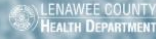


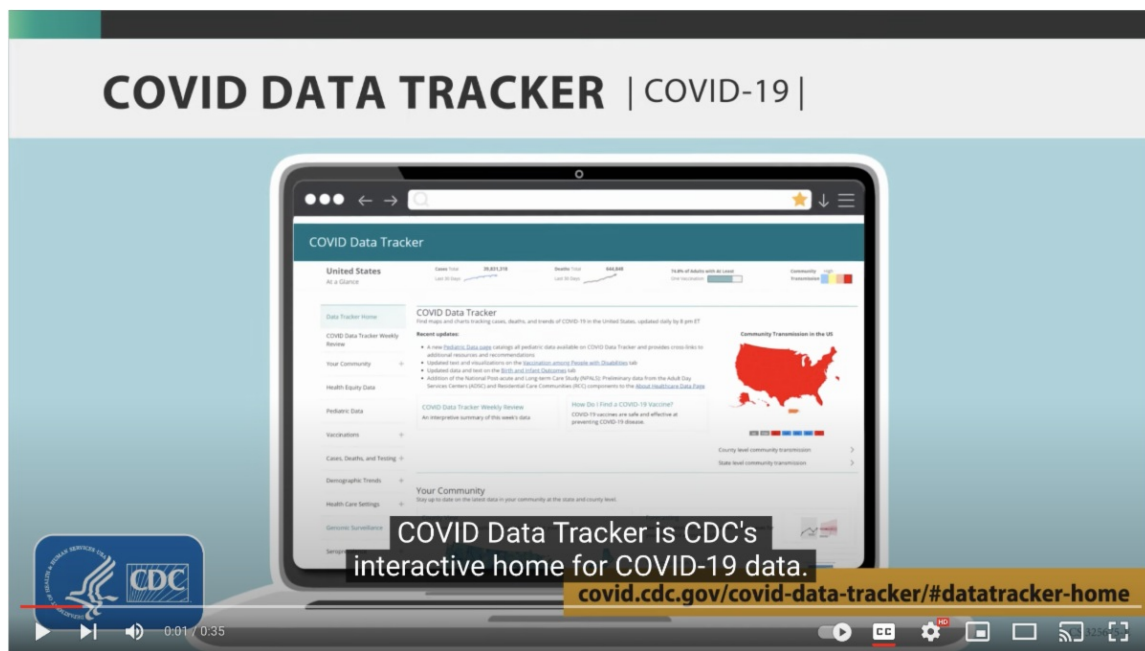
# COVID-19 UPDATE



Your COVID-19 Update From  
The Lenawee County Health Department

January 27, 2023

CDC COVID-19 Data Tracker



## Parents and Caregivers

Visit CDC's Covid Data Tracker to find the latest data to help you make informed decisions. This helpful Youtube video explains more:

Watch Video

Choose the Right Kind of Care

# Choose the right kind of care

Learn what types of medical care are available before you need them. Choosing the right point of care can help you feel better faster and prevent hospital systems from getting overwhelmed.



**Call a primary health care provider, pediatrician or consider an urgent care if you need help managing symptoms:**

- | Mild to moderate cold, flu and rsv symptoms (runny nose, cough, congestion etc.).
- | Sore throat.
- | Ear pain.
- | Fever.

Ask about virtual visits.



**Call 911 or go to an emergency department right away:**

- | Life-threatening conditions.
- | Severe chest pain or pressure.
- | Difficulty breathing. In children this can look like:
  - | Pale or bluish skin color.
  - | Breathing very fast or "belly" breathing.
  - | Nasal flaring - nostrils widen with each breath in.
  - | Retractions - chest pulls in around the neck and ribs with each breath.
  - | Clammy skin - cool, but also sweaty.

**Stay home** when sick unless you need medical care. Choose the right place to get care. Pharmacies or clinics are the best choice for flu and COVID-19 vaccines. Use at-home COVID-19 tests if you experience symptoms, or find a COVID-19 testing location by visiting [Michigan.gov/COVIDTest](https://Michigan.gov/COVIDTest).

It's important to stay up-to-date with regular health care check-ups and appointments. Don't miss routine physicals and immunizations. Not sure where to go? Contact a local health provider or call 211 for assistance.

When it comes to respiratory illness, it's important to know when to call your doctor or when it's serious enough to visit an emergency department.

# COVID Sampling

## Michigan COVID Wastewater Testing

**LENAWEE COUNTY HEALTH DEPARTMENT**

Did you know? COVID sampling is conducted at over 400 wastewater treatment sites throughout Michigan. The results help determine if the level of

the virus in the community is increasing, decreasing, or staying the same.

[View the Dashboard](#)

## Travel With Care



Are you considering traveling to warmer climates to escape the cold Michigan winter?

Before you travel, check out CDC's COVID-19 data tracker to see the risk in the area you want to visit:

[Check Data Tracker](#)

Sign Up for the  
**Healthy  
Lenawee  
Newsletter**



The Healthy Lenawee monthly newsletter is separate from our COVID newsletter and includes information such as available services, upcoming events, and other relevant health news.



Lenawee County | 301 N Main Street, Adrian, MI 49220

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