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

COUNTY OF KENT MICHIGAN

HEALTH DEPARTMENT
Caring today for a healthy tomorrow

BULLETIN BITS

KENT COUNTY COVID-19 CHURCH TASK FORCE
WWW.ACCESSKENT.COM/HEALTH/CORONAVIRUS
SUNDAY, NOVEMBER 8, 2020

NUMBERS OF COVID-19 CASES GOING UP

The end of October brought an increase in the number of people testing positive for COVID-19. The positive case count in Kent County for a seven day average doubled from our highest seven day average that was recorded in May. The increase is impacting all age groups, race and ethnicities. Teresa Branson, Deputy Administrative Health Officer at the Kent County Health Department (KCHD), attributes the increase in positive cases to multiple factors including people feeling "COVID Fatigue". After 8 months of staying heroic, people are feeling worn down, loosening up their guard and not taking all the preventive measures to help slow the spread of COVID-19".

The Michigan Department of Health and Human Services (MDHHS) has extended the emergency orders with a change in the number of persons who can gather indoors. There is global evidence that COVID's growth is related to people heading inside. Indoor settings are as much as 20 times likelier to drive outbreaks than outdoor settings.

Officials at large West Michigan health systems say they are now treating as many COVID-19 patients as they did back in the spring when the pandemic hit hard, brought daily routines to a halt and hospitalizations were at their peak. Medical officers worry that if the present trajectory persists, the rising number of COVID-19 cases will stretch hospitals' capacity.

"The only way to beat COVID is to act on what we've learned since March," said MDHHS Director Robert Gordon. "Wear masks. Keep six feet of distance. Wash hands. And avoid the indoor get-togethers where we have seen COVID explode."

What does a chain link fence and a face mask have in common?

Dr. Adam London has the answer in this week's video – and it's no joke.

Click the image for Dr. London's video

PANDEMIC VOCABULARY

A few words and expressions have taken on new meaning during this pandemic. Here are some you may or may not have heard:

- **Pivot:** To change direction in order to accommodate the pandemic. Outside eating, virtual medical and therapy sessions and connection with family and friends on Zoom. Saying "unmute yourself"

- **Mask Etiquette:** Wearing a face covering over the nose and mouth every time you go out in public. Masks can prevent the spread of the virus. You are doing a generous public service to slow the spread of the virus when you decide to wear a mask.

- **The New Normal:** Everything is different and changing rapidly. It's like having to get used to the ground constantly shifting under our feet. We have to be adaptable and figure it out as we go along.

- **The Long-Haulers:** People who have survived the coronavirus but who are still experiencing various symptoms such as shortness of breath to infections.

Avoid Foggy Eyeglasses while Wearing a Mask

- Use antifogging solution such as Rain-X.

- Place a folded tissue between your mouth and the mask. The tissue will absorb the warm, moist air.

Click on the image for more tips

- Make sure the top of your mask is tight and the bottom looser so air is directed away from your eyes.

- Try double looping the bands around your ears.