

ALLEGAN COUNTY HEALTH DEPARTMENT

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NEWS RELEASE FOR IMMEDIATE RELEASE

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Allegan County COVID-19 Cases on the Rise, Health Department Reminds Residents to Practice Mitigation Strategies

(Allegan, MI)— Over the past few weeks, the Allegan County Health Department (ACHD) has experienced an increase in the number of new COVID-19 cases being reported, similar to the rest of Michigan. As of 3/28, an average of 39 new confirmed cases of COVID-19 each day have been reported to ACHD, compared to an average of 10 new confirmed cases each day just 30 days ago—indicating a 300% increase in cases. Due to this increasing case rate and COVID-19 variant spread across Michigan, ACHD is updating our process for case investigations and contact tracing. ACHD is asking everyone to do their part in curbing this spike of COVID-19 cases in our community.

Do your part and help stop the spread

There may be a delay in contacting someone who tests positive for the virus or has been in close contact to someone who has COVID-19. If you receive a positive COVID-19 test result, [isolate](#) for a minimum of 10 days from the start of your symptom(s) or your positive test date if you didn't have symptoms. Notify your close contacts that they may have been exposed and encourage them to [quarantine](#) for 14 days from their last date of contact with you. If you know you are a close contact, start self-quarantine.

You may receive a call or a text message to get your case investigation details. If you receive a text message, it will ask for your name and date of birth. Please also be sure to answer your phone, even if it's from an unknown number, since it could be the Michigan Department of Health and Human Services (MDHHS) or ACHD calling to complete your case investigation.

If you need a letter to return to work if you have been under isolation or quarantine, please complete the self-reporting form found on www.allegancounty.org/covid.

14-Day Quarantine for All Close Contacts in Effect

Due to COVID-19 variant spread across Michigan, ACHD is following MDHHS guidance on reinstating a standard 14-day quarantine for close contacts of COVID-19 cases. This will remove the option of a 10-day quarantine for non-

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variant cases. ACHD does not support individuals to test out of quarantine. Guidance will be updated at www.michigan.gov/containcovid

Actions to take:

- Practice the 3 W's—wash your hands frequently, watch your distance from others not in your household, and wear a mask. These actions have been stressed for months because we see when these steps are taken, it reduces the amount of virus transmitted.
- Consider limiting the number of people you are around when possible—keep your bubble small. Choose to socialize with one other household or a small group of friends
- If planning to travel, get tested 1-3 days before your trip, and 3-5 days once you return.
- Talk to your employer on remote work options.
- Get vaccinated as soon as you have the opportunity.

These actions not only help you stay safe, but your community stay safe. For more information on COVID-19, visit www.cdc.gov/coronavirus; www.michigan.gov/coronavirus; or www.alleganounty.org/covid.

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