

To serve, protect
and promote
a healthy
community for all.



HEALTH
DEPARTMENT

Caring today for a healthy tomorrow

Bulletin Bits

KENT COUNTY COVID-19 CHURCH TASK FORCE
[HTTPS://WWW.ACCESSKENT.COM/HEALTH/CORONAVIRUS.HTM](https://www.accesskent.com/health/coronavirus.htm)
SUNDAY, AUGUST 9, 2020

Indoor and Outdoor Gatherings

What to Know Before You Go

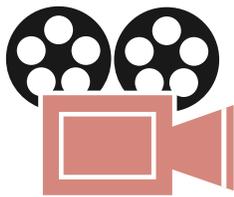
Currently, Kent County is in phase 4 of reopening. This means that cases of COVID-19 are declining, and businesses are allowed to open with capacity limits. Offices are still encouraged to offer work-from-home options for their employees, but can begin to allow some employees back into the office if they choose. People are still encouraged to stay at home and physically distance themselves whenever possible.

Going Outdoors

Current guidelines for the state of Michigan state that outdoor gatherings should not exceed 100 people. Be prepared in case there is a wait to attend an outdoor gathering.

Staying Inside

Guidelines for indoor gatherings are still not to exceed 10 people. Make sure your indoor spaces are well ventilated to help with airflow and reducing the confinement of germs.



Click on the video camera above for an update from Dr. Adam London, the Director of the Kent County Health Department

Reminder:

Although some regions of Michigan are allowing larger gatherings, remember physical distancing should still be taking place, and frequently touched surfaces need to be sanitized regularly between uses. Remind your families and friends to wash their hands often, and wear a mask whenever possible.

General Wellness

HELPFUL TIPS AND ACTIVITIES FOR ALL AGES



Free online books for kids at different reading levels

Reading is a great way to make sure your children stay on pace with their education while they are home for the summer. If their teachers don't require summer reading, or you have a little one who loves books, The Global Digital Library has created a resource of free books for children at many reading levels. Click on the books below to check it out!



8 veggies that are healthier cooked

First off, vegetables should be enjoyed no matter what way you prefer to eat them, because many Americans do not consume the daily recommended amount. However, cooking them does change the overall nutrients of the vegetable. Some veggies that are healthier for you after being cooked are spinach, mushrooms, carrots, asparagus, tomatoes, red bell peppers, broccoli and cauliflower, and sprouts. [Check out this link](#) to hear why these vegetables are better off cooked.