

Bay County Health Department

Coronavirus Key Talking Points

Services Bay County Health Department Offers Related to COVID-19

The Health Department is not currently testing for COVID-19.

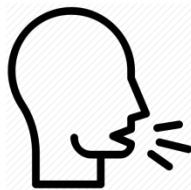
The BCHD will assist with monitoring and surveillance of suspect and confirmed cases of COVID-19. The BCHD refers to CDC and MDHHS recommendations and local public health expertise to provide guidance and recommendations for Bay County residents.

Please feel free to direct residents with questions regarding Coronavirus to call the Bay County Health Department at 989-895-4009 ext. 6. If no one answers, they will reach a voicemail that is being monitored and will receive a return call within 24 hours.

Symptoms of Coronavirus



Fever



Dry Cough



Difficulty Breathing

Questions regarding testing for COVID-19

The Health Department is not currently testing for COVID-19.

At this time, the only testing for COVID-19 is for those with symptoms severe enough to necessitate emergency medical care and admission to the hospital.

If someone reports symptoms of COVID-19

Mild Symptoms

1. If they report they have **mild symptoms consistent with COVID-19** instruct them to take preventive measures and do the following:
 - Stay Home – if in a home with other people keep to one room of the house and only have one person assist you.
 - Wash Hands often for at least 20 seconds.
 - Direct coughing and sneezing into a tissue or elbow.
 - Do not share ANY personal household items such as dishes, drinking glasses, towels, eating utensils etc.

- Clean and Disinfect frequently touched items every day with approved cleaner, see EPA list or use a solution of 1/3 cup bleach to 1 gallon of water.
- Wear a facemask when around other people or going to doctor.
- **If symptoms get worse, call your medical provider who will assess if medical care is needed. If you do not have a medical provider, contact an urgent care center.**

Severe Symptoms

1. Seek emergency care if symptoms are severe. Have friend or family member notify emergency room of your pending arrival.

If someone has NO symptoms of COVID-19

No Symptoms

- **If NO symptoms advise them to take prevention measure to avoid getting sick**
- Limit contact with people. Stay home as much as possible; avoid places with larger crowds or gatherings of people.
- If you do go out, maintain at least 6 feet of separation between you and Wash Hands often for at least 20 seconds – if soap and water are not available use hand sanitizer with at least 60% alcohol.
- Avoid Touching your eyes, nose and mouth.
- Clean and disinfect frequently touched surfaces daily with an approved cleaner, see EPA list or use a solution of 1/3 cup bleach to 1 gallon of water.

If living with or in contact with someone who is symptomatic but has not tested positive for COVID-19

Use preventive measures

- Keep the sick person to one room of the house and only have one person assist the sick person.
- Avoid touching your eyes, nose and mouth.
- **Wash Hands often for at least 20 seconds.**
- Direct coughing and sneezing into a tissue or inner elbow.
- **Do not share ANY personal household items such as dishes, drinking glasses, towels, eating utensils, etc.**
- **Clean and Disinfect frequently touched items every day with approved cleaner, see EPA list or use a solution of 1/3 cup bleach to 1 gallon of water.**
- Have the sick person wear a facemask when around other people or going to doctor.
- **Monitor yourself for symptoms – if you get symptoms follow guidance above for Mild or Severe Symptoms.**

If someone is living with or had direct contact with someone who tested positive for COVID-19

Use preventive measures

- **Self-Quarantine (Stay Home)** –Incubation period is 2 to 14 days. You must remain symptom free for 14 days before you can leave home.
- **Notify the Bay County Health Department, if not already notified.**
- Monitor yourself for symptoms – If you develop symptoms, continue to monitor and use preventive measures. If symptoms worsen, call your physician or urgent care to assess if you need medical care.
- Keep the sick person to one room of the house and only have one person assist the sick person.
- **Wash Hands often for at least 20 seconds.**
- Direct coughing and sneezing into a tissue or inner elbow.
- **Do not share ANY personal household items such as dishes, drinking glasses, towels, eating utensils, etc.**
- **Clean and Disinfect frequently touched items every day with approved cleaner, see EPA list or use a solution of 1/3 cup bleach to 1 gallon of water.**

When to Self-Quarantine and For How Long

Self-Quarantine (Stay Home) is necessary for someone who:

1. **Has had direct contact with someone who has tested positive for COVID-19.**
2. **Has returned from a Country identified as Country of Community Outbreak**
3. **Has returned from an identified Cruise ship, River cruise, or Colorado Ski resort**
 - Incubation period is 2 to 14 days. You must be symptom free for 14 days before you can leave your home.
 - Notify the Bay County Health Department, if not already notified.
 - Follow Preventative Measures as directed previously.

Travel Recommendations

It is highly recommended to suspend all travel plans.

If someone states their employer will not allow them to return to work because they traveled and their travel is not consistent with CDC travel recommendations for quarantine.

- Per CDC recommendation there are no restrictions on their return to work.
- Under Executive Order 2020-10, the Governor has extended unemployment benefits to workers who are sick or quarantined and do not have access to paid family and medical leave or are laid off.

If someone states they were sick but their employer will not allow them to return to work until they are tested

- At present, testing in Bay County is only available to persons who are severely ill and require hospital admission. Testing is unavailable to asymptomatic persons.
- Per public health guidelines, they can return to work once they have been without symptoms (i.e., fever, cough, etc.) for 72 hours, without use of a fever reducer (e.g., Tylenol) and at least 7 days have passed since symptoms first appeared.
- Under Executive Order 2020-10, the Governor has extended unemployment benefits to workers who are sick or quarantined and do not have access to paid family and medical leave or are laid off.

Key Recommendations for Prevention

In order to reduce the spread of COVID-19, please follow these recommendations from the Center of Disease Control:

- Wash your hands often with soap and water or use hand sanitizer.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Avoid handshakes.
- Avoid contact with people who are sick.
- Clean and disinfect frequently touched surfaces.
- IF YOU ARE SICK, STAY HOME.

Additional Resources

Bay County Health Department Webpage – www.baycounty-mi.gov/health

Bay County Health Department Facebook – <https://www.facebook.com/BayCountyHD/>

Michigan Department of Health and Human Services – www.michigan.gov/mdhhs/

CDC Website – www.cdc.gov

Bay County Government has a close partnership with the United Way of Bay County, so we also encourage the community to call **2-1-1** during this time if they need assistance or resources.