



Community Mental Health Services

of Livingston County

March 11, 2020

Dear CMH Consumers,

As you are aware, the coronavirus (COVID-19) is causing a lot of concern in the United States. Livingston County CMH is taking steps to ensure the safety of our consumers and staff and so we are instituting some changes that we want to make you aware of. Remember, these instructions will change as the Health Department updates us with new information. We will do our best to ensure you receive updated information.

There are some things we all can do to prevent the spread of this disease. Attached is an informational flyer on how to prevent the spread of germs. You will notice signs in the various CMH building lobbies regarding hand washing and tissue disposal. Please sneeze into tissues and then dispose of them into a garbage can. We advise you to not put a used tissue in your pocket. It is important to wash your hands thoroughly for at least 20 seconds.

In general, we are asking anyone who is experiencing fever, cough and shortness of breath to stay home and rest. The Centers for Disease Control (CDC) is asking ill persons to stay home as much as possible for 2 weeks and rest. If you feel like your symptoms are worsening, you should contact your primary care provider. If you feel you need to go to the ER, you should call ahead to the hospital and ask them which entrance they want you to use.

Genoa pharmacy is still able to deliver your prescriptions to you if you prefer. Please contact them directly to set that up. The phone number is: 517-258-0002. We are currently exploring other ways CMH can support you remotely (by phone, etc.) during this time.

Other Program Information:

Adult Consumers: If you have an appointment scheduled at CMH, and you are not feeling well, we ask that you call to speak with one of the nurses regarding your symptoms. This includes if you have an appointment with any member of their team, including therapists, supports coordinator, case managers and peers, etc. If you are scheduled to have an injection that day, one of the nurses will work with you and your team to ensure you can get your injection. If you have an injection scheduled and are feeling well, you will come into the building as usual. We will be taking temperatures on patients scheduled to see the doctor or have an injection. For your protection as well as the health care providers, you will see them wearing personal protective gear including masks, gloves and gowns.

Child and Family Consumers: If you have an appointment scheduled at CMH, and you or your family members are not feeling well, call nurse Abbi regarding symptoms and directions on how to move forward with your appointment. We will be taking temperatures on patients scheduled to see the doctor.

Community-Based/Home-Based Services: If you or your family member is not feeling well, we ask that you contact your therapist, case manager or peer specialist, youth peer specialist, respite worker, parent support partner, nurse, etc. We may need to reschedule the appointment but we want to make sure you get your needs met so please contact us to see can discuss other options for support during this time.

After hours Emergency Services: Our emergency services phone number is 517-546-4126 for mental health emergency services. If you have specific questions about the Coronavirus this is not the best number to call as we need to use this for mental health emergencies. There is additional information on the Livingston County Public Health Department's Website that is updated frequently. The address is: <https://www.livgov.com/health>

Please take care.

Sincerely,

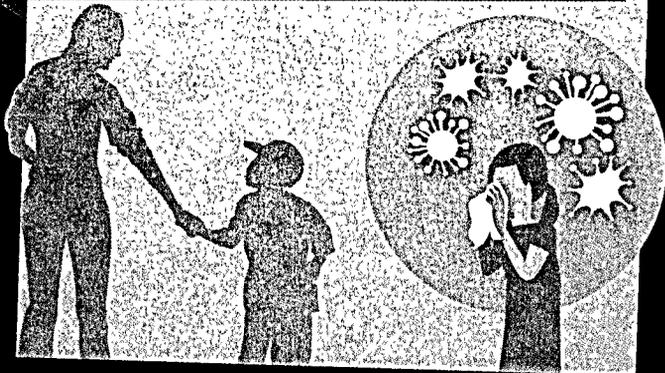
A handwritten signature in black ink, appearing to read "Connie Conklin". The signature is fluid and cursive, with a large initial "C" and a long, sweeping underline.

Connie Conklin, Executive Director

STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.

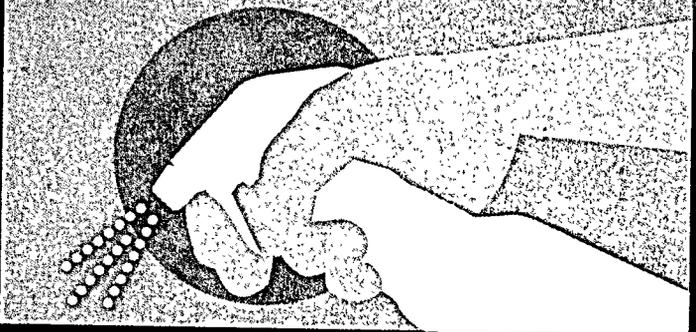


Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.

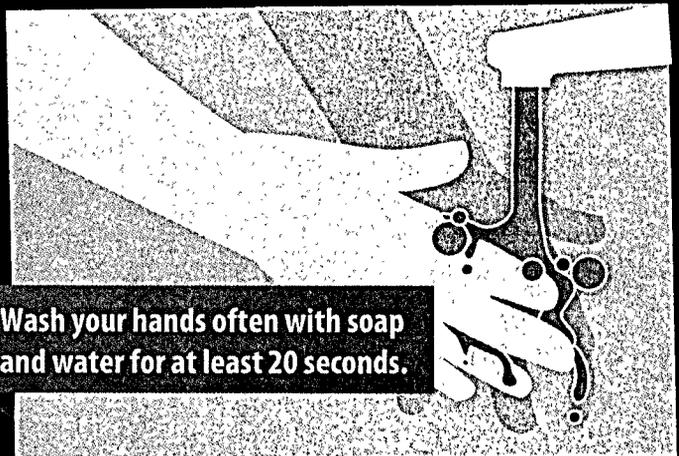
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



For more information: www.cdc.gov/COVID19