

OAKLAND COUNTY HEALTH DEPARTMENT SCHOOL NURSE NEWSLETTER

April 19th, 2021



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The latest from the state:

Michigan Extends COVID-19 Rules, Expands Mask Mandate To Children

Children ages 2-4 are now included in the state's mask mandate beginning April 26. They had previously been exempt.



- **Joey Oliver, Patch Staff**
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Michigan has expanded its mask requirements to children as young as 2. (Shutterstock)

LANSING, MI — Michigan has expanded its mask requirements to children as young as 2, according to an epidemic order announced by the Michigan Department of Health and Human Services Friday.

The order also extends mask requirements, capacity restrictions and some size limitations on gatherings amid the ongoing coronavirus pandemic, according to a news release issued by the state.

Children ages 2-4 are now included in the state's mask mandate beginning April 26. They had previously been exempt from the state's mask mandates.

"Michigan continues to implement smart health policies and mitigation measures to fight the spread of COVID-19," MDHHS Director Elizabeth Hertel said in a statement Friday. "This includes the requirement to wear a mask while in public and at gatherings, limits on indoor residential social gatherings larger than 15 people with no more than three households, and expanded testing requirements for youth sports. Additionally, the most important thing people can do right now is to get the safe and effective COVID-19 vaccine to protect themselves and their families, and help us eliminate this virus once and for all."

The order extends the requirements for five weeks, expiring on May 24. The initial orders were set to expire on Monday.

Under the extended orders, [indoor residential gatherings in Michigan are limited to 15 people from up to three households](#). Outdoor gatherings can include up to 50 people.

Non-residential gatherings indoor and outdoor are restricted to 25 and 300 people, respectively.

"Expanding the mask rule to children ages 2 to 4 requires a good faith effort to ensure that these children wear masks while in gatherings at childcare facilities or camps," the state said in its release.

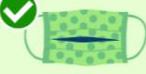
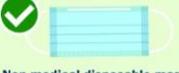
Health officials said that 29.5 percent of Michiganders 16 and older have been fully vaccinated for COVID-19 as of Friday, with 44 percent having at least received their first dose.

Dr. Joneigh Khaldun, Michigan's chief medical executive and chief deputy for health at MDHHS, said the state is well on its way to vaccinating at least 70 percent of adults, but added that she remains concerned about the state's COVID-19 data in recent weeks.

Mask up, Mask right

A face mask is defined as a tightly woven cloth or other multi-layer absorbent material that closely covers an individual's mouth and nose. There are other options to make the fit better (such as nose wire, mask fitter or brace). Here are some guidelines to help you choose the most effective face mask.

Recommended

-  **Masks that fit properly** (snugly around the nose and chin with no large gaps around the sides of the face)
-  **Masks with two or three layers**
You can also double mask (wear a cloth mask over medical)
-  **Masks made with tightly woven fabric** (i.e., fabrics that do not let light pass through when held up to a light source)
-  **Masks with inner filter pockets**
-  **Non-medical disposable masks** knotted and tucked properly for a tight fit
-  **Masks made with breathable fabric** (such as cotton)

Not Recommended

-  **Masks that do not fit properly** (large gaps, too loose or too tight)
-  **Masks with one layer**
-  **Masks made from loosely woven fabric or that are knitted** (i.e., fabrics that let light pass through)
-  **Masks with exhalation valves or vents**
-  **Masks made from materials that are hard to breathe through** (such as plastic or leather)
-  **Wearing a scarf/ski mask as a mask**

Need help getting a mask?

Residents can pick up a free mask from partner sites across the state, including most local MDHHS offices and Community Action Agencies. Find a distribution site or call the COVID-19 hotline at 1-888-535-6136.



"We are still very much fighting this pandemic and seeing concerning trends in new cases and hospitalizations," she said. "Michiganders need to be using every tool in our toolbox right now to get these cases and hospitalizations down. Just because something is open and legal does not mean you should be doing it. We all must continue doing what works to slow the spread of the disease by wearing masks, washing our hands, avoiding crowds and indoor gatherings, and making plans to get the safe and effective COVID-19 vaccine as soon as possible."

Michigan got some reinforcements in its battle against the virus, with [more than \\$6.3 million coming its way from the White House](#) to combat the spread of multiple COVID-19 variants. The original COVID-19 strain makes up about half of all cases across the U.S., officials said Friday. New and potentially dangerous strains of the coronavirus make up the other half.



Quarantine keeps someone who might have been exposed to COVID-19 away from others. It helps prevent the spread of disease that can occur before a person knows they are infected with a virus. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from the health department.

WHO NEEDS TO QUARANTINE?

People who have been in close contact with someone who has COVID-19 — excluding people who have had COVID-19 within the past 3 months.

People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months if they remain symptom-free. Those who develop symptoms again within 3 months of their first COVID-19 positive test may need to be [tested](#) again if no other cause is identified for their symptoms.

WHO IS A CLOSE CONTACT?

Someone who has had the following contact with a COVID-19 positive individual:

- Within 6 feet for a total of 15 minutes or more
- Provides care at home to someone who is sick with COVID-19
- Direct physical contact with the person (hugged or kissed them)
- Shared eating or drinking utensils
- Sneezed, coughed, or came in contact with the person's respiratory droplets

Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19.
- Watch for [symptoms](#) including fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.
- Maintain physical distance (at least 6 feet) from others (even family and roommates), especially those who are at [higher risk](#), at all times.

WHEN TO START AND END QUARANTINE

Even if you test negative for COVID-19 or feel healthy, continue to stay home (quarantine) since symptoms may appear 2 to 14 days after exposure.

SCENARIO 1: Close contact with someone who has COVID-19—will not have further close contact
 I had close contact with someone who has COVID-19 and will not have further interactions with the person while they are sick (e.g., co-worker, neighbor, or friend).

- Your last day of quarantine is 14 days from the date you had close contact.

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine.



SCENARIO 2: Close contact with someone who has COVID-19—live with the person but can avoid further close contact

I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate bedroom. I have had no close contact with the person since they isolated.

- Your last day of quarantine is 14 days from when the person with COVID-19 began home isolation.

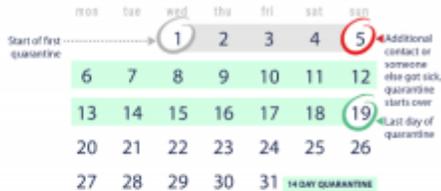
Date person with COVID-19 began home isolation + 14 days = end of quarantine.



SCENARIO 3: Under quarantine and had additional close contact with someone who has COVID-19
 I live with someone who has COVID-19 and started my 14-day quarantine period. I had close contact with the sick person during my quarantine or another household member got sick with COVID-19.

- Restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. Any time a new household member gets sick with COVID-19 and you had close contact, quarantine must begin again.

Date of additional close contact with person who has COVID-19 + 14 days = end of quarantine.



SCENARIO 4: Live with someone who has COVID-19 and cannot avoid continued close contact.
 I live in a household where I cannot avoid close contact with the person who has COVID-19. I provide direct care to the person who is sick, don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

- Avoid contact with others outside the home while the person is sick, and quarantine for 14 days after the person who has COVID-19 meets the criteria to end home isolation.

Date the person with COVID-19 ends home isolation (minimum of 10 days + 14 days = end of quarantine).



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Where to find COVID vaccine appointments in Michigan

CHAD LIVENGOOD



REPRINTS



Nic Antaya for Crain's Detroit Business

The long wait for a COVID-19 vaccine is almost over for Michigan residents who want the shot that public health experts say is vital to ending the pandemic.

The proverbial floodgates are about to [open on April 5](#) when any resident over age 16 becomes eligible to officially get in line for a vaccine from Pfizer, Moderna or Johnson & Johnson.

But in many places, the gatekeepers aren't holding back from putting shots in arms.

Retail pharmacies including Rite-Aid, Walgreens, CVS, Kroger, Meijer and Walmart are operating with varying degrees of screening ahead of Monday, when any adult over age 50 and any person over age 16 with a disability or underlying health condition becomes eligible.

Snagging an appointment with one of the chain pharmacies requires a certain degree of mobility as appointments become available at places such as a Rite-Aid in Lambertville or a Walgreens store in Midland.

Some hospitals, such as St. Joseph Mercy Oakland Hospital in Pontiac, have created ["rapid stand-by" lists](#) for individuals to get vaccinated within a 20-minute notice.

Otherwise, there are three main routes to becoming inoculated against the coronavirus that causes COVID-19:

- Get on a county health department's waiting list (which may be prioritized based on age, occupation and health conditions)
- Get on a hospital system's waiting list
- Or get in line for the Meijer-operated mass vaccination clinic at Ford Field that [opens March 24](#).

The FEMA-authorized clinic at Ford Field plans to administer up to 6,000 vaccine shots per day for eight weeks. To register, go on [Meijer's website here](#), text EndCOVID to 75049 or call the state's COVID-19 vaccine hotline at 888-535-6136 (press 1).

Starting April 2, the Oakland County Health Division is launching its own mass vaccination clinic at United Wholesale Mortgage's sports complex in Pontiac. The county health department is taking advance registrations [on its website](#) to save a spot in line at the UWM facility.

Following are links to health systems, health departments and pharmacies offering COVID-19 vaccines in Michigan:

HEALTH SYSTEMS

Beaumont Health

Beaumont has launched a ["save your spot" program](#) that requires registering for a free MyChart digital medical records account.

Phone: 800-592-4784

Detroit Medical Center

Phone: 888-362-2500

Henry Ford Health System

Phone: 800-436-7936

St. John's Ascension and Ascension Michigan

Phone: 866-501-3627

Trinity Health

[St. Joe's vaccine appointments](#)

[Mercy Health vaccine appointments](#)

Sign up for text and email updates on vaccine availability [here](#).

Michigan Medicine (formerly University of Michigan Health System)

Phone: 734-936-4000

Garden City Hospital

Phone: 734-458-3300

Munson Healthcare

ProMedica

Spectrum Health System

Phone: 616-391-1774

McLaren Health Care Corp.

Phone: 810-342-1100

Sparrow Health System

Phone: 517-364-1000

John D. Dingell VA Medical Center (Detroit)

Phone: 313-576-1000

Veterans Administration medical facilities in Michigan are administering vaccines to any military veteran.
Call 800-406-5143

RETAIL PHARMACIES

Meijer pharmacies (not Ford Field)

Text COVID to 75049 for text message updates

Call your **local** Meijer pharmacy to register by phone

CVS

Rite-Aid

Kroger

Walmart

Walgreens

Costco

Sam's Club

AGGREGATOR SITES

These aggregation websites can help you search multiple pharmacies and multiple areas:

- [FindAShot.org](https://findashot.org) (easier way to search for shots at Rite Aid stores across the state)
- [GoodRx](https://www.goodrx.com) (text message alerts for vaccine appointments near your ZIP code)
- [VaccineFinder](https://www.vaccinefinder.org) (includes independent pharmacies)
- [Detroit Area Vaccine Hunters](https://www.facebook.com/DetroitAreaVaccineHunters) (Facebook group where people post real-time information about available appointments)

LOCAL HEALTH DEPARTMENTS

Detroit Department of Health

Detroit's eligibility includes any resident over age 50 with a chronic medical condition; manufacturing workers who live or work in the city; grocery, meat-packing, food or beverage workers living or working in the city

Phone: 313-876-4000

Wayne County Department of Health, Veterans & Community Wellness

Health care practice vaccination request [form](#)

Phone: 734-727-7000

Oakland County Health Division

County residents can save their spot for a vaccine shot [here](#); or remove themselves from the line [here](#).

Phone: 248-858-1280

Macomb County Health Department

Phone: 586-463-3750

Washtenaw County Health Department

Phone: 734-544-6700

Livingston County Health Department

Phone: 517-546-9850

Lapeer County Health Department

Monroe County Health Department

Lenawee County Health Department

Vaccine interest form

Phone: 517-264-5226

Kent County Health Department

Phone: 616-632-7100

Genesee County Health Department

Phone: 810-257-3612

Ingham County Health Department

Phone: 517-887-4311

Jackson County Health Department

Phone: 517-817-4469

Health care workers can call 517-788-4420 (press 9) or email JCHDCOVID@mijackson.org to schedule an appointment

Branch-Hillsdale-St. Joseph Community Health Agency

Phone: 517-437-7395

Muskegon County Health Department

Senior citizen sign-up [form](#)

Essential worker [form](#)

Ottawa County Department of Public Health

Phone: 616-396-5266

Kalamazoo County Health & Community Services Department

Phone: 269-373-5200

Saginaw County Health Department

Vaccine registration for businesses and organizations

Phone: 989-758-3800

St. Clair County Health Department

Phone: 810-987-5300

Shiawassee County Health Department

Phone: 989-743-2355

Marquette County Health Department

Phone: 906-475-7844

General contact information for additional county health departments can be found on the [Michigan Department of Health & Human Services' vaccine website](#).

Residents who don't have access to the internet or who need assistance navigating the vaccine scheduling process can call the state COVID-19 Hotline at 888-535-6136 (press 1), 8 a.m.-5 p.m. Monday-Friday, 8 a.m.-1 p.m. Saturday and Sunday or call 2-1-1.

<https://www.crainsdetroit.com/coronavirus/where-find-covid-vaccine-appointments-michigan>



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FRIENDLY REMINDER FROM YOUR NURSES

This week your school nurses were able to link cases in the district to households who had a symptomatic adult in the house who delayed testing. Creating a situation where the student become symptomatic and eventually tested positive. This delay of testing increases exposures and number of quarantined staff and students. Please test any household member as soon as symptoms arise. When in doubt, call the school nurse. Appropriate testing will help keep COVID out of our schools. Let's keep moving forward to healthier days ahead.



Oakland County Health Department Nurse On Call:

M-F 8a-6p;

Saturday 9a-12p

1-800-848-5533

TESTING:

Testing allows our Health Division to monitor the virus in our community and keep us safe and open. Testing is available at no cost for all residents age 18 and older with or without symptoms. Children 4-17 years old. Child must have symptoms of COVID 19 and be a resident of or attend school in Oakland County

Appointments only

SAME DAY APPOINTMENTS ARE NOT AVAILABLE

Monday through Friday

1-800-848-5533

Register for Oakland County's COVID 19 Newsletter by following this

link: www.oaklandcountyvaccine.com or text **OAKGOV COVID** to 468311

