COVID-19
RETURNING RESIDENTS AND TRAVELERS TOOLKIT

WELCOME TRAVELERS & RETURNING RESIDENTS

STAY HOME. STAY SAFE. SAVE LIVES.

If you choose to travel to your seasonal home or return home from travel please abide by the following to help lower the risk of spreading COVID-19 in northern Michigan:

- If you are sick, stay home.
- If you have symptoms of COVID-19, contact your care provider for assistance.
- All individuals traveling to seasonal homes or returning home from winter homes in other states should self-quarantine for 14 days upon arrival to your destination.
- Following the 14-day self-quarantine period, please obey the governor’s “Stay Home, Stay Safe” order and do not go out unless it’s absolutely necessary.
- ALL residents should adhere to the Governor’s “Stay Home, Stay Safe” order and only venture out to obtain essential supplies and services when absolutely necessary.

SELF-QUARANTINE MEANS:

- Take precautions as though you may have the virus
- Stay at home
- Do not interact with the public
- Do not have visitors
- Maintain 6’ distance from others in your household
- Do not share items like towels and utensils
- Ask for help with grocery needs from others or have them delivered

The increased population to the northern Michigan area puts a substantial strain on our communities as travelers seek supplies such as groceries and toiletries, as well as potentially needing health care in the event they become sick. During this public health crisis, many rural communities may not be equipped with personnel, supplies, or resources for a surge in population.
KNOW THE FACTS

• What is Coronavirus disease 2019 (COVID-19)?
  COVID-19 is caused by a new respiratory virus. It is important to take action because:
  - There is no approved vaccine or medication to treat COVID-19 patients.
  - Isolation and quarantine efforts have reduced new COVID-19 transmission.
  - Reported illnesses have ranged from mild symptoms to severe illness and death.

• Routes in which the virus that can cause COVID-19 can be transmitted
  COVID-19 is transmitted from person-to-person through droplets. An infected person (whether symptomatic or asymptomatic), can spread the virus by sneezing, coughing or even speaking loudly (including singing). The droplets enter the body through one's mouth, nose, eye or by touching a surface that has the virus on it and then by touching the mouth, nose or eye. Practice good hygiene and social distancing. This will help stop the spread of the virus.

GOOD HYGIENE AND SOCIAL DISTANCING PRACTICES

• Washing your hands frequently with soap and water (for at least 20 seconds) will kill the virus. Use of alcohol-based sanitizer (at least 60% alcohol) is recommended when soap and water are unavailable.
• Cough or sneeze into your elbow, arm or tissue and immediately throw tissue away.
• Do not touch your face, as you might have touched a surface that had the virus on it.
• Frequently touched surfaces should be disinfected often.
• Maintain at least six foot distance at all time when in public spaces.
• Replace handshakes with waves from six feet away.
• Wear a mask.

Questions? Contact the Grand Traverse County Health Department by emailing: gtchd@gtchd.org
• How far can the virus travel in the air, and how long can it live in the air?
  - It is suggested the transmission mainly occurs when a COVID-19 positive case (symptomatic or asymptomatic) speaks, sneezes or coughs near within six feet of another person. Six feet is the average distance respiratory droplets from a sneeze or cough travel through the air. This is why maintaining a minimum of six feet between yourself and others is important.
  - Studies have shown the virus can remain in the air for half an hour, up to three hours.

• How long can the virus live on surfaces?
  - More research is needed on how the virus that causes COVID-19 survives on surfaces. However, similar viruses are known to be able to survive on surfaces. The length of time the virus may live on a surface depends on the type of surface (e.g., hard, porous). This is why it is important to wash your hands frequently and disinfect frequently-touched surfaces often.

• What are the symptoms of COVID-19?
  - Fever
  - Cough (Dry)
  - Shortness of breath
  - Sore throat
  - Vomiting/Diarrhea
  - Muscle pain
  - Headache
  - New loss of taste or smell
  - Repeated shaking with chills
  (While you are self quarantining, you should monitor yourself and your family members for these symptoms daily.)

Questions? Contact the Grand Traverse County Health Department by emailing: gtchd@gtchd.org
Should I wear a mask to protect myself?

Even healthy people are now required to wear a cloth face covering when in public. (EO 2020-77) There are lots of cost-effective ways to make a covering for your face. The U.S. Surgeon General created a video to show you how to make coverings with materials you have around your house.

What is considered a close contact?

- Close contact is defined by:
  a. Being within approximately 6 feet (2 meters) of a COVID-19 case for longer than 10 minutes.

  OR

  b. Having direct contact with infectious droplets of a COVID-19 case (being coughed or sneezed on).

Examples:
- Caring for, living with or visiting someone who has COVID-19.
- Being near someone, in a confined space who has COVID-19 and the person is not wearing a mask.

Where can I find a testing site while I am in Northern Michigan?

- Find a testing site near you by visiting clicking here or visiting Michigan.gov.
Informational Resources

The following resources will give current COVID-19 information and guidance.

Grand Traverse County Health Department
www.gtchd.org
or find us on Facebook @GTCHealthDept

Grand Traverse County COVID Joint Operations Center
www.gtccountyovid19.com
or on Facebook @GTCCovid19JOC

Michigan Department of Health & Human Services (MDHHS)
www.michigan.gov/coronavirus

Centers for Disease Control and Prevention
www.cdc.gov
PROTECT YOURSELF (AND OTHERS) FROM COVID-19

• Wash your hands often with soap and warm water for 20 seconds. If soap and water is not available, use hand sanitizer with at least 60% alcohol-based.

• Wear a facemask or covering in public spaces.

• Avoid touching your eyes, nose, or mouth with unwashed hands.

• Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.

• Avoid contact with people who are sick. If you are sick, stay home and avoid contact with others.

• Replace handshakes with a friendly wave from six feet away.

• Stay at least six feet away from others in the public spaces.

• Monitor yourself for symptoms. Do NOT go in public if you are presenting symptoms.
A face covering should be worn whenever you are in a public setting, especially when you may be near people. Face coverings are in addition to hand washing and social distancing (keeping 6 feet away from others). Face coverings should also be worn if you are caring for others who are sick or are sick yourself. (Do not go in public if you are sick other than for medical care.) Face coverings are not for children under age 2, anyone who has trouble breathing, is unconscious or otherwise unable to remove the mask without help. Reserve medical masks for health care workers.

1. **WASH**
   - Use soap and water to wash your hands for at least 20 seconds before putting on your mask. Use at least 60% alcohol-based sanitizer when soap and water isn't available.

2. **PLACE**
   - Cover your mouth and nose with the face mask. Make sure there are no gaps between your face and the covering.

3. **DO NOT TOUCH**
   - Do not touch your face while using your mask. Consider the fabric that covers your face contaminated.
   - If you do touch it, wash your hands or use hand sanitizer. Do not hang the covering from your neck or one ear.

4. **REMOVE**
   - To remove, lean forward, and grab elastic loops. Do not touch your face or the part of the mask that covers your face because it may be contaminated.

5. **DISPOSE/WASH**
   - If your mask is a single-use, disposable mask, throw it away. If your face covering is a reusable cloth covering, wash it in hot water and dry it, preferably in a dryer before wearing it again. Wash your hands immediately after removing your mask.
UNTIL FURTHER NOTICE, THE
Sara Hardy Farmer's Market
HAS MOVED ONLINE.

CHECK OUT INVENTORY AND PLACE YOUR ORDER AT
SARAHARDYFARMERSMARKET.LOCALFOODMARKETPLACE.COM

Orders for Saturday pick-up must be placed by Thursday at 10am.
Pick-up is arranged by alphabetical order.

Last Name A – F | 10 am – 11am
Last Name G – M | 11 am – Noon
Last Name N – S Noon – 1pm
Last Name T – Z | 1pm – 2pm

DON'T FORGET TO CONTACT OR VISIT YOUR FAVORITE LOCAL FARM OR ROADSIDE STAND TO SEE IF THEY ARE OPEN!
WHILE RESTAURANTS AND CAFES ARE CLOSED FOR DINING, MOST ARE OPEN FOR TAKEOUT.

VISIT:
WWW.DININGATADISTANCE.COM/TRAVEVERSE-CITY

OR CALL THEM DIRECTLY

...AND SEE IF YOUR FAVORITE LOCAL SPOT IS CURRENTLY OPEN.
While you are visiting, and while you self-quarantine after arriving, consider using delivery services to limit exposure to yourself and others in the community.