



Community • Independence • Empowerment

Date: March 12, 2020
From: Wanda Brown, RN, MSN & Heidi Oberlin, RN, MPH
To: ISK
Re: Coronavirus Update

The Leadership of Integrated Services of Kalamazoo continues to coordinate with federal, state and local entities for guidance and preparation to address the Coronavirus (COVID-19) Pandemic. We want to stress the importance of receiving updates and information from science based, factual and reliable sources. ISK is working diligently to share timely, accurate information without causing unnecessary stress and alarm. We have created a factual/science-based document that you are encouraged to use and share with consumers, staff and the community.

- As of March 10, at 12:00pm, the Centers for Disease Control and Prevention (CDC) reported 647 cases of COVID-19 from 36 states (includes District of Columbia), with a total of 25 deaths. Eighty-three of these cases are travel-related; 36 are believed to be person-to-person spread; and for the remaining 528 the source of exposure is still under investigation.
- To date, there are two presumed positive cases of novel coronavirus (COVID-19) in the State of Michigan.
- There are no cases in Kalamazoo County.
- The criteria for testing has expanded, and testing can now be completed at the state level and through commercial laboratories. Testing is currently available at the Michigan Department of Health and Human Services (MDHHS) lab and other commercial labs. Testing requires a health care provider's approval. Health care providers should contact the Kalamazoo County Health & Community Services Department if ordering a COVID-19 test.
- While the risk of COVID-19 remains low locally, we are prepared to respond immediately should a potential case come to Kalamazoo County. ***The situation locally may change quickly.*** The Kalamazoo County Health & Community Services Department (HCS) and your local Kalamazoo County Officials are relying on our community to continue practicing good, basic prevention strategies, like handwashing, and referring to official reliable sources of information for updates and guidance.
- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.
- Older adults over the age of 60 and people with chronic medical conditions have an increased risk for serious illness from COVID-19. If you are at a higher risk of getting sick from COVID-19, you should take everyday precautions to keep space between yourself and others. When you go out in public, keep away from others who are sick, limit close contact and wash your hands often. The CDC is recommending for higher risk individuals to avoid crowds as much as possible and to avoid cruise travel and non-essential air travel.

All individuals should take the following necessary precautions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Follow the Centers for Disease Control and Prevention's (CDC) recommendations for using a facemask.

- **CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.**
- Facemasks should be used by people (consumers or staff) who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Face mask are currently available at the front desk of the following ISK buildings: Alcott, Oakland, 201, 418, & 615

Cleaning and Disinfecting Tips:

- Clean waiting/interview rooms with disinfectant wipes/spray throughout the day. This includes all touchable surfaces including counters, chairs, end tables, pens, signature pads, toys, public used phones, etc.
- Magazines/books should probably be removed from waiting rooms until further notice; they often are hard to clean and contain many germs.
- When using disinfectant wipes/cleaning products please read the directions before use. Many of the cleaning products that are sprayed must stay wet on a surface for 3 to 10 minutes and air dry to be most effective. Foam disinfectants are another effective product to consider for cleaning.

ADDITIONAL RESOURCES & INFORMATION

This situation may change quickly. Refer to these sites for current information:

- ✓ Kalamazoo County updates: www.kalcounty.com/hcs/covid19.php
- ✓ Michigan updates: www.michigan.gov/coronavirus
- ✓ National updates: <http://www.cdc.gov/COVID19>

<https://www.cdc.gov/coronavirus/2019-ncov/infection-control/control-recommendations.html>