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First COVID-19 case in Grand Traverse County

The Grand Traverse County Health Department is reporting a positive case of COVID-19 from the novel coronavirus in a Grand Traverse County resident. The individual, an adult male, in his twenties has a history of international travel is recovering at his home.

The Health Department is working with him to identify and contact anyone potentially exposed and will maintain regular contact with him and insure his needs are met during his home isolation. Additional information and guidance can be found at <http://gtchd.org/2231/COVID-19-Novel-Coronavirus> or on the health department's Facebook page at <https://www.facebook.com/GTCHHealthDept/>

There is currently no vaccine to prevent COVID-19. "We are relying on everyone in our community to do their part to prevent the spread of COVID-19 through measures like, social distancing and regular, frequent hand washing." said Wendy Hirschenberger, Health Officer of Grand Traverse County Health Department.

- **Clean your hands often.** Scrub with soap for at least 20 seconds. Use hand sanitizer if you if soap is not available.
- **Avoid close contact with people who are sick.**
- **Stay home when you are sick**, except to get medical care. Call ahead before going to your healthcare provider.
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash. Immediately wash your hands.
- **Clean and disinfect frequently-touched surfaces.**
- **Practice social distancing** and maintain a six foot distance from others.
- **Follow the Governor's orders and recommendations to limit gatherings.**

Older adults and people who have severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. [View additional prevention steps from CDC](#) for people at higher risk. Consult with your health care provider for more steps you may be able to take to protect yourself.

The Michigan Department of Health and Human Services (MDHHS) has created a statewide hotline for COVID-19. Public health and other experts will answer health-related questions about COVID-19. The team can also direct residents, providers and more to the right resources in their local communities and in other state government departments. The hotline will be open seven days a week from 8 a.m. to 5 p.m. at 1-888-535-6136.

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