



CALHOUN COUNTY, MICHIGAN JOINT OPERATIONS CENTER

COVID-19 Unified Response



Joint Information Center Monday, May 4, 2020

Calhoun County's Joint Operations Center (JOC) will release Joint Information Center (JIC) briefings via email every Monday and Friday, as well as hold a live presentation mid-day Wednesdays.

Calhoun County Public Health Department Semi-Weekly Media Update

As of May 4, at 12:30 PM, Calhoun County has a cumulative total of 242 confirmed cases of COVID-19 reported to Calhoun County Public Health Department (CCPHD), with a total of 16 deaths attributed to COVID-19 and 62 cumulative hospitalizations.

“As we open our businesses and community more and more in the coming weeks, it is as important as ever that we continue to practice social distancing and handwashing as much as possible. We are already seeing people in parks, neighborhoods, and stores becoming dangerously lax in keeping distance between themselves and others,” said Eric Pessell, CCPHD Health Officer. “We should not waste the great work and sacrifice that we all have done to help bend the curve and protect our most vulnerable populations. Our mission is not over! The virus is still in our community. It is slowing but it’s still out there. If we are not careful, we may be setting ourselves up for another wave of infection that could lead us to further restrictions.”

It is important for the community to remember that we are still in the middle of living through an active pandemic. Exposure to COVID-19 is possible whenever you are out in public places like stores, parks, and businesses, or if someone you live with has not followed guidance and returns home after they themselves have been exposed.

Continue doing your part by following CDC guidance:

- Wash your hands often with soap and water, scrubbing for at least 20 seconds when you have potentially been exposed to the virus. If soap and water is not available, use a hand sanitizer with 60% or greater alcohol content to kill the virus.
- If you chose to wear disposable gloves while in public spaces, change them frequently. Wearing gloves protects you from getting the virus on your hands,

but if while wearing those gloves you handle food or touch your face, you can still transfer the virus to your body. If you are wearing gloves to prepare meals, they need to be changed between every meal. If you have worn gloves to visit a public space, dispose of them BEFORE reentering your car or your home. Many stores now offer “PPE disposal” bins in their parking lots for this purpose.

- Avoid touching your eyes, nose, and mouth as this can transfer the virus from your hands to places where it can get into your body and infect you with COVID-19. This is true even if you are wearing disposable gloves.
- Clean and disinfect frequently-touched objects and surfaces like doorknobs and handles. This includes shopping baskets and carts.
- Wear a cloth face-covering in public. This protects others from you should you be a carrier of the virus who does not have any symptoms.
- Practice social distancing by staying 6’ from others when you must be in public spaces.
- Stay home whenever possible.

Mental Health and Substance Use Resources

Self-care is especially important during this time. Self-care is a regular and intention process to focus on one’s mental health. It is comprised of the skills that you use to meet your needs. It is essential, especially during times of high stress.

Mindfulness is an example of coping strategy and is shown to be beneficial for stress reduction and can decrease anxiety.

Consider these resources to practice mindfulness:

- Headspace is now a FREE resource to all Michigan residents - <https://www.headspace.com/mi>
- Summit Pointe Outpatient Therapist, Carolyn Daniels-Krupp also posts a weekly One Minute Mindfulness Video on Summit Pointe’s Facebook page - <https://www.facebook.com/SummitPointeCMH/>



First Responder Parade

Battle Creek Firefighter Justin Coffey suggested local first responders participate in a drive-by salute to healthcare workers at Bronson Battle Creek Hospital and encouraged other departments to participate. The parade drove several laps around the Bronson complex Friday evening to show appreciation for all our

healthcare workers are doing to respond to the COVID-19 pandemic in our community. It included seven Battle Creek Fire Department vehicles; seven Battle

Creek Police Department cruisers; LifeCare Ambulance; and fire department vehicles from Athens, Bedford, Burlington, East Leroy, Newton, Pennfield, and the VA.

Thank you to all of our healthcare workers and first responders across Calhoun County! Photo from the Battle Creek Shopper News.

Sign up to [receive all Joint Operations Center communications](#).

For updates from Calhoun County, about County operations and COVID-19 in Calhoun County, visit the County website, calhouncountymi.gov.

For updates from the City of Battle Creek, please visit battlecreekmi.gov/coronavirus.

The State's COVID-19 Hotline is available for anyone who has questions or concerns related to the virus. The hotline is open seven days a week from 8 a.m.-5 p.m. Call 1-888-535-6136. For state COVID-19 information, visit michigan.gov/coronavirus.

For information, contact

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