



# GRAND TRAVERSE COUNTY HEALTH DEPARTMENT

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**Immediate Release:  
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## **Grand Traverse County COVID report, public exposure sites**

For Tuesday, November 10, 2020, the Grand Traverse County Health Department is reporting 22 new cases of COVID-19, bringing the cumulative case total to **1,000** with 524 recovered and 14 deaths, leaving 462 active cases.

We are currently experiencing a rapid surge in cases of COVID-19 across the state, nation, and in northern Michigan. Most of the counties in the region are now classified in the highest risk category for case rate, testing positivity rate or both. This reflects the current reality that there is widespread transmission of COVID-19 happening throughout our communities, including workplace settings. It is important that we all do our part to slow the spread of this virus

With 214 new cases in the last 10 days, the Grand Traverse County Health Department is asking for your patience and individual cooperation as we manage the large, growing volume of cases and case investigations. **If you are a newly diagnosed/COVID 19+ tested case, please self-isolate until we can contact you directly.** Additionally, notify any of your close contacts that they will need to quarantine for 14 days from their last contact with you, until contact tracing can be completed and to monitor for symptoms. If symptoms arise, get tested. If you have school-age children, they should stay home from school and all school related activities as part of their quarantine.

Please see and share attached guidance.

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

**The Omelette Shoppe (Cass Street):**  
Thursday, November 5 from 10 - 11:30 a.m.

If you were present at the above location during the listed time periods, 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.

**If you should become symptomatic while quarantining, you should seek testing.**

**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.**

Many of our recent cases have been tied to social gatherings of all sizes and people working while infectious. With community spread evident, we must all remain vigilant and follow mitigation measures any time we leave our home.

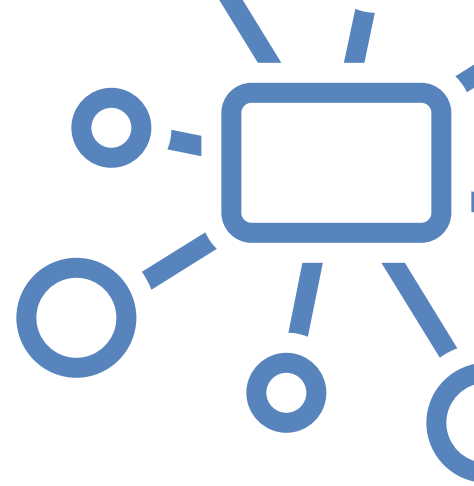
[When socializing with friends or family:](#)

- Get together outside whenever possible. Risk of transmission is increased when indoors.
- If inside, include no more than two households and never more than 10 people.
- If you feel sick, do not attend any gatherings.
- Wear a mask, removing only to eat and drink.
- Social distance away from others.

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# IF YOU TEST POSITIVE FOR COVID-19



With the increase in COVID-19 cases in our area, you might not hear from the health department right away. We ask everyone to follow these steps to help stop the spread.

**Start isolating yourself right away.** Stay home except for medical care. Let your employer know you have COVID-19.

**Notify your close contacts** so they can start to quarantine themselves.

- Close contacts = those who were within 6 feet for more than 15 minutes total in a 24 hour period, when the person was contagious.
- Contagious = starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.

**You can resume normal activities when**

- 10 days have passed since symptoms started (or test date if no symptoms),  
**AND**
- you are fever-free for 24 hours,  
**AND**
- your symptoms have improved.



If you need an isolation or quarantine letter for your employer, you can call the health department @ (231) 995-6801, and leave a message.



## CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

Start quarantining right away if you are told you are a close contact.

Stay home except to get medical care. Close contacts of a positive case (<6 feet, 15+ minutes total) need to quarantine for 14 days from your last contact to COVID+ person while they were considered contagious and monitor for symptoms. If you develop symptoms, get tested.

You cannot test your way out of quarantine, however. Because the incubation period of this virus is long, close contacts need to stay home 14 days from your last contact, even if you receive a negative test result.