



District Health Department No. 4



www.dhd4.org

DHD4 Team: Alpena, Cheboygan, Montmorency and Presque Isle

- Medical Director: Dr. Meyerson, MD, MPH
- Health Officer: Denise Bryan, MPA
- Deputy Health Officer/Finance Director: Judy Greer
- Emergency Preparedness Coordinator: Matt Radocy
- Epidemiologist: Devin Spivey, MPH
- Nursing Supervisor: Hailey Black, BSN, RN
- Environmental Health Director: Kevin Prevost, RS
- Support Services/Finance Supervisor: Kendra Bartz
- Health Educator/PIO: Cathy Goike

The power of public health team: Nursing, Social Workers, Sanitarians, Secretaries, IT, Health Education, Dietician, Epidemiology, and our Board of Health Commissioners!

Public Health's Role

Emergency preparedness planning and response is not new to local health departments. Rather, it is a **core function**, one that local health departments provide and implement regularly. Whether H1N1; Ebola; Zika; Legionella; Measles; Influenza; SARS; West Nile and beyond, local health departments have confronted and mitigated a broad spectrum of communicable diseases.

Public Health Staff work to protect communities from exposure to the virus. These responsibilities include:

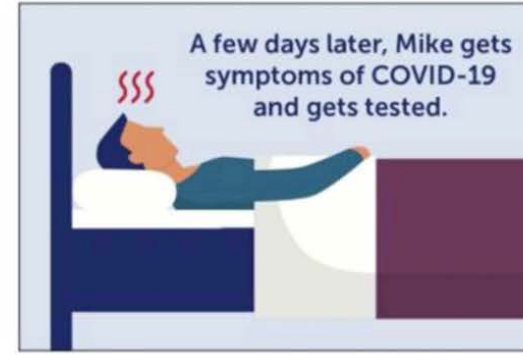
- Serve as communicable disease experts. During disease outbreaks, staff conduct investigations, contact tracing, monitor suspected cases, enforce isolation and quarantine protocols and help coordinate mass clinical services;
- Work hand in hand with the Michigan Department of Health and Human Services and the Centers for Disease Control and Prevention;
- Keep community members informed by providing up-to date information about the disease or outbreaks and the community impact, and recommendations for how best to protect your family from exposure.
- Serve as a vital partner with hospitals, clinicians, colleges, schools, businesses, community-based organizations and volunteer groups;
- Activate & mobilize emergency preparedness plans during an outbreak response;
- Assist & connect vulnerable or under resourced individuals to life sustaining resources like housing, nutritious meals, utilities and health or mental health services;
- Uphold state & local laws. Public Health law grants authority to local health officials to respond to disease threats. Michigan's local health departments are the only boots-on-the-ground entities legally responsible for the control of communicable diseases.

How contact tracing works

Mike and Melissa were at the same birthday party.



A few days later, Mike gets symptoms of COVID-19 and gets tested.



He tests positive for COVID-19.



County Public Health calls Mike to trace the places he has been and the people who have been in close contact with him.



They ask Mike questions and advise him on how to protect himself and others while he is sick.




The contact tracer who called Mike is not allowed to tell anyone that he may have exposed them to COVID-19 or that Mike gave them their information.



County Public Health contacts Melissa (and everyone else with whom Mike had close contact) to tell her she may have been exposed to COVID-19. They will contact her again if she tests positive.

They tell her how to get tested and how to quarantine.



While Melissa is quarantined for 14 days, two things could happen:

SHE TESTS POSITIVE OR DEVELOPS SYMPTOMS

She will need to:

- Isolate.
- Get medical help if needed.
- Provide a list of her close contacts and answer additional public health questions.



SHE DOES NOT TEST POSITIVE OR DEVELOP SYMPTOMS

If after 14 days, Melissa has no positive test or COVID-19 symptoms, her risk of getting sick from being around Mike, and her quarantine period, are over.















The process repeats until there are no new cases.



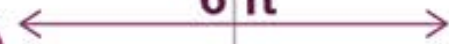
Answer the call!

Your help is the key to keeping our communities healthy and our economy open.




Chance of Transmission	Asymptomatic COVID-19 Carrier	Uninfected Person
HIGHEST		
HIGH		
MEDIUM		
LOW		
LOWEST		
PRACTICALLY NONE		

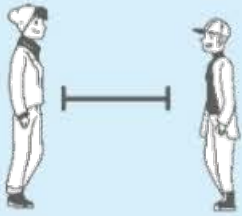
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Social distancing, self-monitoring, quarantine, isolation for COVID-19



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.

You may be asked 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 countries noted by the CDC (<https://wwwnc.cdc.gov/travel>) 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.

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Michigan Safe Start School Roadmap.

www.dhd4.org/covid19school

www.michigan.gov/coronavirus

www.cdc.gov/coronavirus

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