

**From:** [Cassandra Watson](#)  
**To:** [Cassandra Watson](#)  
**Subject:** Information Only | Coronavirus  
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**Importance:** High

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All,

Yesterday, Michigan confirmed that two individuals tested positive for the Coronavirus. One individual is from Oakland County and had recent international travel, the other individual is from Wayne County and had recent domestic travel. Today, there is an unconfirmed case in Ingham County that is undergoing testing. Governor Whitmer, in response to these cases, has declared a state of emergency.

The information you need to know right now:

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### **Why is Michigan in a state of emergency and what does that mean?**

Governor Whitmer declared a state of emergency to maximize efforts and assist local governments and officials to slow the spread of the virus. Declaring a state of emergency expands the ability of the State to provide aid to local resources (local health departments, hospitals, etc.).

### **How can I prevent the spread of coronavirus (and other contagious diseases)?**

As with any contagious diseases, you should practice good hygiene and standard precautions.

This includes:

- Washing your hands with soap and water.
- Avoiding touching your eyes, nose or mouth with unwashed hands.
- Covering your mouth and nose with a tissue or upper sleeve when coughing or sneezing.
- Avoiding contact with people who are sick.
- Staying home if you are sick and contacting your healthcare provider.

### **What are the symptoms of coronavirus?**

- Fever
- Cough
- Shortness of breath

### **How long does it take for symptoms of coronavirus to appear?**

It takes as long as 14 days for symptoms of coronavirus to appear after exposure to the virus.

### **I've heard that coronavirus isn't a serious public health threat, is it?**

According to the U.S. Centers for Disease Control & Prevention, reported coronavirus cases have ranged from very mild (no symptoms or few symptoms) to severe (including some resulting in death). Older adults and individuals who have serious chronic medical conditions (Diabetes, heart disease, lung disease) are more likely to have a serious illness.

Coronavirus has the potential to be a serious health threat to a large population of individuals.

**What preventative actions is LifeWays taking, if any?**

LifeWays adopted an Infection Control & Exposure Response Plan in November 2019, which is currently undergoing the required policy and procedure process for review by the provider network. This plan outlines how LifeWays envisions it will prevent and respond to situations in which an exposure to disease is possible or has occurred.

LifeWays' leadership and clinical teams are currently discussing additional proactive measures and plans that the agency may implement, if needed, to appropriately respond to the coronavirus outbreak. Additional, team-specific and programmatic information shall be forthcoming.

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If you have any questions, please do not hesitate to reach out.

Thank you,

**Cassandra L Watson, MPH, BS**

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**LifeWays Community Mental Health**

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*LifeWays Community Mental Health, in partnership with our community and provider network, inspires hope and equips individuals on their journey toward recovery and wellness.*

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