March 18, 2020

Social Distancing—STAY HOME as much as possible
During the Coronavirus crisis, it is important to stay at home as much as possible. You should stay home except for going to work, the grocery store, or to the pharmacy. Even if you have no symptoms, it is important to stay home and avoid people other than your family living in the home. That means you should avoid visiting other houses or places of worship. Some places of faith are adjusting their schedules and offering services online. Please check with your faith leader. It is much safer to avoid these gatherings for the time being. Try to avoid all crowds of 10 people or more. You can still go outside, take your children out, but as you’re doing those things, you should make sure you’re keeping a distance from others. You should be at least 6 feet (about 2 meters) away from the next person. That means children should not be playing closely together and should not go in other friend’s houses.

If we all do this now, we can help slow down the spread. Please do your part even if you are feeling well. Continue to follow advice to wash your hands for 20 seconds with warm water and soap, try not to touch your face, and clean surfaces in your home often.

If you begin to show any symptoms, call ICHD COVID-19 response line at (517) 887-4517 or your local health department.