

COVID-19 Update

Wednesday, March 11, 2020 — Ann Arbor Elder Law continues to follow the Washtenaw County Health Department, the State of Michigan Department of Health and Human Services, and the Centers for Disease Control and Prevention (CDC) guidance and recommendations regarding the COVID-19 outbreak. Public health information is being updated quickly from these reputable and reliable public health departments.

As of approximately 10:15 pm on March 10, 2020, two cases were presumptively confirmed in Michigan: one in Wayne County and one in Oakland County. One of those patients is being treated at the University of Michigan Hospital and is in stable condition as of this posting.

While the CDC considers COVID-19 a public health concern based on current information, **the immediate health risk to the general public is considered low at this time.**

Key information from the CDC:

- The CDC has identified two populations as at higher risk for serious illness with COVID-19: older adults and people who have serious chronic medical conditions like heart disease, diabetes, and lung disease.
- The CDC has designated 3 risk levels related to exposure and recommended steps:

COVID-19 **KNOW YOUR RISK**
If you have no symptoms...

| | | |
|--|---------------|----------------------------|
| HAD PROLONGED CLOSE CONTACT WITH SOMEONE POSITIVE FOR COVID-19 | HIGH | *SELF-QUARANTINE & MONITOR |
| TRAVELED INTERNATIONALLY TO A COUNTRY UNDER CDC LEVEL 3 | MEDIUM | *SELF-QUARANTINE & MONITOR |
| TRAVELED DOMESTICALLY TO AN AREA WITH KNOWN COMMUNITY-SPREAD | MEDIUM | *SELF-OBSERVATION |
| SPENT TIME INDOORS (NO CLOSE CONTACT) WITH SOMEONE POSITIVE FOR COVID-19 | LOW | *SELF-OBSERVATION |

- “Known community spread” refers to when it is impossible to trace how cases originated (i.e. no known travel exposure) and are most likely spread person-to-person. Isolation/quarantine are strategies used to mitigate community spread.
- If you show symptoms of coughing, shortness of breath, or fever/high temperature **AND** you are in one of the low, medium or high risk COVID-19 categories, contact your health care provider or the Washtenaw County Health Department to determine next steps.

Here are the best ways we can all help to prevent the spread of Coronavirus, influenza, and the common cold, as well as many other viruses:

- Frequently wash your hands with soap and water for at least 20 seconds.
- Cover your mouth when you sneeze or cough.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Avoid close contact with people who are sick.
- Stay home when you are sick.

The Centers for Disease Control and Prevention (CDC) does not recommend the use of facemasks for the general public.

What preventive measures has Ann Arbor Elder Law taken to protect our clients and families from COVID-19?

- Increasing signage in office common areas reminding visitors to wash their hands frequently with soap and water.
- Increasing the frequency of office cleaning protocols, including disinfecting high-touch surfaces like tables, chairs, light switches, and doorknobs, and stocking antibacterial hand soap and hand sanitizer in the office. *(Please note that antibacterial wipes, soap and hand sanitizer supplies have become drastically limited.)*

The safety, health, and well-being of our clients and their families is my priority. If you feel more comfortable meeting at your home to reduce your risk of exposure, please let me know.

I will continue monitoring the development of COVID-19 and follow the guidance of the Washtenaw County Health Department, the State of Michigan Department of Health and Human Services, and the Centers for Disease Control and Prevention (CDC). Thank you for your patience and trust in Ann Arbor Elder Law. We will continue to make the best decisions given the information available.