If you choose to travel to your seasonal home or return home from travel please abide by the following to help lower the risk of spreading COVID-19 in northern Michigan:

1. If you are sick, stay home.
2. If you have symptoms of COVID-19, contact your care provider for assistance.
3. All individuals traveling to seasonal homes or returning home from winter homes in other states should **self-quarantine for 14 days** upon arrival to your destination.
4. Following the 14-day self-quarantine period, please **obey the governor’s “Stay Home, Stay Safe” order** and do not go out unless it’s absolutely necessary.
5. ALL residents should adhere to the Governor’s “Stay Home, Stay Safe” order and only venture out to obtain essential supplies and services when absolutely necessary.

The increased population to the northern Michigan area puts a substantial strain on our communities as travelers seek supplies such as groceries and toiletries, as well as potentially needing health care in the event they become sick. During this public health crisis, many rural communities may not be equipped with personnel, supplies, or resources for a surge in population.

**SELF-QUARANTINE MEANS:**

- **TAKE PRECAUTIONS AS THOUGH YOU MAY HAVE THE VIRUS**
- **STAY AT HOME**
- **DO NOT INTERACT WITH THE PUBLIC**
- **DO NOT HAVE VISITORS**
- **MAINTAIN 6' DISTANCE FROM OTHERS IN YOUR HOUSEHOLD**
- **DO NOT SHARE ITEMS LIKE TOWELS AND UTENSILS**
- **ASK FOR HELP WITH GROCERY NEEDS FROM OTHERS OR HAVE THEM DELIVERED**

Additional and updated information can be found the Benzie-Leelanau District Health Department Website and our Facebook page or by calling our public information line 231-882-2197.
Community Connections is a FREE program offering connections to community resources for adults, children and families. Community Health Workers in your local health department will help you access community resources. Please call: 1-833-674-2159
Grand Traverse Regional HUB serving Grand Traverse, Benzie, and Leelanau.

If you need assistance finding food, paying housing bills, or other essential services, go to 211.org or dial 211 to speak with a community resource specialist in your area who will help with:
- food and nutrition programs
- shelter, housing and utilities assistance
- employment and education
- health care, vaccination and health epidemic information
- support groups for individuals with mental illnesses or special needs
- a safe, confidential path out of physical and/or emotional domestic abuse
- emergency information/disaster relief
- services for veterans
- addiction prevention and rehabilitation programs

Benzie County: https://bit.ly/BNZMutualAid
A community resource guide.

You can place your grocery order with Benzie Bus and they will deliver it, or get curbside pickup.

Leelanau County:
Check local grocery stores for delivery and pick up options.

Restaurants:
https://www.diningatadistance.com/traverse-city

COVID-19
Protect yourself and others

Local Hotline Numbers:
231-882-2197  BLDHD
231-935-0951  Munson TC
231-642-5292  NMHSI-Testing Site
888-535-6136  MDHHS

- Wash your hands often with soap and warm water for 20 seconds. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing
- Avoid contact with people who are sick
- If you are sick, stay home and avoid contact with others.
- Replace handshakes with a friendly wave from 6 feet away.
- Stay at least 6 feet away from others when in a public setting.

If you think you may have been in close contact with someone who has COVID-19, call the health department at 882-2197 and leave a message for the nurse.
About COVID-19: Prevention, Symptoms, Testing

1. What is Coronavirus disease 2019 (COVID-19)?
COVID-19 is caused by a new respiratory virus. In December 2019, the virus circulating in humans. It is important to take action because:
   - There is no approved vaccine or medication to treat COVID-19 patients.
   - Isolation and quarantine efforts seem to have reduced new COVID-19 transmission in other countries.
   - Reported illnesses have ranged from mild symptoms to severe illness and death.

2. What are the symptoms of COVID-19?
Symptoms may appear in 2-14 days after exposure to the virus. Common symptoms listed below. Most people that have been diagnosed with COVID-19 have at least two of the below symptoms:
   1. Fever
   2. Cough
   3. Shortness of breath
   4. Diarrhea
   5. Chills
   6. Sore Throat
   7. Changes in sense of taste/smell

If you develop emergency warning signs for COVID-19, get medical attention immediately. Emergency warning signs include*:
   - Trouble breathing
   - Persistent pain or pressure in the chest
   - New confusion or inability to arouse
   - Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

3. How do I monitor myself for symptoms?
Screen yourself for symptoms of respiratory illness such as cough, fever, shortness of breath, and monitor for non-respiratory systems listed above. If you develop symptoms and are concerned about your health, contact your healthcare provider. If you are under an isolation or quarantine order, you will need to report your symptoms to the local health department.
   - If your local health department or healthcare provider has instructed you to quarantine, stay home and away from others to the extent possible.
   - If the local health department has instructed you to isolate, you are required to stay home.
   - Under the Stay Home, Stay Safe Executive Order, everyone is required to stay home except for essential needs.

4. Are some people at greater risk for getting the virus?
COVID-19 is a new disease and there is limited information regarding risk factors for severe disease. Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:
   - People aged 65 years and older
   - People who live in a nursing home or long-term care facility

People of all ages with underlying medical conditions, particularly if not well controlled, including:
   - People with chronic lung disease or moderate to severe asthma
   - People who have serious heart conditions
   - People who are immunocompromised
   - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone
People caring being...People with liver disease

- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease

It is important to remember that stigma and discrimination occur when people associate an infectious disease, such as COVID-19, with a population or nationality. COVID-19 does not target people from specific populations, ethnicities, or racial backgrounds.

5. How does COVID-19 spread?
Health experts are still learning about how this new coronavirus spreads. The virus is thought to spread mainly from person-to-person:
- Between people who are in close contact (within about six feet) of an ill person.
- Through respiratory droplets produced when an infected person coughs or sneezes.
- It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it, then touching their mouth, nose or eyes.

What is considered a “close contact”?
Here are some examples of close contact:
- Caring for, living with or visiting someone who has COVID-19.
- Being near someone who has COVID-19 in a confined space if that person is not wearing a mask.
- Being coughed or sneezed on by someone who has COVID-19.

Close contact is defined as:
- a. Being within approximately 6 feet (2 meters) of a COVID-19 case for longer than 10 minutes.
- or
- b. Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on).

We do not know exactly how long is necessary for close contact to occur, but it is thought to be between 10-30 minutes.

6. Can someone spread the virus without being sick?
People are thought to be most contagious when they are most symptomatic (the sickest). Some spread might be possible before people show symptoms; there have been reports of this occurring with this new coronavirus, but this is not thought to be the main way the virus spreads.

7. Does the coronavirus live on surfaces?
More research is needed on how the virus that causes COVID-19 survives on surfaces, however, similar viruses are known to be able to survive on surfaces. The length of time the virus may live on a surface depends on the type of surface (e.g., hard, porous). This is why it is important to wash your hands frequently and disinfect frequently-touched surfaces often.

Should I disinfect my groceries?
We know that the virus that causes COVID-19 can live on surfaces, but in general, viruses like the one that causes COVID-19 are unable to survive on surfaces for long periods of time. There is currently no evidence of people getting sick after coming in contact with grocery products. There is likely no harm in disinfecting non-perishable items according to safe handling instructions of household cleaners. The best thing you can do is to wash hands your frequently, including after returning home from the store, after putting away groceries, and before cooking and eating.
8. **How can I protect myself from getting COVID-19?**
There are steps you can take to prevent spread of flu and the common cold that will also help prevent COVID-19, including:

- Wash your hands with soap and water.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoid contact with people who are sick.
- Stay home if you are sick and contact your healthcare provider.
- Keep at least six feet away from one another to the maximum extent possible.
- Frequently clean and disinfect high-touch surfaces such as tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If you are traveling, follow the CDC's guidance at CDC.gov/Travel.

9. **Should I wear a mask to protect myself?**
Even healthy people are now encouraged to wear a cloth face covering when in public. There are lots of cost-effective ways to make a covering for your face. The U.S. Surgeon General created a [video](#) to show you how to make coverings with materials you have around your house.

It is important to remember that medical face masks (like surgical masks and N95 respirators) must be saved for healthcare workers. Medical facemasks should be worn by:

- Healthcare workers
- People taking care of someone with COVID-19

If you are sick with respiratory illness, your healthcare provider may recommend that you wear a mask. This is to protect others from the risk of getting infected.

MDHHS has provided [guidance for the use of face coverings for the general public](#).

10. **I think I was exposed, what do I do?**
If you think you have been exposed to someone who is sick with COVID-19, you should stay home and away from other people. If you develop symptoms (cough, fever, shortness of breath, sore throat, chills, diarrhea, loss of taste/smell) you can be tested for COVID-19. You can contact your healthcare provider for testing or look for a testing site with the [Testing Site Look Up Tool](#). If you do not have a health care provider in the area, call either Northwest Michigan Health Services at 231-642-5292 or the Munson hotline at 231-935-0951. Both agencies have health care providers who can evaluate your condition and determine if testing is necessary.

If your local health department contacts you, you should follow their directions carefully.

*Information for more specific experiences can be found below based on the person you may have interacted with and if you were in close contact with that person.*

A) **I have been around someone who is sick. Do I need to self-quarantine?**
If you have been around someone who is sick with respiratory illness (cough, fever, shortness of breath) you should try to self-quarantine to the best of your ability (try to stay home and away from others). You should continue frequently washing your hands, covering your coughs and sneezes, and cleaning and disinfecting high-touch surfaces.

B) **I’ve been around someone who has been diagnosed with COVID-19. Do I need to self-quarantine?**

- *If you were not considered a close contact:*
  In general, it is encouraged that people stay home right now, as much as possible. Of course, if you develop symptoms (cough, fever, shortness of breath, diarrhea, sore throat, chills, loss of taste/smell), and are concerned about your health, contact your healthcare provider to discuss your symptoms.
• **If you are a close contact:**
  You should self-quarantine away from others for 14 days since the last day you had contact with that person. It is possible that your local health department will call you to discuss your risk, you can also reach out to your local health department. If you develop symptoms of respiratory illness (fever, cough, shortness of breath), and are concerned about your health, please call your healthcare provider.

C) **Someone in my household was exposed (as a close contact) to someone who tested positive for COVID-19. What should I do?**
  Have that person in the household self-quarantine for 14 days while monitoring for symptoms. Follow appropriate precautions for cleaning, hand hygiene, respiratory etiquette. If you receive any instructions from that person’s employer or the local health department, follow them carefully.

You should monitor yourself for symptoms of respiratory illness (cough, fever, shortness of breath, diarrhea, sore throat, chills, loss of taste/smell) and remember to practice good social distancing. If you develop any symptoms, you should self-isolate at home and contact a healthcare provider if you are concerned about your health.

11. **Who determines if someone is tested for COVID-19?**
  In Michigan, testing is available for everyone who needs it. However due to limited supplies, testing sites in Northern Michigan are generally only testing if you have symptoms. An order from your healthcare provider is required and must be faxed to the testing site.

12. **What do I do if I think I need to be tested for COVID-19?**
  If you have symptoms of COVID-19 (even mild symptoms), such as cough, fever, shortness of breath, diarrhea, chills, sore throat, changes in taste/smell) call your health care provider. If you don’t have a healthcare provider, call Northwest Michigan Health Services at 231-642-5292 or the Munson hotline at 231-935-0951. You must have an order to be tested.

13. **Where can I find a testing site near me?**
  If you need help finding a testing site, you can look for one with the [TestingSiteLookUpTool](#).

14. **I think I am an essential worker, can I get tested for COVID-19?**
  Anyone who is still physically showing up for work is considered an essential employee for the purposes of testing, and can be tested even if they do not have symptoms if there is a reason to do so. This includes a lot of people including healthcare workers, gas station attendants, childcare providers, grocery workers etc. Due to limited supplies, not all sites in Northern Michigan can test asymptomatic individuals and you must still have a physician order.

15. **When will I get my test results?**
  Test results typically take 2-3 days but may be longer depending on the volume of tests done and the lab performing the test. **Your healthcare provider or the health department will provide you with your results.** Due to privacy laws, laboratories, including the state lab (Bureau of Laboratories), will not be able to provide you with results over the phone, even if the test is conducted there.

  **If your symptoms get worse while you are waiting for results, contact your healthcare provider.**

16. **The pandemic is making me very anxious, stressed or depressed. Is there anyone I can call about mental health?**
  A lot of people are feeling anxious, stressed or depressed because of the pandemic – even people who have never worried about their mental health in the past. This is normal and there are resources to help you.
• You can call 2-1-1 to find resources in your local community.
• Everyone in Michigan is invited to use the Headspace app – free of charge. This is a mindfulness tool that may help you process what is happening around you.
• For people with existing mental health conditions who need extra support right now, you can call the Certified Peer Support Specialist Warmline. Call 1-888-733-7753 10 a.m. to 2 a.m. daily.

Help is also available 24/7 for everyone through:
• National Disaster Distress Helpline
  Phone: 1-800-985-5990 | Text: TalkWithUs to 66746
• National Suicide Prevention Lifeline
  Phone: 1-800-273-8255 | Text: TALK to 741741

17. What will happen if the local health department contacts me about COVID-19?
Local health departments and Michigan Department of Health and Human Services (MDHHS) will contact Michiganders who have tested positive and their contacts to check on health status, provide information about COVID-19, help identify needed services, and track the spread of this infection in your community. They need to speak with the person directly impacted by COVID-19. If that person is not available, they may ask to speak to a spouse, parent or other trusted person. The calls may come from area codes you do not usually receive calls from, but please answer/return calls even though you may not like to answer the phone if you don’t recognize a number.

Please also be on alert for scammers spoofing numbers from the local health departments (it appears as if the caller is calling from a recognizable number to encourage you to pick up the phone). MDHHS wants you to be aware that legitimate calls from the local health departments will not:
• Offer medication for treatment or prevention of COVID-19.
• Ask for Medicaid or other insurance information for billing purposes.
• Ask for personal financial information such as a social security number or driver’s license number.
I think I have been exposed to COVID-19, what should I do?

Close Contacts:

- I live with or am caring for someone with COVID-19
- Someone that has COVID-19 coughed or sneezed on me
- I think my coworker has COVID-19
- I think someone I know has COVID-19

You should self quarantine and monitor yourself for symptoms. The local health department may ask you to do so.*

Have you developed symptoms of respiratory illness such as **fever, cough, or shortness of breath**?

- **YES**
  - Are you having **severe symptoms** like difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse or bluish lips or face?
    - **YES**
      - Seek immediate medical attention.
    - **NO**
      - Contact your health care provider to discuss your symptoms.

- **NO**
  - Continue to monitor yourself for symptoms.

If your doctor decides you should be tested for COVID-19, your health care provider can order testing for you.

Health care provider takes a sample → Sample is sent to a laboratory for testing → Laboratory sends result to health care provider → Health care provider informs patient of result. The state health department will not provide results.

*Quarantine process for general public, does not specifically apply to health care workers.
When is it safe to leave home if you have symptoms of COVID-19 or live with someone who does?

Employers can’t retaliate against workers for taking time away from work under these circumstances. File a complaint with MIOSHA. Learn more at Michigan.gov/MIOSHAcomplaint.

For Me

I have been diagnosed with COVID-19.
Stay home for 7 days after you were tested or developed symptoms.

I have developed one or more symptoms of COVID-19.

After staying home for 7 days, have you been symptom-free for 3 days?

YES
You may leave if you are symptom-free.

NO
Stay home until 3 days have passed after all symptoms have stopped.

Close Contacts

I live with someone diagnosed with COVID-19.
Stay home for 14 days after your last contact with the sick person. Monitor yourself for symptoms.

I live with someone who has developed one or more symptoms of COVID-19.

You may leave if you are symptom-free.

How do I monitor myself?

Pay attention for COVID-19 symptoms:
- Fever
- Cough
- Shortness of breath

If you are concerned about your health or develop symptoms, contact your health care provider or urgent care.

Should I wear a mask?

If you or your close contact is symptomatic and you must leave home, you should cover your nose and mouth with a homemade mask, scarf, bandana or handkerchief.

*Process for general public, does not specifically apply to workers at a health-care facility, first responders (e.g., police officers, fire fighters, paramedics), and prison employees.
EMERGENCY ORDER (2020-3) FOR CONTROL OF EPIDEMIC/PANDEMIC
Required screening and social distancing measures at open businesses and operations subject to the Governors’ Executive Order 2020-59

This Emergency Order is made pursuant to Section 2453 of the Public Health Code, being MCL 333.2453.

Matters concerning the public health of the residents of Benzie and Leelanau Counties have been brought to the attention of the Benzie-Leelanau District Health Department Local Health Officer. The Local Health Officer has determined that controls are necessary to reduce transmission of COVID-19 to protect the public’s health of Benzie and Leelanau Counties based on the following facts:

1. A State of Emergency was declared March 10, 2020 with an Executive Order expanding the emergency declaration and declaring a State of Disaster on April 1, 2020 by Governor Whitmer and Michigan is under threat of a pandemic virus that has reached epidemic status in Michigan.
2. On April 2, 2020, an Emergency Order regarding the Governor’s Executive Orders was issued by Michigan Department of Health and Human Services Director, Robert Gordon, which declared COVID-19 an epidemic in the State of Michigan.
3. All Executive Orders (also called “EO”) of the Governor related to the Coronavirus and the Emergency Orders of the MDHHS Director are incorporated herein by reference.
4. COVID-19 and its effects have been detected within the jurisdiction and the surrounding area of the Benzie-Leelanau District Health Department.
5. Coronavirus, which causes COVID-19, is a communicable disease and can be transmitted from person to person.
6. The Coronavirus transmission is possible even though the infected person has no symptoms and is unaware of the infection.
7. In order to control and limit the spread of this communicable disease, it is necessary to prevent infected people from coming into contact with uninfected people. It is also imperative that critical infrastructure workers (hereafter, call “worker” or “workers”) be protected. In addition, the mandatory daily screening program, as described below, is consistent with and implements the recommendations of the Occupational Health and Safety Administration Guidance For Preparing Workplaces for COVID-19 which states that “prompt identification and isolation of potentially infectious individuals is a critical step in protecting workers, customers, visitors, and others at a worksite.”
8. Although healthcare workers and their employers are exempt from compliance with Part 1, Section b., Item ii in this Emergency Order, it is recommended that these parties reference the guidance issued in the memorandum dated March 20, 2020 as well as any subsequent guidance from Dr. Joneigh Khaldun, Chief Medical Executive of the Michigan Department of Health and Human Services.
It is hereby ordered that food service establishments and pharmacies, as defined in EO 2020-60, shall comply with EO 2020-60. All other businesses and operations remaining open under EO 2020-59 shall (a) only be conducting operations that require employees to leave their homes or places of residence for functions that are necessary to sustain or protect life or to conduct minimum basic operations as defined by EO 2020-59 and (b) comply with EO 2020-59. In addition, all such businesses and operations remaining open under EO 2020-59 shall take the following actions:

1) Develop and implement a daily screening program for all workers, who do not work from their residence.
   a) Screening criteria must include asking the worker the following questions and taking the following actions:
      i) Determine whether the worker is experiencing the following symptoms: fever, cough, shortness of breath, sore throat, diarrhea. Fever is defined as temperature of 100.4 degrees or higher as measured by a touchless thermometer if available, but a verbal confirmation of lack of fever is sufficient if a touchless thermometer is not available.
      ii) Determine whether the worker has had any close contact in the last 14 days with someone with a diagnosis of COVID-19. “Close contact” means someone identified as “close contact” by the local health department, a household member, or someone within 6 feet for 10 minutes or longer.
      iii) Determine whether the worker has engaged in any activity or travel within the last 14 days which fails to comply with Executive Order 2020-59 (COVID-19).
      iv) Determine whether the worker has been directed or told by the local health department or their healthcare provider to self-isolate or self-quarantine.
   b) A “yes” to any of the screening questions above requires the worker, who is not working from their residence, to be excluded from work:
      i) 3 days with no fever and 7 days since onset of first symptom.
      ii) 14 days if close contact of a diagnosed case of COVID-19 as described in 1(a)(ii).
      iii) 14 days following any activity or travel as described in 1(a)(iii).
   c) The business and operations remaining open under EO 2020-59 shall maintain written or digital documentation of the results for each worker, who is subject to the daily screening program that is described above. All written or digital documentation, which is required by this Emergency Order, shall be made available to the local health department or its authorized representative upon request.
   d) Exemptions:
      i) First responders, healthcare workers, law enforcement, EMS, health-related transportation workers and other essential healthcare workers are exempt from Part 1, Section b., Item ii.
      ii) Nothing in this order shall limit the operations of first responders, healthcare workers, law enforcement, EMS, health care related transportation workers and other entities that are involved in the mitigation of risk during this pandemic.
2. Develop and implement a plan to manage and control social/physical distancing (at least 6 ft spacing) for workers alongside one another and customers waiting in lines within or outside the business.

3. Limit capacity inside facilities to provide for social distancing of customers and between customers and workers including but not limited to visual markings and signage, entrance limits, and specialized hours.

4. Post this Emergency Order and maintain the posting of this Emergency Order at each entrance to the facility and additionally document distribution of this Emergency Order to all critical infrastructure workers.

5. No person shall knowingly engage in any action which facilitates or assists another person in violating Executive Order 2020-59.

6. This Emergency Order may be enforced by one or more of the following methods: (a) by injunctive relief as provided in MCL 333.2255, (b) criminal prosecution for a misdemeanor as provided in MCL 333.2243 and/or (c) any other civil or criminal procedure authorized by law. Except as provided by law, nothing in this Emergency Order shall prohibit this Health Department or a County Prosecutor from using more than one enforcement procedure. Prior to filing any pleadings pursuant to MCL 333.2255, the County Prosecuting Attorney or other legal counsel, who represents this Health Department, shall consult with the Health Officer and obtain authorization to commence such litigation. Prior to commencing criminal prosecution, it is recommended that the County Prosecuting Attorney or their staff consult with the Health Officer. The purpose of any consultation is to ensure that the Health Officer agrees that a violation of the applicable law, including any Emergency Order issued by the Health Officer, has been violated.

This Emergency Order shall become effective on April 28 at 12:00 (Midnight) and shall be effective until May 15, 2020 at 11:59 pm.

Lisa Peacock, Local Health Officer
Benzie Leelanau District Health Department
Benzie and Leelanau Counties, Michigan

04/27/2020
Date