

November 23, 2020

# LAKE ORION COMMUNITY SCHOOLS

## SCHOOL NURSE NEWSLETTER



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MI COVID Alert is a free app for your mobile phone. It will help us to notify each other and slow the spread of coronavirus (COVID-19) in Michigan. Using the MI COVID Alert app along with the existing public health measures will help us all stay safe when we meet up, socialize, work or travel.



USE YOUR DEVICE  
TO FIGHT COVID.

Help protect your community and stop the spread of COVID-19.

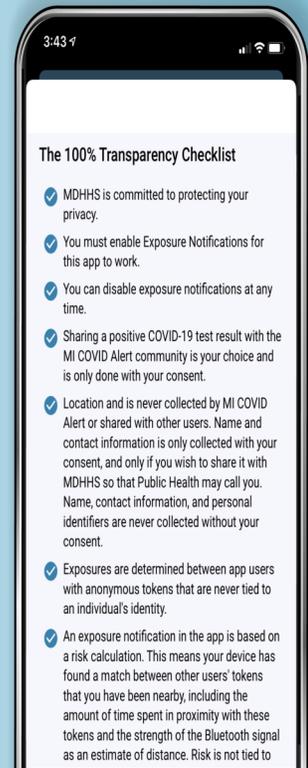
Get notifications if someone you have been near tests positive for the virus.



Download MI COVID Alert and turn on Exposure Notifications so you can be notified if it's likely you've been exposed.

YOUR PRIVACY IS PROTECTED.

No personal information is ever collected or shared.



## WHAT IS CONTACT TRACING?

Contact tracing is a tool that can help slow the spread of infectious diseases, such as coronavirus disease 2019 (COVID-19). In communities using contact tracing, clinics, labs and hospitals send the names of people who have recently been diagnosed with COVID-19 to their local health department.

The health department asks each person with COVID-19 about people with whom they've recently had close contact. Health department officials then quickly (usually within 24 hours) alert people who are close contacts that they may have been exposed to the COVID-19 virus. Officials don't share the name of the person who may have exposed them. This makes the contact tracing process anonymous and confidential.

The sooner health officials can alert close contacts, the lower the risk of the COVID-19 virus spreading further. But not all health departments have enough staff to do contact tracing. Some areas are researching and experimenting with contact tracing apps that can be used. They also research how they can maintain and protect the privacy of individuals who use the apps. The hope is these apps can make it faster and easier to find and notify people who've been exposed to the COVID-19 virus. <https://www.mayoclinic.org/diseases-conditions/coronavirus/expert-answers/covid-19-contact-tracing/faq-20488330>

**ANSWER THE CALL**  
If you get a call from the health department, keep your family and friends safe by answering the call. To break the chain of infection, we're calling anyone who has been exposed to coronavirus. The process is called contact tracing and it has been used to control diseases for decades. But you have to answer the phone for it to work.

**IF YOU TEST POSITIVE**  
If you test positive for COVID-19, you'll be asked to stay home to stop the spread of the virus. The health department will provide information about how to keep you and your loved ones safe while you recover. They'll also ask for a list of people you were within six feet of for more than 10 minutes during the two days before you had symptoms.

**REACHING OUT TO YOUR CONTACTS**  
Then the health department will reach out to anyone you've been in contact with to contain the spread of the virus. Contacts are given information to understand their risk and how to keep others safe. They're asked to stay home, monitor themselves for illness, and seek help if they become ill.

**YOUR IDENTITY PROTECTED**  
We will not release your name to anyone we call, including your contacts. We will never ask for personal identification, like your social security number, driver's license or credit card information.

If you need medical care, call ahead to let the doctor's office, hospital or 911 know you might have coronavirus so they can take the appropriate precautions to keep you and their staff safe. Avoid ride shares, taxis and public transport.

**MI COVID HELP**

**MI DHHS**  
Michigan Department of Health & Human Services

### RESOURCES

**Oakland County Health Department Nurse On Call: M-F 8a-6p; Saturday 9a-12p**

**1-800-848-5533**

**OCHD/Beaumont's Safe for School Hotline:**

**M-F 5a-8a**

**1-248-551-4242**

### 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**

**Call 1-800-848-5533 to make an appointment.**