

# FLATTENING THE CURVE:

## Mitigation Strategies to Lessen the Impact of COVID-19



HEALTH  
Department

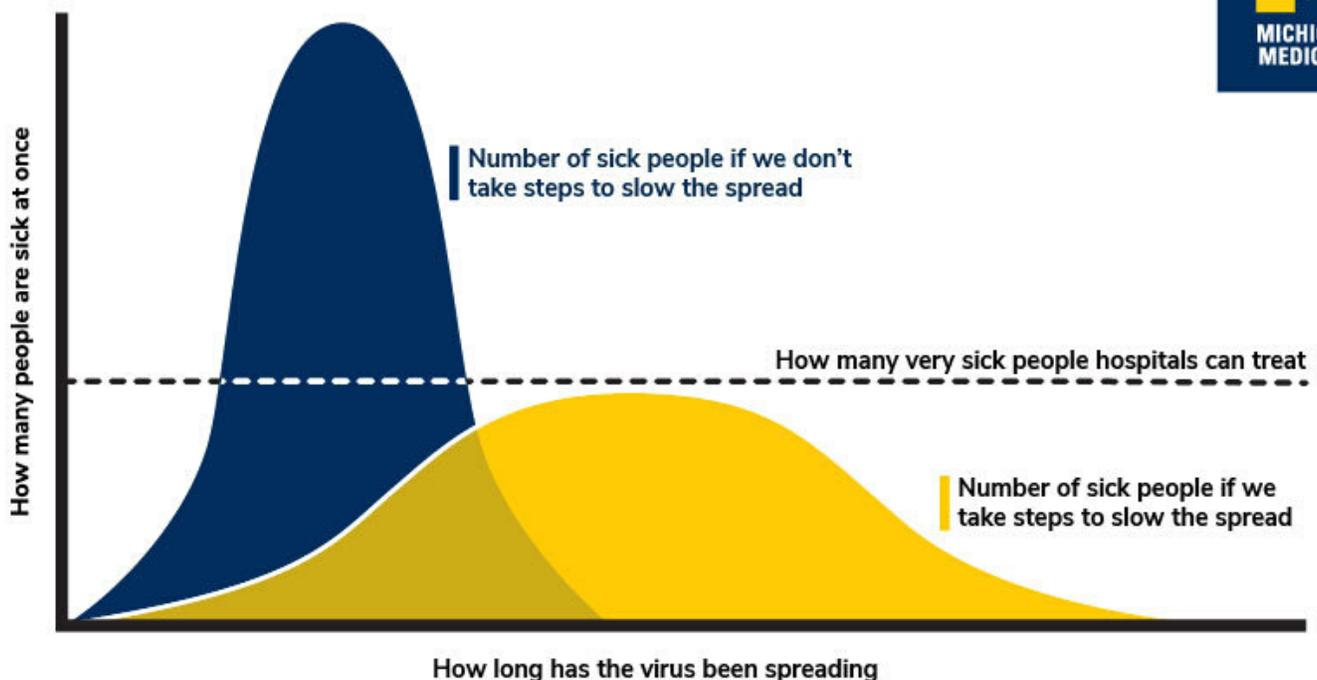
Rev. 3/12/20

## Moving From Containment to Mitigation

Based on the current spread of COVID-19 and the shift from containment (i.e. preventing the novel coronavirus from entering a community) to mitigation (i.e. lessening the impact of the novel coronavirus), it is important to introduce social distancing measures. These measures will help ensure that everybody comes into close contact with fewer people each day, thus slowing the transmission of COVID-19.

This slowed transmission is essential for saving lives. Implementing social distancing measures before the virus has gained a strong foothold in a community makes them more effective. In public health, we refer to these measures as “flattening the curve.”

Flattening the curve refers to the idea that in an ideal outbreak situation, there would not be more people who are sick than the healthcare system could treat at any one time. If COVID-19 spreads quickly throughout our community and many people are ill at the same time, the healthcare system will not be able to provide all the life sustaining measures required to help all those who are seriously ill (see the blue curve in the graph below). A slower spread of the illness through our community over a longer period of time will reduce the amount of people who are seriously ill at any given time thus putting less strain on our healthcare system that has finite resources (see yellow curve below).



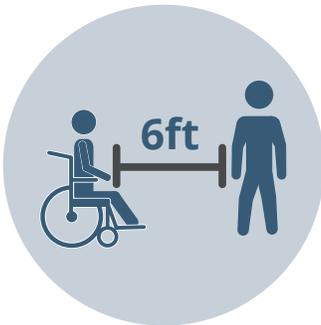
# WHAT YOU CAN DO NOW

*Social distancing measures may seem extreme, particularly before the virus is spreading in our community, but putting these measures in place will result in fewer deaths and severe illness due to COVID-19. We all need to do our part to protect the members of our community who are most at risk of serious illness.*

Take everyday, common sense precautions to avoid getting sick and protect others:

- Implement personal protective measures (stay home when sick, regular handwashing, cover coughs/sneezes, and clean frequently touched surfaces daily).
- Create a household plan of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.
- Individuals at increased risk of severe illness should consider staying at home and avoiding large gatherings or other situations of potential exposures, including travel.

**Monitor local information about COVID-19 in our community. Stay up-to-date by following the Allegan County Health Department on social media and the web.**



**Practice Social Distancing**



**Wash your hands frequently**



**Stay at home if you're sick**



**Clean & disinfect surfaces often**



**Avoid exposure at large gatherings**

## QUESTIONS? FIND MORE INFORMATION:

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