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[www.mmdhd.org](http://www.mmdhd.org)

## COVID cases on the rise yet again

Ithaca, Stanton, St. Johns- Cases of COVID-19 have been steadily increasing in Michigan over the past few weeks, and Mid-Michigan District Health Department's (MMDHD) jurisdiction is certainly no exception.

As of April 5, an average of 78 new daily confirmed cases have been reported for MMDHDs three-county jurisdiction, compared to an average of 13 new confirmed daily cases reported just 30 days ago. This indicates a 500% increase in average daily cases. Per individual county in MMDHDs jurisdiction, the percentage increase in new cases is 440% in Clinton County, 365% in Gratiot County, and 659% in Montcalm County.

In response to the spike in cases in our state, the Michigan Department of Health and Human Services has reinstated a standard 14-day quarantine for close contacts of COVID-19 cases. This removes the option of a 10-day quarantine. The Michigan Department of Health and Human Services is also reminding everyone that "testing out of quarantine" has never been an option in Michigan. This guidance will be updated at [www.michigan.gov/containcovid](http://www.michigan.gov/containcovid)

This increase in cases will likely impact MMDHDs contact tracing efforts. Those who test positive for COVID-19 or who are identified as a close contact may experience a delay in hearing from our communicable disease nurses.

Those who test positive should:

- Fill out the form located at [www.mmdhd.org/covid-reporting](http://www.mmdhd.org/covid-reporting)
- Isolate at least 10 days from the start of your symptoms. If you do not have symptoms, isolate for 10 days from the date of your positive test.
- Notify your close contacts that they may have been exposed and encourage them to quarantine for 14 days, starting with the date they were last in contact with you. Keep in mind that someone with COVID-19 can spread the virus beginning 48 hours (two days) before symptoms start or 48 hours (two days) before testing positive.
- Answer your phone, even if it is an unknown number, because it could be MMDHD or the Michigan Department of Health and Human Services calling to complete your case investigation.

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## 2- COVID cases on the rise

Additional information on isolation and quarantine can be found at [www.mmdhd.org/covid-center/](http://www.mmdhd.org/covid-center/)

MMDHD is asking community members to continue efforts to slow the spread of COVID-19. Washing your hands frequently, staying at least six feet away from others not in your household, not attending large gatherings, and wearing a mask can make a big difference. And, if you have not already been vaccinated, be sure to visit our website, [www.mmdhd.org](http://www.mmdhd.org), to find vaccination locations near you. We are so close to ending this pandemic, and we ask that you stay vigilant just a little while longer.

*Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.*

*We take action to protect, maintain and improve the health of our community.*

*Advancing innovative solutions to achieve healthier outcomes*

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