



Antrim County

COVID-19 NEWSLETTER - NOVEMBER 23, 2020

The Antrim Promise combines the best of our communities, residents, and businesses with a forward-looking framework that coordinates our efforts to create a more resilient County, stronger communities, and a more robust economy.

<http://www.antrimcounty.org/promise.asp>



Antrim County Spike

Beginning on March 29, Antrim County had their first case of COVID. From there, it took 7 months to get to 64 cases, taking us to the end of September. Unfortunately, in 1 month alone, October 1 - October 29, our numbers more than doubled and continue to grow, including 5 deaths as of 11/28/20.

As of the end of the day on Saturday, November 28, our numbers are:

- Confirmed: 423
- Recovered: 116
- Active: 307
- Deaths: 5

Building Closure - Effective 11/17/2020

All Antrim County Governmental Buildings are now closed to unscheduled public access. Outside doors will be locked, public will only be admitted for appointments made with individual departments and will be required to wear a mask. We will also continue to provide services to the public by email, phone, fax and the drop box in the Southeast corner vestibule.

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Emergency Operations Center

The EOC has partially reactivated and is working diligently with Human Resources, Health Department of North West Michigan and Administration to make sure our workers stay safe and healthy. Buildings are being fogged again and we are still providing any PPE that is needed. We are doing what we can to stop the spread in our buildings, but we need you to report and help us do our own contact tracing.

WE NEED YOU TO:

1. **STAY HOME** if sick
2. **WEAR** your mask anytime you can not be 6ft away from others and anytime you are in public
3. **WASH YOUR HANDS** for at least 20 seconds or use hand sanitizer when you cannot wash
4. **KEEP CONTACT** with others to a minimum. Do not partake in gatherings that are unnecessary

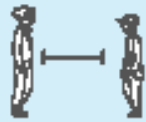
Skipping large family gatherings for the holiday season of 2020 might just ensure you get to see those family members in 2021. 🎁

COVID-19 Definitions Refresher

Social distancing, self-monitoring, quarantine, isolation for COVID-19



What do these terms mean? And what do I do if I'm asked to do them?



Social distancing

We should ALL be practicing social distancing. It help protect everyone in our community, especially those who are most vulnerable, from illness. What does this look like?

Individuals can:

- Keep six feet between people as much as possible.
- Get curbside pick up for groceries or restaurant orders instead of going inside.
- Use online or drive-through services at the bank.
- Avoid public places at their busiest times.





Businesses & organizations can:

- Have employees tele-work.
- Limit in-person meetings and travel.
- Modify operations to provide more online options and restrict people from gathering.

You may be asked to do any of the following:

Who should do it?

What is it?

 <p>Self-monitoring</p>	<p>People without symptoms, but who had a low-risk exposure like being in an airport, large facility, or restaurant at the same time as someone with a confirmed case of COVID-19.</p>	<ul style="list-style-type: none"> • Practice social distancing. • Check & record your temperature 2x a day and watch for symptoms. • If symptoms develop, CALL your doctor to explain symptoms and possible exposure before going in.
 <p>Self-quarantine</p>	<p>People without symptoms, but who have a higher potential of becoming sick because of where they traveled or having had contact with someone being tested for COVID-19.</p>	<ul style="list-style-type: none"> • <u>Stay home 24/7 and self-monitor for 14 days.</u> • Family and roommates should practice social distancing. • If you become symptomatic, family and roommates should also go into self-quarantine.
 <p>Monitored quarantine</p>	<p>Travelers from countries noted by the CDC (https://wwwnc.cdc.gov/travel) and close contacts of people who have tested positive for COVID-19.</p>	<ul style="list-style-type: none"> • Same steps as self-quarantine. • Plus report your twice daily temperatures and symptoms to the Health Department during your 14 days of quarantine.
 <p>Self-isolation</p>	<p>People sick with symptoms of COVID-19 but not sick enough to be hospitalized.</p>	<ul style="list-style-type: none"> • Stay in a separate room from the rest of their household members. • Use a separate bathroom if possible. • Family and roommates should avoid contact with sick person and practice self-quarantine. • Wear a mask if you go into shared spaces in the home.

Vaccine News



How COVID-19 Vaccines Work

COVID-19 vaccines help our bodies develop immunity to the virus that causes COVID-19 without us having to get the illness. Different types of vaccines work in different ways to offer protection, but with all types of vaccines, the body is left with a supply of “memory” T-lymphocytes as well as B-lymphocytes that will remember how to fight that virus in the future. It typically takes a few weeks for the body to produce T-lymphocytes and B-lymphocytes after vaccination. Therefore, it is possible that a person could be infected with the virus that causes COVID-19 just before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection.

Sometimes after vaccination, the process of building immunity can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

Types of Vaccines

Currently, there are three main types of COVID-19 vaccines that are or soon will be undergoing large-scale (Phase 3) clinical trials in the United States. Below is a description of how each type of vaccine prompts our bodies to recognize and protect us from the virus that causes COVID-19. None of these vaccines can give you COVID-19.

mRNA vaccines contain material from the virus that causes COVID-19 that gives our cells instructions for how to make a harmless protein that is unique to the virus. After our cells make copies of the protein, they destroy the genetic material from the vaccine. Our bodies recognize that the protein should not be there and build T-lymphocytes and B-lymphocytes that will remember how to fight the virus that causes COVID-19 if we are infected in the future.

Protein subunit vaccines include harmless pieces (proteins) of the virus that cause COVID-19 instead of the entire germ. Once vaccinated, our immune system recognizes that the proteins don't belong in the body and begins making T-lymphocytes and antibodies. If we are ever infected in the future, memory cells will recognize and fight the virus.

Vector vaccines contain a weakened version of a live virus—a different virus than the one that causes COVID-19—that has genetic material from the virus that causes COVID-19 inserted in it (this is called a viral vector). Once the viral vector is inside our cells, the genetic material gives cells instructions to make a protein that is unique to the virus that causes COVID-19. Using these instructions, our cells make copies of the protein. This prompts our bodies to build T-lymphocytes and B-lymphocytes that will remember how to fight that virus if we are infected in the future.

All but one of the COVID-19 vaccines that are currently in Phase 3 clinical trials in the United States use two shots. The first shot starts building protection. A second shot a few weeks later is needed to get the most protection the vaccine has to offer. One vaccine in Phase 3 clinical trials only needs one shot.

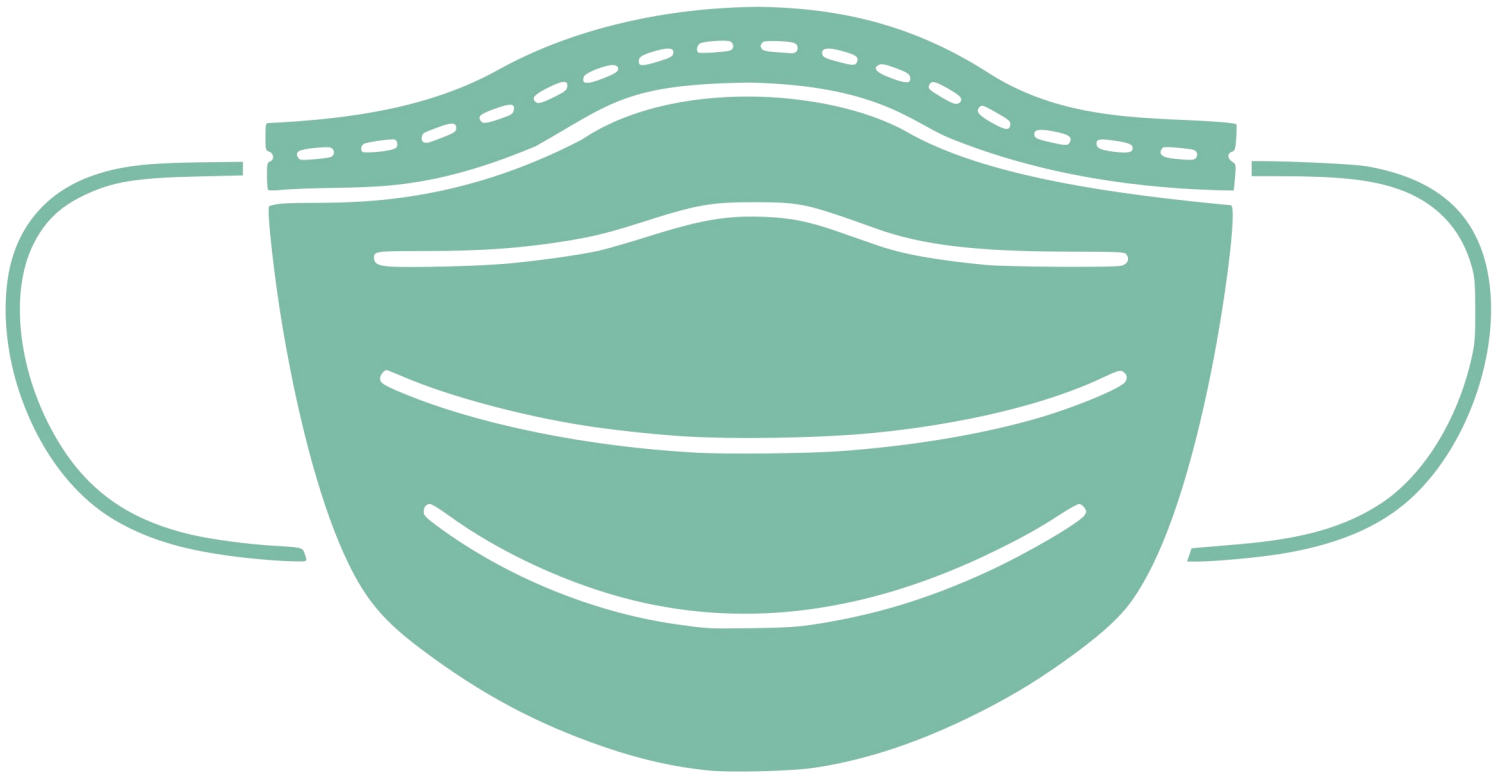
The Bottom Line

Getting vaccinated is one of many steps you can take to protect yourself and others from COVID-19. Protection from COVID-19 is critically important because for some people, it can cause severe illness or death.

Stopping a pandemic requires using all the tools available. Vaccines work with your immune system so your body will be ready to fight the virus if you are exposed. Other steps, like masks and social distancing, help reduce your chance of being exposed to the virus or spreading it to others. Together, COVID-19 vaccination and following CDC's recommendations [to protect yourself and others](#) will offer the best protection from COVID-19.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/about-vaccines/how-they-work.html>

MASK REQUIRED



Face Covering Required For Entry



for more information
www.antrimcounty.org/promise.asp