District Health Department No. 4

For Immediate Release
Date: April 1, 2020
Media Contact Only: Cathy Goike
Phone: 989-358-7970

PUBLIC HEALTH ADVISORY

District Health Department No. 4, in collaboration with the Northern Michigan Public Health Alliance (NMPHA), issues the following advisory to protect the health of the public in the 31-county NMPHA region:

Northern Michigan is seeing increased travel from "snowbirds" and from southern Michigan and other areas of those heading north to seek shelter in their seasonal homes. While we understand the desire to want to shelter in your cabins and cottages, this potentially poses an unnecessary risk to full-time residents in northern Michigan.

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.

If you still choose to travel to your seasonal home or return home from travel, District Health Department No. 4, in addition to the Northern Michigan Public Health Alliance, is advising that you abide by the following guidelines:

1. If you are sick, stay at home and do not leave your residence.
2. If you have symptoms suggestive of COVID-19, contact your healthcare provider for assistance.
3. 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.
4. Following the 14-day self-quarantine period, please **obey the Governor's "Stay at Home" order** and do not go out unless absolutely necessary.
5. All residents, whether full time or seasonal, should adhere to the Governor's Stay at Home order and only venture out to obtain essential supplies and services when absolutely necessary. If you do need to go out, please adhere to social distancing protocols and limit the number of people going out for supplies or services.

By following these simple guidelines, the risk for spreading COVID-19 lowers significantly, thus protecting everyone who lives, works, and plays in beautiful northern Michigan.
This advisory will remain in effect until lifted and is endorsed by local public health, local healthcare systems, and county leadership.

Here to Serve,

Denise M. Bryan, MPA
Health Officer
District Health Department No 4

NORTHERN MICHIGAN PUBLIC HEALTH ALLIANCE

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

Administrative Services
Alpena County
Office