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## **Health Department of Northwest Michigan COVID-19 Update**

### **6 tips to have a safe, healthy spring break**

Starting next week or later in April, you may embark on travel as many of our area schools dismiss for Spring Break. Enjoy, if you have some fun adventures planned! These [top tips](#) can help you have a safe and healthier spring break:

- 1. Stay up to date with your COVID-19 vaccines**, as well as all routine vaccines. The Health Department of Northwest Michigan offers [convenient COVID-19 vaccination clinics](#) across its four-county region of Antrim, Charlevoix, Emmet and Otsego counties.
- 2. Check the travel requirements and recommendations for your destination**. View [CDC's website](#) for health risks or requirements at your destination. As a reminder, [masks are required to be worn](#) in many public places while traveling.
- 3. Visit your healthcare provider**. They can help you get destination-specific vaccines, medicines, and information.
- 4. Plan for unexpected issues**. Doing so can help you get quality health care or avoid being stranded at a destination if you become hurt or ill.
- 5. Protect yourself during travel**. Take COVID-19 precautions. Practice [road safety](#). [Wear sunscreen](#). [Avoid bug bites](#) by using insect repellent. Ensure contaminated [food or drinks](#) don't make you become ill.
- 6. Do not travel** if you are sick, tested positive for COVID-19, are waiting for results of a COVID-19 test, or had close contact with a person with COVID-19 and are recommended to quarantine. Learn more about [when to avoid travel](#). The Health Department of Northwest Michigan has [testing clinics](#) with quick turnaround results so there is no interruption to your travel plans. No symptoms or doctor's order is necessary. All ages are welcome, and no appointment is needed, although pre-registration via [this link](#) or by calling 1-800-432-4121, will save time at the testing location.

"We want everyone to enjoy their well-deserved time off from school or work – whether you're traveling or taking a stay-at-home vacation," said Dr. Josh Meyerson, Medical Director of the Health Department of Northwest Michigan. "So, enjoy...but do so safely and stay healthy," he added.

Stay up to date on the latest information in the Health Department of Northwest Michigan jurisdiction by [liking and following our Facebook page](#) and visiting our [COVID-19 Data Dashboard](#). To locate a testing facility, visit the [Michigan COVID-19 Test Finder website](#). To track the risk levels of COVID-19 pandemic indicators, visit the [MI Safe Start Map website](#). For more information regarding the COVID-19 vaccine, visit the MDHHS [vaccine website](#) or the [CDC vaccine website](#).

#### **CUTLINE:**

This graphic from the Michigan Department of Health and Human Services indicates when you may want to wear a mask.

*The Health Department of Northwest Michigan is mandated by the Michigan Public Health Code to promote wellness, prevent disease, provide quality healthcare, address health problems of vulnerable populations, and protect the environment for the residents and visitors of Antrim, Charlevoix, Emmet, and Otsego counties. For more information, visit [nwhealth.org](http://nwhealth.org).*

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# When to Wear a Well-Fitting Mask



Please be respectful of others' choices.

## MDHHS recommends mask use in the following settings:

## You might also consider masking in these settings:

	<p>During Isolation and Quarantine.</p> <ul style="list-style-type: none"> <li>Those with COVID-19 infection and their contacts should wear a mask when around others.</li> </ul>		<p>If you, or those around you, are at high risk for infection or severe disease.</p> <ul style="list-style-type: none"> <li>Immunocompromised or have other medical conditions that increase risk.</li> <li>Unvaccinated.</li> </ul>
	<p>When you are in a congregate setting.</p> <ul style="list-style-type: none"> <li>Long term care, health care or correctional facility.</li> </ul>		<p>If you feel the risk of exposure is high.</p> <ul style="list-style-type: none"> <li>Crowded indoor settings; a potential for unvaccinated individuals.</li> </ul>
	<p>When you are in an area with a local or federal mask policy.</p> <ul style="list-style-type: none"> <li>Counties, schools, businesses or other settings may have mask policies.</li> </ul>		<p>If you simply feel more comfortable wearing a mask.</p>

## COVID-19 CASE DATA

MARCH 16 - MARCH 22, 2022

	Total New Cases	Avg. Daily Cases	New Deaths
Antrim	9	1.3	1
Charlevoix	7	1.0	0
Emmet	13	1.9	0
Otsego	9	1.3	2

\*Death attributed to another county



Public Health Information Line: 1-800-386-5959

More COVID data: [www.nwhealth.org/covid19](http://www.nwhealth.org/covid19)

 [nwhealthdepartment](https://www.facebook.com/nwhealthdepartment)