

District Health Department No. 4



For Immediate Release
Date: May 7, 2021

District Health Department No. 4 Updates COVID-19 Mitigation Measures

Based on declining case counts and increasing vaccination rates, several COVID-19 recommendations—pertaining to quarantine, gatherings and face masks, and sports testing for fully vaccinated youth – have been updated.

Locally, District Health Department No. 4 (DHD4) has modified its 14-day recommended quarantine period to be a 10-day recommended quarantine period – effective May 5.

Statewide, the Michigan Department of Health and Human Services (MDHHS) updated its COVID-19 Gatherings and Face Masks epidemic order to encourage safer outdoor activities. People who are fully vaccinated and not experiencing symptoms are not required to wear a mask at residential gatherings, including indoors. New MDHHS guidance for organized sports no longer requires routine COVID-19 testing for fully vaccinated participants if they are asymptomatic. Masks continue to be required for contact sports but are no longer required outdoors during active practice and competition for non-contact sports. For example, softball and baseball players will be required to wear a mask in the dugout but not when at bat or playing first base.

“These updates highlight the progress being made across the state and in Northeast Michigan,” said Denise Bryan, Health Officer with DHD4. “With the emergence of new variants, there are many benefits to being fully vaccinated, including protection for yourself, your family and your community, noted Bryan.”

Upcoming DHD4 clinics for walk-in or appointment (call 1-800-221-0294) include:

- Thursday, May 13th District Health Department No. 4 Alpena office has Walk-in, 1st dose Moderna vaccinations spots open from 1:00 pm to 4:30 pm. Call if you would like a specific time.
- Thursday, May 13th District Health Department No. 4’s Atlanta office has 20 Johnson & Johnson, one dose vaccinations available by appointment only. Call for appointment.
- Wednesday, May 19th Cheboygan Knights of Columbus has Walk-in, 1st dose Moderna vaccinations spots open from 9:00 am to 12:00 noon. Call if you would like a specific time.
- Thursday, May 27th District Health Department No. 4 Alpena office has Walk-in, 1st dose Moderna vaccinations spots open from 9:00 am to 12:00 noon. Call if you would like a specific time.

***These are for 1st dose or one dose vaccinations. Second dose clinics are ongoing and individuals have already been given their return dates.*

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