

## **Update on 2019 Novel Coronavirus (COVID-19) March 11, 2020**

As of March 11, 2020, Michigan has joined 38 other states in the U.S. reporting cases of Coronavirus COVID-19. There have been presumptive positive reports of two cases, one each in Wayne and Oakland counties. Both cases are currently hospitalized while the state awaits confirmation from CDC. No Coronavirus (COVID-19) cases have been confirmed in Monroe County.

The Monroe County Health Department continues to recommend prevention strategies. Handwashing is critically important to reduce the spread of illness, as is staying away from others when sick and practicing “social distancing.” Whenever possible in community settings or meetings, maintain a distance between people, approximately 6 feet. “We are anticipating additional guidance soon and will get that out to the public as soon as we can,” said the Monroe County Health Officer, Kim Comerzan.

“The Monroe County Health Department and local officials are relying on our community to work together to slow the potential spread of illness and refer to official sources of reliable information,” Ms. Comerzan added.

### **Response Actions**

Monroe County Health Department is working with health care providers to test individuals as needed. Individuals with concerns or symptoms should first call their health care provider with questions. Symptoms of COVID-19 include fever, cough, and/or shortness of breath. Remember that these symptoms may also be caused by other viruses, such as flu. Additionally, an individual without symptoms is very unlikely to test positive, even with possible exposure.

The Health Department continues to coordinate with federal, state, and local officials, as well as institutions, schools, and community organizations to be ready for additional actions and communications should we have local cases.

### **Prevention**

There is currently no vaccine to prevent coronavirus (COVID-19). The best way to prevent illness is to avoid exposure to this virus.

- **Wash your hands often**
  - Wash your hands often with soap and water for **at least 20 seconds** especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
  - Avoid touching your eyes, nose, and mouth with unwashed hands.
  
- **Avoid close contact with people who are sick.**

- **Stay home when you are sick**, except to get medical care. Call ahead before going to your health care provider.
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash. Immediately wash your hands.
- **Clean and disinfect**
  - Clean and disinfect frequently touched objects and surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
  - If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
  - A list of disinfectants for use against SARS-CoV-2 (the virus that causes the COVID-19 disease) is available [from the Environmental Protection Agency \(EPA\)](#). This list includes many commonly used products.

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Consult with your health care provider for more steps you may be able to take to protect yourself.

For additional information please contact: <http://www.cdc.gov/COVID19>

*Information current as of March 11, 2020*