

# District Health Department No. 4



For Immediate Release  
Date: March 29, 2020  
Media Contact Only: Cathy Goike  
Phone: 989-358-7970

---

## **District Health Department No. 4 Reports First Presumptive Positive COVID -19 Case**

District Health Department No 4 (DHD4) is reporting the first presumptive positive case for coronavirus disease 2019 (COVID-19) from a resident of Cheboygan County.

The Health Department has been quickly working with the individual, an adult female with no known travel, to identify and contact anyone potentially exposed and will monitor them for symptoms. Additional information and guidance will be announced as soon as possible at [www.dhd4.org](http://www.dhd4.org) or at [www.facebook.com/District-Health-Department-4](https://www.facebook.com/District-Health-Department-4).

Medical Director, Dr. Josh Meyerson stated, “We are hoping that this individual has a complete recovery. We also are beginning to see evidence of community spread and therefore, community mitigation and prevention strategies are even more imperative.”

Prevention measures include:

- **Cleaning your hands often. Scrubbing with soap for at least 20 seconds. Using hand sanitizer if you cannot wash.**
- **Avoiding close contact with people who are sick.**
- **Staying home when you are sick**, except to get medical care. Call ahead before going to your healthcare provider. Learn [what to do if you are sick](#).
- **Covering your cough or sneeze** with a tissue, then throwing the tissue in the trash. Immediately wash your hands.
- **Cleaning and disinfecting frequently-touched surfaces.**
- **Following the Governor’s orders and recommendations to limit gatherings.**

Denise Bryan, Health Officer for DHD4, states “At this time, I advise the public to prepare and not panic for COVID-19. Our first case highlights our need to be vigilant and follow the Governor’s *Stay Home Stay Safe* Order to slow the potential spread of disease.”

**Older adults and people who have severe underlying chronic medical conditions** like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. [View additional prevention steps from CDC](#) for people at higher risk. Consult with your health care provider for more steps you may be able to take to protect yourself.

The Michigan Department of Health and Human Services (MDHHS) has created a statewide hotline for COVID-19. Public health and other experts will answer health-related questions about COVID-19. The team can also direct residents, providers and more to the right resources in their local communities and in other state government departments. The hotline will be open seven days a week from 8 a.m. to 5 p.m. at 1-888-535-6136.

###

### **Alpena County**

100 Woods Circle  
Suite 200  
Alpena, MI 49707  
(989) 356-4507  
Fax (989) 356-3529  
1-800-221-0294

### **Cheboygan County**

Doris E. Reid Center  
825 S. Huron St.  
Suite 1  
Cheboygan, MI 49721  
(231) 627-8850  
Fax (231) 627-9466

### **Montmorency County**

P.O Box 183  
12519 State St.  
Atlanta, MI 49709  
(989) 785-4428  
Fax (989)785-2217

### **Presque Isle County**

106 E. Huron St.  
Suite A  
Rogers City, MI 49779  
(989) 734-4723  
Fax (989) 734-3866

[www.dhd4.org](http://www.dhd4.org)