

FOR IMMEDIATE RELEASE

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MONROE COUNTY HEALTH DEPARTMENT

Monroe County Health Department Latest Update on COVID-19 Response

Monroe, Mich. April 6, 2020, 3:30 p.m., Eastern Time Zone –

Update on (COVID-19 Cases) in Monroe County:

- The number of confirmed positive cases of COVID-19 in Monroe County is currently one-hundred twenty-two (122).
- The number of female cases is sixty-seven (67); the number of male cases is fifty-five (55).
- Overall percentage of cases by sex; female 55%, male 45%.
- Number of cases by age, followed by percent (rounded to nearest whole number) of cases by age:

Age 0-19	4 cases	3%
Age 20-29	10 cases	8%
Age 30-39	21 cases	17%
Age 40-49	20 cases	16%
Age 50-59	31 cases	25%
Age 60-69	21 cases	17%
Age 70+	15 cases	12%

Other Testing Updates:

- In the State of Michigan, there are 17,221 positive cases of COVID-19. Data on the number of positive cases by County in the State of Michigan can be found at: www.michigan.gov/coronavirus

“The COVID-19 outbreak is a stressful time for all of us. Fear and anxiety about the disease and social isolation can be overwhelming for adults and children,” said Ms. Kim Comerzan, Health Officer at the Monroe County Health Department. “Everyone reacts differently to stressful situations. Taking care of yourself and your stress will allow you the strength and energy to help care for your friends and family,” she added.

Stress and Coping: Things you can do to support yourself

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

For parents:

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared.

Not all children and teens respond to stress in the same way. Some common changes to watch for include

- Excessive crying or irritation in younger children

- Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors in teens
- Poor school performance or avoiding school
- Difficulty with attention and concentration
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

There are many things you can do to support your child:

- Take time to talk with your child or teen about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child or teen can understand.
- Reassure your child or teen that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- Limit your family’s exposure to news coverage of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities and relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Additional resources on stress and coping during the COVID-19 outbreak can be found at:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

https://www.michigan.gov/documents/ctf/CTFCOVIDPARENTGUIDE_685519_7.pdf

Hotlines for Information:

Monroe County Hotline Number: 734-243-8600
8:30 A.M. through 4:30 P.M. Monday through Friday

Public Health Professionals are staffing the County Hotline. Call volumes are high so please be patient as these calls are answered to provide the best guidance to our citizens.

Michigan Department of Health and Human Services hotline number: 1-888-535-6136
8:00 A.M. through 5:00 P. M., Daily