

Dear County Employees,

As promised we are striving to continue to get out communications To you, the media, community partners, and the general public. I continue to emphasize that you should seek information from sources like the hd.ingham.org webpage where you will also find links to the MDHHS website as well as the CDC website Misinformation and rumors continue to complicate our response and our ability to help you, our partners, and the public remain calm during this stressful time.

I have had conversations with facilities about cleaning, with department heads about protecting employees and those we serve, and with some of you about your concerns.

Below is some information we've been sharing broadly. Please excuse my copy and paste from a media story. We held a press conference on Friday. One of the stories was very thorough in conveying much of what I said regarding your ability to protect yourself at this time That advice is applicable to Coronavirus as well as flu, because it is also still flu season which has impacted children particularly hard this year.

You can find the full story in the City Pulse <https://lansingcitypulse.com/stories/officials-coronavirus-spread-highly-likely-in-greater-lansing,13931>

“1. Wash your hands.

Vail cautioned residents to wash their hands with soap and water for at least 20 seconds — or like you've been chopping jalapeno peppers and need to put in contacts. At the very least, use some hand sanitizer.

2. Stay home if you're feeling sick.

Vail also encourages employers to be flexible about sick leave policies in the interest of public safety.

3. Clean and disinfect commonly touched surfaces.

Doorknobs, lightswitches, office printers, cell phones — all of them. Keep them clean, Vail said.

4. Keep a 6-foot distance from sick people.

COVID-19 can only be spread through mucus droplets — such as coughs and sneezes. If you see someone who is sick, keep a safe distance, Vail cautioned.

5. Avoid touching unwashed hands to your face — especially your nose and mouth.

6. Cover your coughs and sneezes with a tissue or your elbow.

Vail warned that coughing into your hand doesn't do much to prevent contagions from spreading.

7. Stop buying facemasks if you're not sick.

A face mask or a respirator mask will not prevent someone from getting sick, Vail said. Those masks are designed primarily for those who are already sick and medical professionals. Officials cautioned residents to save their money and keep the masks available for those who need them the most.

8. Stop blaming the Asians.

Vail noted recent reports of discriminatory behavior against those of Asian descent because COVID-19 originated in China. Asian people are not more susceptible to the coronavirus. And not only are such fears unfounded, stigmatizing those with medical conditions can make it hard to control, Vail said.”

Regards,

Linda Vail

Ingham County Health Officer