

As of this morning, 7 tests submitted from Grand Traverse County have come back negative, but many results are still pending.

For those unsure of whether they should self-quarantine, self-isolate, or practice social distancing, the Grand Traverse County Health Department offers the following guidance:

- If you have been exposed to someone who is positive, this is a primary exposure and you should self-quarantine for 14 days.
- If you have been in contact with someone who has experienced primary exposure or is being tested, this is a secondary exposure. Secondary exposures are recommended to follow social distancing guidelines and monitor themselves for symptoms (fever, cough, shortness of breath).
- At some point, everyone is going to know someone who has been tested or has symptoms of COVID-19, the Health Department continues to recommend social distancing for the entire community and practice precautions as if you have been exposed.
- Important Reminder:
 - If you have mild symptoms, please stay at home, follow the [CDC home care guidelines](#) and contact your doctor
 - Please follow these recommendations from the [CDC](#) to help prevent the spread of COVID-19 if you are sick

Child Care for Essential Workers:

- For licensed child care providers are who willing to remain open or re-open during this emergency, please complete a short survey to provide information about your program's ability to serve the children of the essential workforce: <https://www.surveymonkey.com/r/childcare-covid-response>.
- If you work in any essential industry (Police, Firefighting, Healthcare - including inpatient food service, custodial staff, etc.) are in need of care for a child between the ages of 0-12, you are asked to fill out this form to help you find child care: <http://www.helpmegrow-mi.org/essential>

Food Resources:

- [Updated list of regional food pantries](#)
- [Updated list of meal sites and resources for those dealing with homelessness](#)

BASIC PREVENTION MEASURES:

The best prevention for viruses, such as influenza, the common cold or COVID-19 is to:

- Wash your hands often with soap and warm water for 20 seconds. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoid contact with people who are sick.
- If you are sick, stay home, and avoid contact with others.
- Replace handshakes with a friendly wave from 6 feet away.
- Stay at least six feet away from others when in a public setting.

Information around this outbreak is changing rapidly. The latest information is available at gtchd.org, at Michigan.gov/Coronavirus, and CDC.gov/Coronavirus.