



# Central Michigan District Health Department

*Promoting Healthy Families, Healthy Communities*



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Dear Parents and Guardians,

As you are likely aware, a new strain of coronavirus called SARS-CoV-2 has been causing more and more cases of an illness referred to as COVID-19 in many places of the world. For most, it is like a common cold; however, some have been much sicker and a small percentage have died. So far, no cases have occurred in Michigan, but we are preparing and watching the situation very closely. Your school district is working closely with us at the local health department, as well as the state health department, their local Regional Education Service District/Intermediate School District, and the Michigan Department of Education to be prepared in case this situation worsens.

At this time, the risk of COVID-19 to the general public in Michigan is very low. It is still important to practice everyday illness prevention to help us all stay healthy.

**The everyday prevention recommendations are:**

- Stay at home when you are sick.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth, especially with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds.
  - Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash.
  - Use your sleeve or inner elbow if a tissue isn't available.
- Clean and disinfect frequently touched objects and surfaces using a household disinfectant spray or wipe, or a mixture of 2 Tbs. bleach in a gallon of water.

Washing hands often and covering coughs and sneezes can help prevent the spread of illness. Please encourage your children and family members to practice these habits as they truly are important.

Further updates will be provided as the situation changes. Additional resources can be found at <https://www.cmdhd.org/novel-coronavirus> as well as [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus) and [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

To Your Health,

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Medical Director  
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*Please visit us at our website [www.cmdhd.org](http://www.cmdhd.org)*