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## PERSONAL HEALTH DIVISION

**For Immediate Release**

**July 8, 2021**

### **Everyday precautions, knowing symptoms can help curb spread of COVID-19 in our communities**

In order to help stop the spread of COVID-19, health department officials are reminding people to know the symptoms of the virus, stay home if they are sick, and to get tested after exposure.

“It is important to know the signs and symptoms of COVID-19 and take precautions to prevent and reduce community spread,” said Lisa Peacock, Health Officer. “We are also encouraging people to get tested if they think they have been exposed or have any symptoms so we can control the spread of the virus and keep our family, friends and neighbors safe and healthy,” she said.

People with COVID-19 have had a wide range of symptoms reported – [ranging from mild symptoms to severe illness](#). Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Older adults and people who have severe underlying medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness.

If you are sick with COVID-19 or think you might have it, take steps to help protect other people from getting sick. Visit the [Michigan Contain COVID-19](#) website to learn more about necessary steps to stop the spread. Getting tested is one of the steps to protect others from getting sick. Testing can also be found by visiting the [Michigan Test Finder](#) website.

The health department is requesting that residents who [test positive do the following](#):

1. Stay home unless you need to seek medical attention.
2. Call your close contacts to inform them of their exposure.
3. *If residents received a positive result from an over-the-counter (OTC) home COVID-19 test they must:*
  - a. Call the health department at 231-882-2197 to report the case.
  - b. Answer the return phone call from a health department nurse to complete case investigation, and
  - c. Receive any needed support and resources from the health department nurse.

Ultimately, the best way to stop the spread of COVID-19 is to get immunized, Peacock said. The health department continues to offer regular vaccination clinics across the two-county jurisdiction. Public health nurses are on site at these events and able to answer any questions that residents may have regarding the vaccines. All clinics are open to walk-ins or people can register by clicking on the clinic link below:

- **Tuesday, July 13th**
  - Suttons Bay Middle School Gymnasium, 310 S. Elm Street, Suttons Bay, MI 49682
    - Time: 10:00-12:00pm
    - Vaccine: Moderna, Janssen, and Pfizer (open to 12 or older, parent/guardian must accompany minor)
    - To schedule an appointment: [Click Here](#)
- **Wednesday, July 14th**
  - Crystal Cafe, 1681 Benzie Hwy, Benzonia, MI 49616
    - Time: 4:00- 6:00pm
    - Vaccine: Moderna, Janssen, and Pfizer (open to 12 or older, parent/guardian must accompany minor)
    - To schedule an appointment: [Click Here](#)

As of 4:00 p.m. today, the Benzie-Leelanau District Health Department is reporting:

- Total COVID-19 cases in the following counties: Benzie– 1,260, Leelanau– 1,261
- Active COVID-19 cases in the following counties: Benzie– 5, Leelanau– 1
- Recovered COVID-19 cases in the following counties: Benzie– 1,221, Leelanau– 1,244
- Confirmed COVID-19 deaths in the following counties: Benzie – 34, Leelanau– 16
- Hospitalized: 161 total; 1 currently

Starting this week, The State of Michigan is reporting new cases and deaths on Tuesdays and Fridays.

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