

FOR IMMEDIATE RELEASE: 07-29-21

CDC recommends masking in high-risk counties

Ithaca, Stanton, St. Johns- On July 27, the Centers for Disease Control and Prevention (CDC) provided updated recommendations for fully vaccinated people based on new evidence related to the Delta variant, which remains the predominant variant circulating in the U.S.

According to the CDC, while breakthrough infections happen in a small number of those who are fully vaccinated, evidence suggests that fully vaccinated people who do become infected with the Delta variant can spread the virus to others.

To help reduce the risk of becoming infected or spreading COVID-19, including the Delta variant, the CDC recommends that fully vaccinated people in [areas of substantial or high transmission](#) wear a mask in public indoor settings.

At this time, Clinton, Gratiot, and Montcalm counties are not considered substantial or high transmission areas. However, the Mid-Michigan District Health Department (MMDHD) is asking members of the community to keep in mind that other counties in the State are in these high-risk categories and to take precautions as needed.

The CDC recommends fully vaccinated people in [areas of substantial or high transmission](#):

- Should wear a mask in public indoor settings.
- May choose to mask regardless of the level of transmission, particularly if they or someone in their household is immunocompromised or at increased risk for severe disease, or if someone in their household is unvaccinated. People who are at increased risk for severe disease include older adults and those who have certain medical conditions, such as diabetes, overweight or obesity, and heart conditions.
- Should get tested if experiencing COVID-19 symptoms (fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea).
- Should get tested 3-5 days after a known exposure to someone with suspected or confirmed COVID-19 and wear a mask in public indoor settings for 14 days after exposure or until a negative test result.

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- Should isolate if they have tested positive for COVID-19 in the prior 10 days or are experiencing COVID-19 symptoms.
- Should continue to wear a mask where required by laws, rules, regulations, or local guidance.

Three cases of the Delta variant have been identified in Clinton County, one case in Montcalm County, and none in Gratiot County.

The CDC and MMDHD strongly encourage everyone to get vaccinated. Doing so helps prevent illness, hospitalization, and even death, even with the Delta variant. Those who are not fully vaccinated should also continue wearing a mask until they are fully vaccinated.

MMDHD continues to offer the COVID-19 vaccine to eligible individuals. To schedule a COVID-19 vaccination appointment, call 989-224-2195, option 5 in Clinton County, 989-875-3681, option 5 in Gratiot County, or 989-831-5237, option 5 in Montcalm County.

For more information on the COVID-19 vaccine, visit <https://www.mmdhd.org/covid-vaccine-information/>
To stay up to date on the latest information, sign up to receive important updates at <https://www.mmdhd.org/>

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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