



# TUSCOLA COUNTY HEALTH DEPARTMENT

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**Press Release: COVID 19 Be Prepared and Don't Panic**

Tuscola County Health Department is diligently working on response planning for COVID-19. We have plans in place and experience in responding to these types of outbreaks; including most recently H1N1 in 2009. We are following guidance from the federal Centers for Disease Control and Prevention (CDC), they're issuing health and hygiene instructions to the public, while stepping up their coordination with other agencies and other levels of government. We receive daily correspondence from MDHHS along with at a minimum weekly calls.

It is still uncertain when it will impact the United States, for how long, or the severity, and information is rapidly changing on a daily basis. Taking action early can help protect your health and those you care about. **Please Prepare and Don't Panic**

These measures will help decrease and slow the spread of infection, and reduce the impact on our community:

- Get your information from credible sources Center for Disease Control (CDC), MI Department of Public Health (MDHHS), your local health department and private physician or hospital.
- Practice good hand hygiene; wash hands regularly. Use alcohol based hand sanitizer (60% or more) if soap and water is not available.
- Stay home when you are sick (work, school, social gatherings, events, concerts, this includes Bingo nights, and faith-based activities anywhere people gather etc.)
- Clean all "high touch" surfaces everyday with household cleaning spray or wipes.
- **Cover coughs, sneezes; avoid touching your face.**
- Avoid sharing personal household items.
- If you are old enough for the pneumonia vaccinations you need to consider vaccination now. We know those who are 60 or older or have preexisting health conditions are the most at risk for serious infections and the highest mortality rates.
- Call ahead before going to the doctor or hospital if you are sick (most COVID-19 infections are not serious, be watchful of concerning symptoms like shortness of breath and prolonged fever).
- Plan now for caring for loved ones who may be sick or medically compromised; and how not to expose each other.
- Keep prescription medications filled and over the counter medications on hand.
- Maintain a good supply of non-perishable food items, including pet food.
- Plan ahead on daycare options if schools are closed.
- Talk to your employer on contingency plans for absenteeism, working from home, or other strategies for the continuation of operations.

This is the time to prepare make sure you have WASH your HANDS and keep hands away from your face. We do know that this virus is infects people the same way to catch the common cold or the flu.

Visit [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus); [www.michigan.gov](http://www.michigan.gov) or [www.tchd.us](http://www.tchd.us) for more information. Follow us on Facebook, you can also call our COVID-19 hotline at 989-673-8114 ext.187 (operational starting 3/6/2020).