

## **Grand Traverse Band Emergency Management**

### **Community Mitigation Strategies for Coronavirus and the Flu**

Currently, the State of Michigan has no confirmed cases of the novel coronavirus, COVID-19. The state of Michigan is monitoring the situation daily as the situation evolves and notices are updated regularly.

We are currently in the middle of the influenza flu season. GTB is participating with our local health departments, community partners, Michigan Department of Health and Human Services on preventative measures to limit flu and respiratory illnesses. The GTB health department and emergency management office is receiving updates daily and is sharing this information on the GTB website.

The state, local, and federal agencies are coordinating statewide readiness and communication related to COVID-19. The Michigan Department of Health and Human Services (MDHHS) will continue actively preparing, monitoring, and coordinating response activities. Currently, the health risk to the general public of Michigan from COVID-19 remains low. Updates will continue from MDHHS as information becomes available: [www.Michigan.gov/coronavirus](http://www.Michigan.gov/coronavirus)

#### **PERSONAL PREVENTIVE ACTION:**

Listed below are everyday personal preventive actions that should be implemented year-round, especially during flu season to minimize exposure:

Strategies to reduce the spread of seasonal flu and other viruses and enhance personal protective measures for everyday use for persons and communities is to:

- Cover coughs and sneezes with a tissue and washing hands after disposing of tissue or if no tissue available, sneeze or cough into your sleeve instead of your hands
- Not touching face, nose, eyes to reduce exposure to viruses
- Washing hands often with soap and water for at least 20 seconds
- Staying home when ill
- Daily cleaning of surface areas with alcohol-based cleansers and wipes (door knobs, keyboards, copy machines, tables, office desks, toys, etc.)

These are items that can be done daily by everyone to enhance personal protective measures to stay healthy. In addition, the CDC website has additional community wide measures to reduce the spread of respiratory viruses that can be implemented:

- Social distancing (educational facilities, workplaces, public places)
- Teleconferences for workplaces
- Reduce large groups into smaller groups with a minimum of 3 feet from each other
- Coordinated closures and dismissals of schools and child care facilities

- Modify, postpone or cancel mass gatherings

Health officials are working with healthcare workers to minimize exposure and enhance everyday preventative measures. Listed below are additional resources to help prevent the spread of respiratory illness.

**ADDITIONAL WEBSITE RESOURCES** can be found on:

Respiratory Etiquette: <https://www.cdc.gov/flu/protect/covercough.htm>

Voluntary home isolation: <https://www.cdc.gov/flu/protect/preventing.htm>

Flu symptoms: <https://www.cdc.gov/flu/consumer/symptoms.htm>

Family Preparedness: [www.Ready.gov](http://www.Ready.gov)

Flu Information: <http://www.cdc.gov/flu/>

Recommended Strategies for Businesses and Employers: <http://www.cdc.gov/flu/business>

CDC guidance for child care programs, K-12 schools, and colleges/universities:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

**\*\* For additional preparedness information and updates from CDC and MDHHS and GTB, please see the GTB webpages for updates:**

- [www.gtbindians.org](http://www.gtbindians.org)
- Illness Prevention Information webpage: <http://gtbindians.org/pages9359416.asp>