



GRAND TRAVERSE COUNTY HEALTH DEPARTMENT

COMMUNITY HEALTH
2600 LaFranier Road, Suite A
Traverse City, MI 49686
231-995-6111

ENVIRONMENTAL HEALTH
2650 LaFranier Road
Traverse City, MI 49686
231-995-6051

**ADMINISTRATION &
MEDICAL EXAMINER**
2600 LaFranier Road, Suite A
Traverse City, MI 49686
231-995-6100

**EMERGENCY MANAGEMENT &
PUBLIC HEALTH PREPAREDNESS**
2600 LaFranier Road, Suite A
Traverse City, MI 49686
231-995-6100

www.gtchd.org

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Grand Traverse County COVID Report, public exposure sites

For Thursday, October 29, 2020, the Grand Traverse County Health Department is reporting 15 new cases of COVID-19, bringing the cumulative case total to 764 with 446 recovered and thirteen deaths, leaving 305 active cases.

Due to the large volume of cases, case investigations and contact tracing, **Grand Traverse County Health Department is asking anyone who is told that they tested positive for COVID-19 to self-isolate at home until the health department is able to reach you. Additionally, any and all household contacts should quarantine until the case investigation and contact tracing occurs.**

If you are under a health department ordered quarantine, a negative test does not end the 14-day quarantine period early. You can both come down with symptoms AND infect others during the entire two week period. Quarantine times are disease specific based upon infectious periods of the disease and transmission period. You must stay quarantined for the entire 14-day possible infectious period. If you are a household contact to someone who is in quarantine, you do not need to quarantine.

Traverse City Region Moves to Phase 4

Because cases are now at a high level statewide, the order treats all regions of the state the same. The Traverse City region previously had fewer restrictions due to lower COVID-19 rates and has now been moved into Phase 4 of the MI Safe Start system, joining the rest of the state.

Stronger Recommendations for Indoor Social Gatherings Permitted Under the Epidemic Order

Alongside the rerelease of today's order, MDHHS today published strong recommendations for indoor social gatherings, including at Thanksgiving. Because no one measure confers complete protection in a gathering, the guidance recommends that individuals take multiple steps together:

- Get together outside whenever possible. You have up to 20 times higher risk of getting sick inside.
- If you do get together inside, include no more than two households and 10 people.
- Limit time inside together—greater duration is greater risk.
- Wear a mask – take it off when you eat or drink, then put it back on.
- Keep six feet apart as much as you can.
- When possible, keep voices down; high volume can increase COVID transmission by 30 times
- Wash hands regularly and try to not to share utensils.

While conducting case investigations, the below locations during the specified dates and times were determined to be a place of potential public exposure. **Places not open to the general public are contacted directly.**

Left Foot Charley's:

Sunday, October 18 from 11:30 am - 9:00 p.m.

Monday, October 19 from 2:30 - 8:00 p.m.

Lucky Jack's Bowling Center:

Tuesday, October 20 from 6 - 9:00 p.m.

If you were present at any of the above locations during the listed time period, you should self-monitor for COVID-19 symptoms for 14 days since the possible exposure, **particularly if you were not wearing a mask or maintaining 6 foot distance from others.**

Symptoms include: fever, cough, shortness of breath, vomiting, diarrhea, muscle aches, repeated shaking with chills, headache, sore throat and new loss of taste or smell.

Anyone that is self-monitoring as a result should have a heightened sense of awareness that you could become infectious at any point during the 14-day self-monitoring period. Please keep this in mind when interacting with family, friends and the public.

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Media Contact: Emmy Schumacher, eschumacher@gtcountymi.gov, 231-493-8376