

## Grand Traverse County COVID-19 Community Update

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As of 12 p.m. Sunday, March 15, there are still no confirmed cases of COVID-19 in Grand Traverse County.

Everyone in our community has the responsibility to help limit the spread of this disease through social distancing measures.

### What do Social Distancing Measures mean?

- Stay at least six feet away from others when in a public setting
- Replace handshakes with elbow bumps
- If you are sick, stay home, and avoid contact with others
- Avoid contact with people who are sick
- Help a neighbor, not your neighborhood

We still want to keep our community healthy. What can you do?

- Maintain healthy habits like going for walks, exercising, eating healthy, etc.
- Maintain your daily routine while balancing the needs of our community to help limit the spread of the disease

### State Hotline Available:

The Michigan Department of Health and Human Services (MDHHS) opened a statewide hotline to respond to health-related questions about coronavirus disease 2019 (COVID-19). The hotline is open seven days a week from 8 a.m. to 5 p.m. at 1-888-535-6136.

### City and County Services:

Many community services continue to operate to serve the needs of the public. BATA is taking extra measures to disinfect and clean the buses to ensure the safety of their ridership and our community. Parks are still open and county and city services are operating. Previously scheduled county, township and city meetings will continue to be held at this time.

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### BASIC PREVENTION MEASURES:

The best prevention for viruses, such as influenza, the common cold or COVID-19 is to:

- 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 elbow bumps.
- Stay at least six feet away from others when in a public setting.

Information around this outbreak is changing rapidly. The latest information is available at [gtchd.org](https://gtchd.org) at [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus) and [CDC.gov/Coronavirus](https://CDC.gov/Coronavirus).

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