevin P. Lokar, M.D.
Medical Director

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Dear Macomb County Resident,

The Macomb County Health Department is working closely with the Michigan Department of Health and Human Services (MDHHS), the Centers for Disease Control and Prevention (CDC) and area healthcare providers to prevent transmission of COVID-19 in our community.

As part of our work, we would like to share some of the key things that we can all do to prevent the spread of COVID-19.

- Stay Home. Stay Safe. Save Lives. All Michiganders are required to stay home unless they're a part of what is considered essential services, engaged in an outdoor activity, or performing tasks necessary to the health and safety of themselves or their family.
- Practice social distancing, avoid close contact with others, and continue to make healthy habits an everyday part of your life – the best way to prevent infection is to avoid being exposed to the virus.
- Be prepared – have a plan of action in case there is an illness in the household or disruption of daily activities.

The Macomb County Health Department has created the enclosed toolkit to help educate the community during this time. Please find updated information and resources on our webpage, macombgov.org.

Sincerely,

William J. Ridella
Director/Health Officer

Mount Clemens Health Center

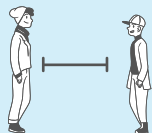
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health.macombgov.org

Social distancing, self-monitoring, quarantine, isolation



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What do these terms mean? And what do I do if I'm asked to do them?



Social distancing

We should ALL be practicing social distancing. It help protect everyone in our community, especially those who are most vulnerable, from illness. What does this look like?

Individuals can:

- Keep six feet between people as much as possible.
- Get curbside pick up for groceries or restaurant orders instead of going inside.
- Use online or drive-through services at the bank.
- Avoid public places at their busiest times.
- Avoid getting together in large social groups.

Businesses & organizations can:

- Have employees tele-work.
- Limit in-person meetings and travel.
- Modify operations to provide more online options and restrict people from gathering.

We may also ask you to do any of the following:

Who should do it?

What is it?

Self-monitoring



People without symptoms, but who had a low-risk exposure like being in an airport or restaurant at the same time as someone with a confirmed case of COVID-19.

- Practice social distancing.
- Check & record your temperature 2x a day and watch for symptoms.
- If symptoms develop, CALL your doctor to explain symptoms and possible exposure before going in.

Self-quarantine



People without symptoms, but who have a higher potential of becoming sick because of where they traveled or having had contact with someone being tested for COVID-19.

- Stay home 24/7 and self-monitor for 14 days.
- Family and roommates should practice social distancing.
- If you become symptomatic, family and roommates should also go into self-quarantine.

Monitored quarantine



Travelers from China or Iran and close contacts of people who have tested positive for COVID-19.

- Same steps as self-quarantine
- Plus report your twice daily temperatures and symptoms to the Health Department during your 14 days of quarantine.

Self-isolation



People sick with symptoms of COVID-19 but not sick enough to be hospitalized.

- Stay in a separate room from the rest of their household members.
- Use a separate bathroom if possible.
- Family and roommates should avoid contact with sick person and practice self-quarantine.
- Wear a mask if you go into shared spaces.



To combat the spread of COVID-19 in Michigan, Governor Whitmer signed the “Stay Home, Stay Safe” executive order. For at least the next three weeks, all Michigan businesses and operations must temporarily suspend in-person operations that are not necessary to sustain or protect life, and all Michiganders must stay in their homes unless they’re a part of that critical infrastructure workforce, engaged in an outdoor activity, or performing tasks necessary to the health and safety of themselves or their family, like going to the hospital or grocery store.

YOU CAN:

- Go to the grocery store or pick up take-out food.
- Go to the pharmacy to pick up a needed prescription.
- Engage in outdoor activities like walking, hiking, running, biking.
- Go to the hospital or secure any care necessary to address a medical emergency or to preserve your health or the health of a loved one.
- Fill your car with gas.
- Return to Michigan to a home or place of residence from outside the State.
- Leave the State for a home or residence elsewhere.
- Walk your pets and take them to the veterinarian for needed medical care.

YOU MAY NOT:

- Leave the home to work unless your employer designates you as a critical infrastructure worker.
- Participate in any public gatherings.
- Visit someone in the hospital, nursing home, or other residential care facilities (with limited exceptions).
- Go to the mall or to restaurants.

BUSINESSES THAT REMAIN OPEN FOR IN-PERSON WORK MUST TAKE AGGRESSIVE STEPS TO MINIMIZE THE VIRUS’S SPREAD. THEY MUST:

- Promote remote work to the fullest extent possible.
- Restrict the number of workers present in-person on the job.
- Keep employees at least six feet from one another to the maximum extent possible and enabling social distancing for customers who are standing in line.
- Any other social distancing practices and mitigation measures recommended by the Centers for Disease Control.

Information around this outbreak is changing rapidly. The latest information is available at Michigan.gov/Coronavirus and CDC.gov/Coronavirus.

For those who have questions about the state’s actions to mitigate the spread of coronavirus, please call the COVID-19 Hotline at 1-888-535-6136 between 8AM - 5PM daily.

Coronavirus Disease 2019 (COVID-19)

What You Need to Know



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COVID-19: What it is and how it spreads.

What is coronavirus disease 2019 (COVID-19)?

COVID-19 is caused by a new respiratory virus. In December 2019, the virus began circulating in humans. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia.

What are the symptoms of COVID-19?

Symptoms may appear in as few as two days or as long as 14 days after exposure to the virus. They include:

- Fever
- Cough
- Shortness of breath

Reported illnesses have ranged from mild symptoms to severe illness and death.

How does COVID-19 spread?

Health experts are still learning about how this new coronavirus spreads. The virus is thought to spread mainly from person-to-person:

- Between people who are in close contact (within about six feet) of an ill person.
- Through respiratory droplets produced when an infected person coughs or sneezes.
- It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it, then touching their mouth, nose or eyes.

Can someone spread the virus without being sick?

People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Can I infect someone else before I show symptoms of the virus?

People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

Should I be concerned about getting COVID-19 from products or packages shipping from China or other parts of the world?

In general, coronaviruses are unable to survive on surfaces such as shipping packages for long periods of time. There is likely a very low risk of spread from products or packages shipping over a period of days or weeks at ambient temperatures. Currently, there is no evidence to support transmission associated with imported goods.

Stay Home, Stay Safe

What is the Stay Home, Stay Safe shelter in place order?

Gov. Gretchen Whitmer signed the “Stay Home, Stay Safe” Executive Order (EO 2020-21) on Mar. 23, 2020. The executive order directs all Michigan businesses and operations to temporarily suspend in-person operations if they are not necessary to sustain or protect life.

[Here is a summary of Governor Whitmer's Stay Home Stay Safe Executive Order.](#)

It also directs Michiganders to stay in their homes unless they're a part of critical infrastructure workforce, engaged in an outdoor activity, or performing tasks necessary to the health and safety of themselves or their family, like going to the hospital or grocery store.

If someone must go out for one of these essential services, everyone is strongly encouraged to continue to [practice steps to prevent spread of flu and the common cold.](#)

Why did Gov. Whitmer issue a shelter in place order?

The shelter in place order is an important way to protect the health of the public and to save lives based on data and recommendations from medical experts -- it helps stop the spread of the virus.

- Michigan is among the top states in the nation in the number of confirmed COVID-19 cases.
- Taking aggressive action to protect our communities is the most important way we can mitigate further spread of COVID-19.
- People of all ages can develop symptoms and become a carrier, even if they do not feel very sick.

How can I protect myself from getting COVID-19?

There are steps you can take to prevent spread of flu and the common cold that will also help prevent COVID-19, including:

- Wash your hands with soap and water.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoid contact with people who are sick.
- Stay home if you are sick and contact your healthcare provider.
- [Practice Social Distancing -- keep at least six feet away from one another to the maximum extent possible.](#)

It is important to remember that stigma and discrimination occur when people associate an infectious disease, such as COVID-19, with a population or nationality. COVID-19 does not target people from specific populations, ethnicities, or racial backgrounds.

Should I wear a mask to protect myself from getting COVID-19?

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

The cloth face coverings recommended by CDC are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Monitoring, isolation and quarantine measures

How many people in Michigan have been diagnosed with COVID-19?

Updated results are available at [Michigan.gov/Coronavirus](https://michigan.gov/Coronavirus).

Why doesn't the state provide more details about the location and hospital of patients who test positive or are being treated?

The HIPAA Privacy Rule protects the privacy of patients' health information but also allows for some disclosures of information when necessary to protect the state's public health from immediate threats.

In an emergency situation, reasonable safeguards must remain in place to protect certain patient information against intentional or unintentional prohibited use. In most cases, reasonable efforts must be made to limit the information disclosed to that which is the minimum necessary to prevent the spread of a disease like COVID-19.

That often includes providing general information on patient's county or age, while not disclosing their exact location. Providing the minimum necessary information is also important for the overall safety and security of the patient, while protecting others' health.

What does it mean if someone is being monitored for COVID-19?

Public health monitors the health of people who could have been exposed to the virus.

MDHHS is receiving daily referrals about travelers from the CDC airport quarantine stations. Once MDHHS receives the referral, the information is provided to the local health department in the jurisdiction where the traveler resides. Local health department staff contact the individual, assess their risk and supervise daily for health monitoring (temperature, cough, difficulty breathing) for 14 days after their last day of exposure.

Why is it important to have quarantine and isolation measures for the COVID-19 outbreak?

- The COVID-19 outbreak has caused very severe illness in some individuals.
- There is no approved vaccine or medication to treat COVID-19 patients.
- Isolation and quarantine efforts seem to have reduced new COVID-19 transmission in other countries.

I think I was exposed, but I do not have symptoms.

What is the definition of close contact?

Close contact is defined as:

- a. Being **within** approximately 6 feet (2 meters) of a COVID-19 case for a **prolonged period of time**; close contact can occur while caring for, living with, visiting, or sharing a health care waiting area or room with a COVID-19 case
 - or –
- b. Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).

I have been around someone who is sick. Do I need to self-quarantine?

- ***If you were around them while they were showing symptoms:***
If you have been around someone who is sick with respiratory illness (cough, fever, shortness of breath) you should try to self-quarantine to the best of your ability (try to stay home and away from others).
- ***If you were around them and they were not yet showing symptoms:*** If you have been around someone who is currently sick with respiratory illness, but was not showing symptoms of illness while you were with them, it is not likely that you were exposed to the illness through them. You should monitor yourself for symptoms of respiratory illness (cough, fever, shortness of breath) and remember to practice good social distance.

I've been around someone who has been diagnosed with COVID-19. Do I need to self-quarantine?

- ***If you were not considered a close contact:***
In general, it is encouraged that people stay home right now, as much as possible. Of course, if you develop symptoms (cough, fever, shortness of breath), and are concerned about your health, contact your healthcare provider to discuss your symptoms.
- ***If you are a close contact:***
You should self-quarantine away from others for 14 days since the last day you had contact with that person. It is possible that your local health department will call you to discuss your risk, you can also reach out to your local health department. If you develop symptoms of respiratory illness (fever, cough, shortness of breath), and are concerned about your health, please call your healthcare provider.

Here is a reference sheet that includes [information on when is it safe to leave home if you have symptoms of COVID-19 or live with someone who does.](#)

Use of Cloth Face Coverings to Help Slow the Spread of COVID-19

How to Wear Cloth Face Coverings

Cloth face coverings should—

- fit snugly but comfortably against the side of the face
- be secured with ties or ear loops
- include multiple layers of fabric
- allow for breathing without restriction
- be able to be laundered and machine dried without damage or change to shape

CDC on Homemade Cloth Face Coverings

CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission.

CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others. Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cloth face covering without assistance.

The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

Should cloth face coverings be washed or otherwise cleaned regularly? How regularly?

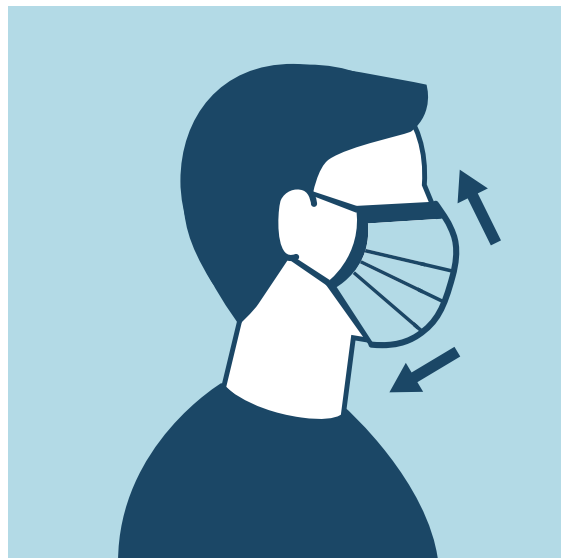
Yes. They should be routinely washed depending on the frequency of use.

How does one safely sterilize/clean a cloth face covering?

A washing machine should suffice in properly washing a cloth face covering.

How does one safely remove a used cloth face covering?

Individuals should be careful not to touch their eyes, nose, and mouth when removing their cloth face covering and wash hands immediately after removing.



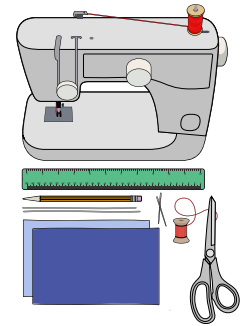
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Sewn Cloth Face Covering

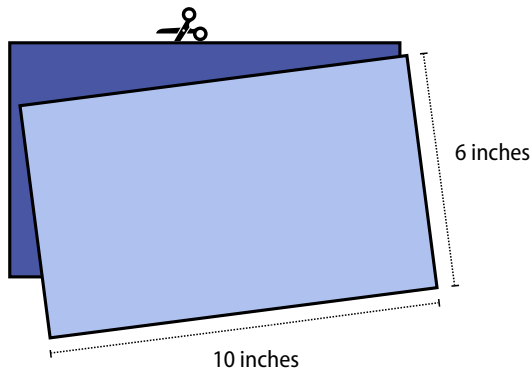
Materials

- Two 10"x6" rectangles of cotton fabric
- Two 6" pieces of elastic (or rubber bands, string, cloth strips, or hair ties)
- Needle and thread (or bobby pin)
- Scissors
- Sewing machine

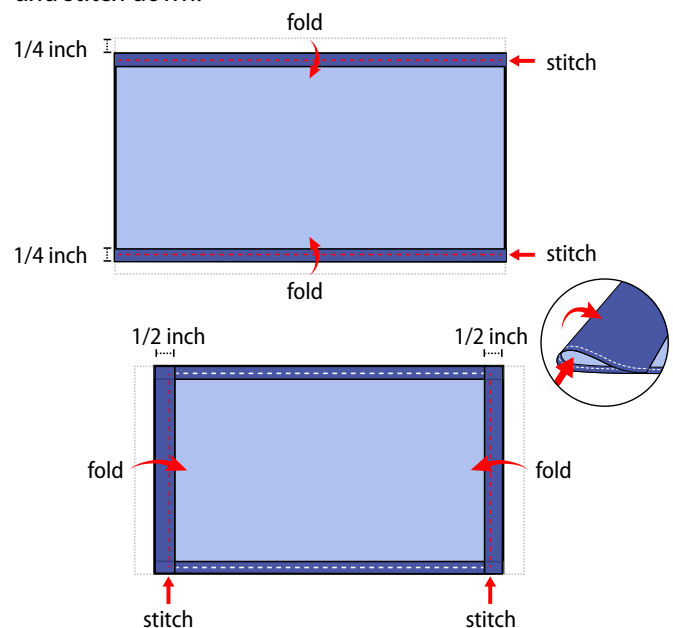


Tutorial

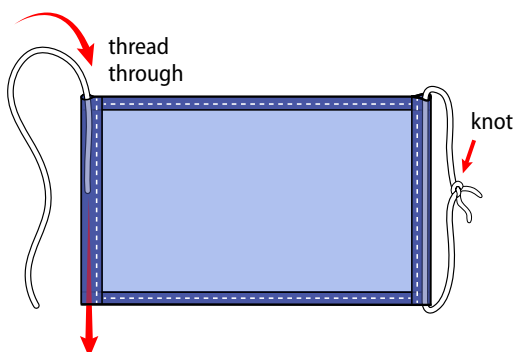
1. Cut out two 10-by-6-inch rectangles of cotton fabric. Use tightly woven cotton, such as quilting fabric or cotton sheets. T-shirt fabric will work in a pinch. Stack the two rectangles; you will sew the cloth face covering as if it was a single piece of fabric.



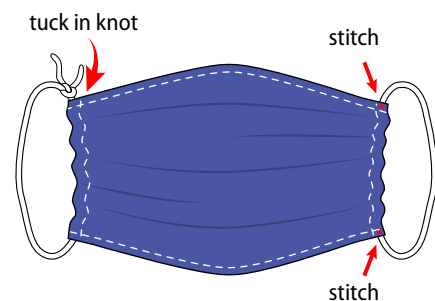
2. Fold over the long sides $\frac{1}{4}$ inch and hem. Then fold the double layer of fabric over $\frac{1}{2}$ inch along the short sides and stitch down.



3. Run a 6-inch length of $\frac{1}{8}$ -inch wide elastic through the wider hem on each side of the cloth face covering. These will be the ear loops. Use a large needle or a bobby pin to thread it through. Tie the ends tight. Don't have elastic? Use hair ties or elastic head bands. If you only have string, you can make the ties longer and tie the cloth face covering behind your head.



4. Gently pull on the elastic so that the knots are tucked inside the hem. Gather the sides of the cloth face covering on the elastic and adjust so the cloth face covering fits your face. Then securely stitch the elastic in place to keep it from slipping.

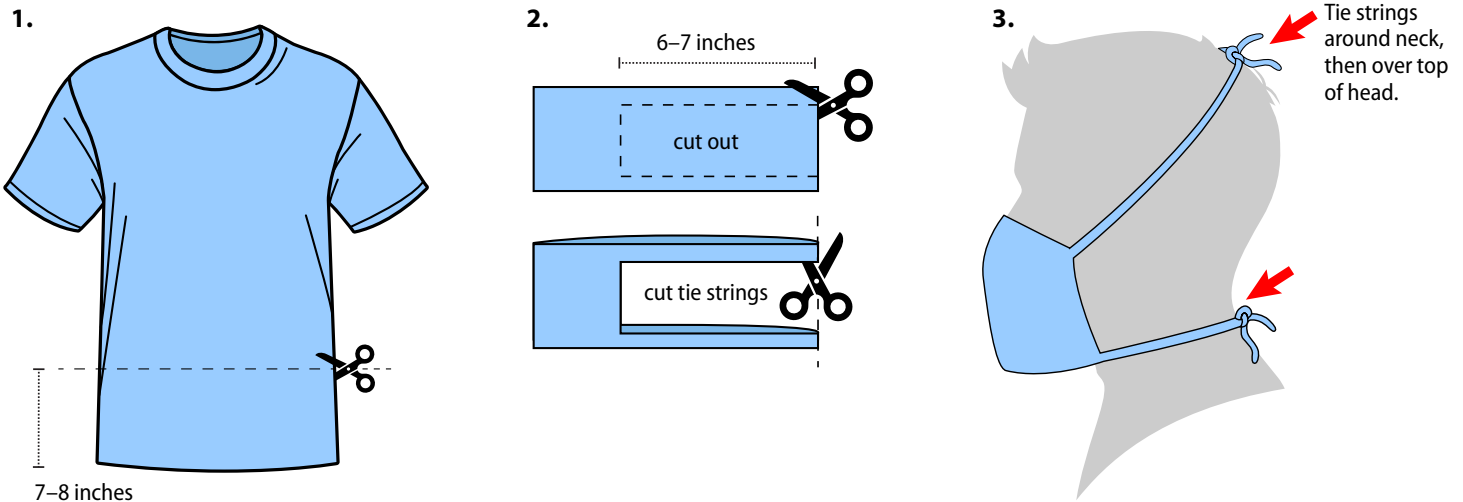


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial

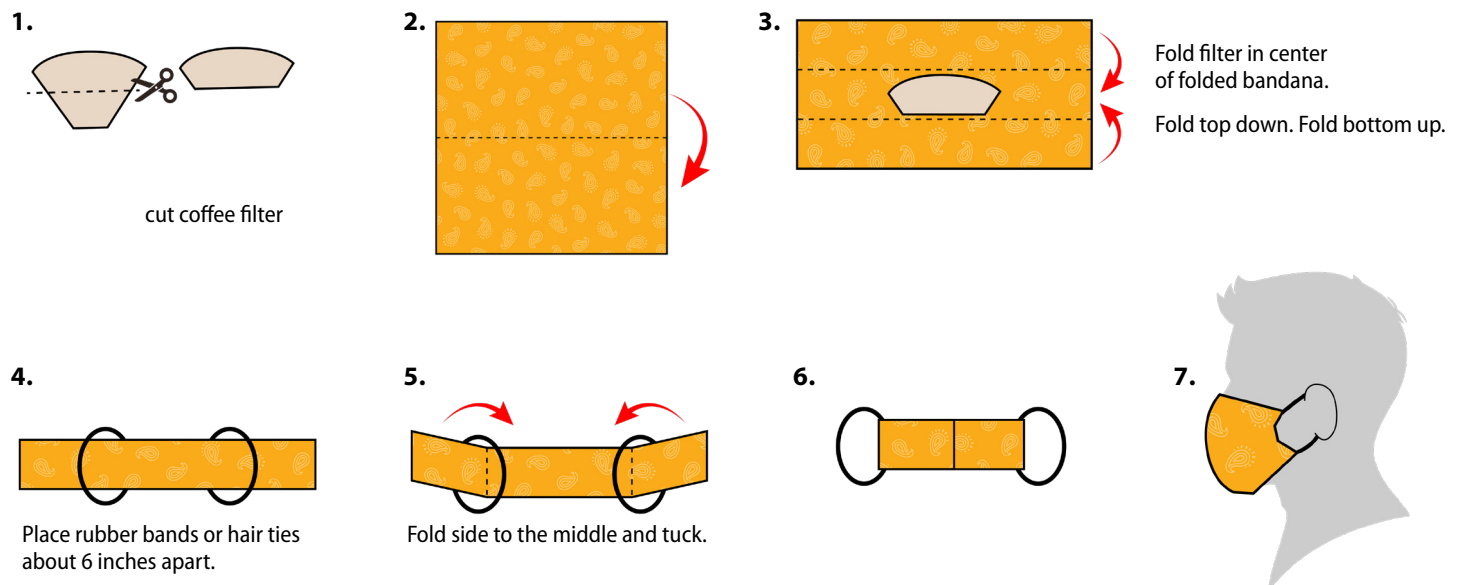


Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20"x20")
- Coffee filter
- Rubber bands (or hair ties)
- Scissors (if you are cutting your own cloth)

Tutorial



Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH





Normal body temperature chart

Body temperature readings vary [depending on](#) where on the body a person takes the measurements. Rectal readings are higher than oral readings, while armpit readings tend to be lower.

The table below gives the normal ranges of body temperature for adults and children [according to](#) a thermometer manufacturer:

Type of reading	0–2 years	3–10 years	11–65 years	Over 65 years
Oral	95.9–99.5°F (35.5–37.5°C)	95.9–99.5°F (35.5–37.5°C)	97.6–99.6°F (36.4–37.6°C)	96.4–98.5°F (35.8–36.9°C)
Rectal	97.9–100.4°F (36.6–38°C)	97.9–100.4°F (36.6–38°C)	98.6–100.6°F (37.0–38.1°C)	97.1–99.2°F (36.2–37.3°C)
Armpit	94.5–99.1°F (34.7–37.3°C)	96.6–98.0°F (35.9–36.7°C)	95.3–98.4°F (35.2–36.9°C)	96.0–97.4°F (35.6–36.3°C)
Ear	97.5–100.4°F (36.4–38°C)	97.0–100.0°F (36.1–37.8°C)	96.6–99.7°F (35.9–37.6°C)	96.4–99.5°F (35.8–37.5°C)

Normal body temperature readings will vary within these ranges depending on the following factors:

- Age and sex
- The time of day, typically being lowest in the early morning and highest in the late afternoon
- High or low activity levels
- Food and fluid intake
- For females, the stage in their monthly menstrual cycle
- The method of measurement, such as; oral (mouth), rectal (bottom), or armpit readings



Normal temperature in adults



A body temperature over 100.4°F (38°C) in adults indicates a fever.

A normal adult body temperature, when taken orally, can range from 97.6–99.6°F, though different sources may give slightly different figures.

In adults, the following temperatures **suggest that** someone has a fever:

- at least 100.4°F (38°C) is a **fever**
- above 103.1°F (39.5°C) is a high fever
- above 105.8°F (41°C) is a very high fever

Normal temperature in children

- A normal body temperature for children aged 3–10 ranges from 95.9–99.5°F when taken orally.
- Children tend to have similar body temperatures to adults.
- A normal body temperature for infants aged 0–2 years ranges from 97.9–100.4°F when taken rectally. Body temperature may rise a little when a baby is teething. The average body temperature of a newborn is **99.5°F**.



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stop the spread of germs

HELP PREVENT THE SPREAD OF RESPIRATORY DISEASES



Wash your hands often with soap and warm water for at least 20 seconds.



Clean and disinfect frequently touched objects and surfaces.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Cough and sneeze into your upper sleeve or cover your cough or sneeze with a tissue, then throw in the trash. Wash hands.



Stay home when you are sick, except to get medical care. Call ahead before you visit your doctor or emergency room.



Avoid contact with people who are sick.

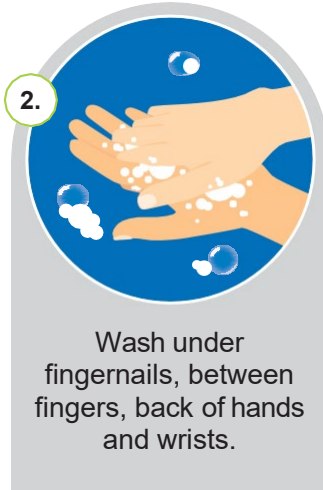
For more information: macombgov.org/COVID19



Hand washing

What You Need to Know

HAND WASHING STEPS



IN PUBLIC BATHROOMS

- Dry your hands with a single-use paper towel (or with hot air blow dryer).
- If towel dispenser has a handle, be sure to roll the paper down before you wash your hands. This helps to ensure that you will not pick up new germs from the handle.
- For hand-held faucets, turn off water using a paper towel instead of bare hands so you will not pick up new germs on your clean hands.
- Open the bathroom door with the same paper towel.

ALWAYS PRACTICE HEALTHY HABITS

- Cover your mouth and nose with a tissue when sneezing or coughing, or cough/sneeze into your upper sleeve. Immediately throw away used tissues, then wash hands.
- Teach and show children how to wash hands correctly.

When to wash hands

Wash hands after:

- Coughing, sneezing, or touching objects and surfaces. You can also use hand sanitizer with at least 60% alcohol
- Using the bathroom or helping a child use the bathroom
- Changing a diaper; wash the child's hands too
- Handling items soiled with body fluids or wastes such as blood, drool, urine, stool, or discharge from nose or eyes
- Arriving home from day care, friend's home, outing, or school
- Cleaning up messes
- Handling a sick child
- Touching an animal or pet

Wash hands before:

- Preparing or serving food
- Eating or drinking

The most important thing you can do to prevent the spread of illness is wash your hands often
Washing hands is more effective than hand sanitizer.



COVID-19 for Chronic Conditions

What You Need to Know

- Prepare medications – refill your prescription medicines or consider using a mail-order for your medications. Have over-the-counter medicines and medical supplies (e.g. tissues & thermometer) to treat fever.
- Stay home as much as possible.
- Wash your hands with soap and water for 20 seconds.
- Limit contact. Avoid crowds as much as possible.
- Stock up on supplies. Have enough groceries and household items, approximately 2-4 weeks. Prepare gradually and avoid panic buying.
- Take precautions. Set a plan in place to prepare in case you become ill.
- Educate yourself on COVID-19 from trusted sources.
- As much as possible, stay physically active to ensure good physical condition.

What to do if you feel ill?

1. Stay home and call your local health care provider.
2. Provide information on your chronic condition and list symptoms.

Trusted Sources of Information on COVID-19:

- **[cdc.gov](https://www.cdc.gov)**
- **michigan.gov/coronavirus**
- **macombgov.org/COVID19**
- **local news stations**



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COVID-19 for Older Adults

What You Need to Know

- Stock up on supplies.
- Take precautions to keep space between yourself and others.
- Educate yourself on COVID-19 from trusted sources.
- When you go in public, keep away from others who are sick, limit close contact, and wash hands often.
- Avoid crowds as much as possible
- Avoid cruise travel and non-essential air travel.
- Stay home as much as possible.
- Wash your hands with soap and water for 20 seconds.

What to do if you feel ill?

1. Stay home and call your local health care provider.
2. Provide information on your chronic condition and list symptoms.

Trusted Sources of Information on COVID-19:

- [cdc.gov](https://www.cdc.gov)
- michigan.gov/coronavirus
- macombgov.org/COVID19
- local news stations

CLEANING AND DISINFECTING HARD SURFACES



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What You Need to Know

What should be used to clean and disinfect hard surfaces?

When a surface is visibly dirty, wash with a general household cleaner (soap or detergent). Rinse with water and follow with a disinfectant. When a surface is not visibly dirty, clean with a commercial product that is both a detergent (cleans) and a disinfectant (kills germs). Wear disposable gloves. Make sure the disinfectant product you choose is registered with the United States Environmental Protection Agency (EPA) and includes an EPA registration number on it. For a list of EPA-registered disinfectants visit:

www.epa.gov/oppad001/chemregindex/html.

NOTE:

- Minimum disinfectant concentrations are needed for different bacteria/viruses and surfaces. In general, a bleach concentration of 200 parts per million (1 tablespoon of bleach in one gallon of water) is effective against many bacteria and viruses. Bleach solution of 1,000 – 5,000 parts per million (1/3 cup to 1 2/3 cups of bleach in 1 gallon of water) may be needed to be effective against Norovirus. For more detailed information visit the EPA disinfectant web page at: www.epa.gov/oppad001/chemregindex.html.
- When using chlorine bleach to disinfect surfaces, use an unopened bottle. Chlorine bleach loses its effectiveness 30 days after opening. A fresh bleach/water solution should be made daily. Spray or use a cloth to apply to surfaces and let stand for 10 minutes if possible. Rinse with clear water.
- Always follow label instructions carefully when using cleaners and disinfectants. Pay attention to hazard warnings and label instructions for using personal protective items such as household gloves.
- **DO NOT MIX DISINFECTANTS AND CLEANERS**

What surfaces should be cleaned and disinfected?

Hard surfaces that are touched often or by more than one person need to be cleaned and disinfected as explained above. Examples of hard surfaces include:

- | | | |
|---------------------|----------------------|--------------------------|
| • Countertops | • Tabletops | • Doorknobs/door handles |
| • Toys | • Desktops | • Chairs |
| • Bathroom surfaces | • Drinking fountains | |

Use sanitizer cloths on electronic items that are touched often. These items include computers, keyboards, computer mice, telephones, remote controls, light switches, door knobs and hand-held video games. Also use sanitizer cloths on car door handles, steering wheels, and gear shifts in vehicles.



FAMILY EMERGENCY PREPAREDNESS PLAN



Essential Components to be in place BEFORE an emergency:

- ☐ Designated meeting place just outside the home.
- ☐ Designated meeting place outside the neighborhood (other family member, friend, church, etc) in case family cannot return home.
- ☐ All family members know address and phone number of designated meeting place away from home.
- ☐ Out-of-town (or out-of-state) contact everyone in the family will use in case of a disaster to report in and check on each other.
- ☐ All family members know name, address, phone number, email address of the out-of-town family contact.
- ☐ Each family member has a list of emergency contacts including phone numbers and email addresses in their wallets/purses/backpacks. This list should include the out-of-town emergency family contact, family physicians, pastor, school principal, parents' supervisors at work, etc.
- ☐ Smoke alarms and fire extinguishers are in the home and working.
- ☐ Escape routes from the home are known by every family member.
- ☐ Escape routes are posted in plain sight in the home.

If Applicable:

- ☐ Arrangements have been made for pets: food, water, leashes, carriers, boarders, etc.
- ☐ School emergency plan has been checked and arrangements made.
- ☐ School has updated emergency contact information that is 3-deep (i.e., parents, 1st alternate, 2nd alternate for pick-up or sending children to in case of a disaster).
- ☐ School has appropriate signed authorization to release children to a family care giver other than the parents.
- ☐ Daycare provider emergency plan has been checked and arrangements made.
- ☐ Daycare provider has updated emergency contact information that is 3-deep.
- ☐ Daycare provider has signed authorization to release children to a family care giver other than the parents.



Health
Department

COVID-19 Resources

Additional information for health professionals, schools, long-term care facilities, churches and other organizations, can be found by visiting the agency pages listed below:

- Macomb County COVID-19 Information

macombgov.org/COVID19

- Centers for Disease Control and Prevention

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

- Michigan Department of Health and Human Services

<https://www.michigan.gov/coronavirus>

- Macomb County Health Department

<https://health.macombgov.org/Health-Programs-DC-Coronavirus>

- United States Environmental Protection Agency

<https://www.epa.gov/coronavirus>