



Jackson County Health Department

1715 Lansing Avenue • Jackson, MI 49202 • Phone (517) 788-4420 • Fax (517) 788-4373



Contact: **Rashmi Travis**

Phone Number: **517-768-1658**

Email Address: **rtravis@mijackson.org**

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FOR IMMEDIATE RELEASE

Updates on Coronavirus for Jackson County Residents

JACKSON COUNTY, MI- The Michigan Department of Health and Human Services announced late last night that a case of Novel Coronavirus 2019 (COVID-19) was identified in both Wayne County and Oakland County. Now that cases have been identified in Michigan, even persons who have not traveled outside the state should be aware of what steps to take to prevent catching COVID-19, what symptoms to look for, and what to do if you become ill.

Preventing illness:

- Wash your hands often with soap and warm water for 20 seconds.
- Avoid touching your eyes, nose, or mouth.
- Cover your mouth and nose with a fresh tissue when coughing or sneezing.
- Try to maintain at least 6 feet distance from people coughing or who appear ill.

Signs and symptoms of COVID-19 may appear 2-14 days after exposure and include:

- Low grade fever, but some people do not have a fever
- Cough
- Unexplained muscle aches and generally feeling ill
- Shortness of breath or difficulty breathing

What to do if you become ill?

- If mildly ill stay home, but contact your doctor. They may want you to be tested.
- As much as possible stay in a room away from other people in your home.
- Call ahead before visiting your doctor or urgent care.
- Use disinfectant wipes on frequently touched areas in your home.
- Wash your hands often, even while sick to avoid spreading it to others in your home.

For more information please visit: <https://www.cdc.gov/coronavirus/2019-ncov/about/index.html> or www.mijackson.org/hd

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Working together to create and promote a healthy community through
disease prevention and control,
health education, environmental protection and emergency preparedness.