March 16, 2020

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 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.

- Practice healthy habits to avoid the spread of germs.
- Be prepared – have a plan of action in case there is an illness in the household or disruption of daily activities.
- Consider staying home – individuals at increased risk of severe illness (the elderly, people with a chronic condition should consider staying at home and avoid gatherings or other situations of potential exposure including travel.

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

Sincerely,

William J. Ridella
Director/Health Officer
What is Coronavirus Disease 2019 (COVID-19)?

Coronavirus Disease 2019, or COVID-19, is the disease caused by a new respiratory virus named SARS-CoV-2. COVID-19 was first identified in Wuhan, Hubei Province, China in December 2019.

What are the symptoms of COVID-19?

People diagnosed with COVID-19 have reported mild to severe respiratory illness 2 to 14 days after exposure. Symptoms include:

- fever
- cough
- shortness of breath

How is COVID-19 spread?

The virus is thought to spread mainly from person to person

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or possibly their eyes.

Has anyone in the United States gotten infected?


Am I at risk for COVID-19 infection?

This is a rapidly evolving situation and the risk assessment may change daily. The latest updates are available on CDC’s Coronavirus Disease 2019 (COVID-19) website.

Some people that may be at higher risk of getting very sick from this illness includes:

- Older adults
- People who have serious chronic medical conditions
  - Heart disease
  - Diabetes
  - Lung disease
Can I still travel to countries where COVID-19 cases have occurred?

For the most up to date information related to Coronavirus Disease 2019 Travel check out CDC’s travel page at https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area (https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html), there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don’t go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine or treatments?

There is not a vaccine or specific treatment recommended for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.

How can I help protect myself and others?

The best way to prevent infection is to avoid being exposed to the virus. The simple everyday actions you can take to help prevent the spread of flu and other illnesses can help prevent the spread of coronaviruses. These include:

- Stay home when sick.
- Washing your hands often with soap and warm water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Covering your nose and mouth with a tissue when you cough or sneeze, or cough/sneeze in your upper sleeve. Immediately throw away used tissues in the trash, then wash hands.
- Avoiding touching your eyes, nose, and mouth with unwashed hands.
- Avoiding close contact, sharing cups, or sharing eating utensils.
- Cleaning and disinfecting frequently touched surfaces, such as toys and doorknobs.
- Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Be prepared with the following supplies:
  - Maintain a two-week supply of water and food at home
  - Routinely check your regular prescription drugs to ensure that you won’t run out
  - Keep non-prescription drugs and other health supplies on hand
  - Get copies and maintain electronic versions of health records
  - Talk with family members about how they would be cared for if they got sick and what would be needed to care for them in your home
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory illnesses, including COVID-19.
Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include:

- FEVER
- COUGH
- SHORTNESS OF BREATH

*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.

For more information: [www.cdc.gov/COVID19-symptoms](http://www.cdc.gov/COVID19-symptoms)
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:

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

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

Medical News Today. Health Line Media 2020
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. Medical News Today. Health Line Media 2020
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: health.macombgov.org
Hand washing

What You Need to Know

**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

• Educate yourself on COVID-19 from trusted sources.
• 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.
• As much as feasible, keep physically active to ensure good physical condition.
• Have enough groceries and household items, approximately 2-4 weeks. Prepare gradually and avoid panic buying.
• Activate your social network. Contact family, friends, neighbors or community health care workers in advance and make joint plans on what to do when COVID-19 is spreading in your community or if you become ill.
• Follow instructions from national authorities on how to prepare for emergencies.
• Continue to practice general hygiene.

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
• michigan.gov/coronavirus
• health.macombgov.org
• local news stations
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
- michigan.gov/coronavirus
- health.macombgov.org
- local news stations
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
- Toys
- Bathroom surfaces
- Tabletops
- Desktops
- Drinking fountains
- Doorknobs/door handles
- Chairs

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.

health.macombgov.org
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.
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:

- Centers for Disease Control and Prevention

- 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