



Bulletin Bits

Kent County COVID-19 Church Task Force

<https://www.accesskent.com/Health/coronavirus.htm>

Sunday, June 28, 2020

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

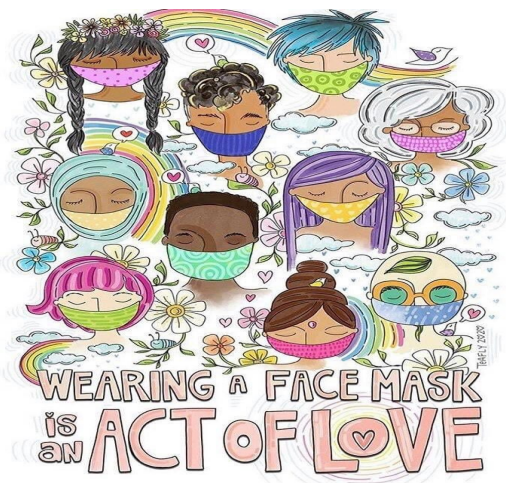
Keep Vigilant

“I know people are eager to return to their normal activities and routines said **Teresa Branson**, Kent County Health Department’s Deputy Administrative Health Officer. “However, it’s important that we remember the COVID-19 situation is unprecedented and the pandemic has not ended, and it’s very important that we all keep vigilant.”

The updated Center for Disease (CDC) guidelines urge individuals to continue to be vigilant about protecting themselves and others. That means adhering to the following guidelines:

1. **Wearing cloth face coverings in public,**
2. **Not touching your face with unwashed hands,**
3. **Washing your hands often,**
4. **Practicing physical distancing- also known as social distancing which means to stand at least 6 feet away,**
5. **Monitoring yourself for COVID-19 symptoms and staying home if showing any symptoms.**

It also means understanding your personal risk and being aware and staying up to date on **how COVID-19 is spreading in our community** —you can do this by regularly visiting the Kent County Health Department (KCHD) COVID-19 Data Dashboard website and following KCHD **Facebook videos**.



Know the Facts

What does COVID-19, mosquitos, beach balls and cloth masks have in common? Watch Adam London, Kent County Health Department’s Health Officer explain. *Click the video icon below to view video.*



Is your community a healthy place? Let us know how your community has supported your health or made it difficult for you or your family to be healthy. Click the link to answer a brief 5-minute survey to help us learn how your community impacts your health. https://is.gd/MI_State_Health_Assessment