

JUNE 30, 2020

# VOICES



## Harper's Restaurant & Brew Pub COVID-19 Exposure

The Ingham County Health Department is urging anyone who visited Harper's Restaurant & Brew Pub in East Lansing from June 12-20 to self quarantine for 14 days since their visit due to an outbreak of COVID-19.

People with symptoms, which may develop up to 14 days after exposure, should seek immediate testing for COVID-19. You can also get tested even if you don't have any symptoms.

Remember that you can still be infected and get others sick even if you aren't experiencing symptoms at all or have mild symptoms, you can still pass the virus to others. For more information, please view the two recent press releases from ICHD:

- [Press Release - June 24, 2020](#)
- [Press Release - June 23, 2020](#)



## Reducing your Risk During Personal and Social Activities

Here's what you need to know if you leave home for personal or social activities (view the full resource- [click here](#)):

1. Stay home if you are sick.
2. Wear a cloth face covering when less than 6 feet apart from other people or indoors.
3. Use social distancing (stay at least 6 feet away from others).
4. Before you go, call and ask what extra prevention strategies they are using, like requiring staff to wear cloth face coverings.
5. Wash your hands with soap and water for at least 20 seconds when you get home.

### Get In Touch!



Do you have a story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Or, do you need assistance accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).

### Spot the Differences

Play "Spot the Difference" and identify the differences between two similar photos in this daily free game from Smithsonian Magazine online: [click here](#).



### DO THE FIVE

to stop COVID-19

1. **HANDS** wash them often
2. **ELBOW** cough into it
3. **FACE** don't touch it
4. **SPACE** keep safe distance
5. **HOME** stay if you can

For news and information from CMHA-CEI, visit our website at [www.ceicmh.org](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).

# Get Connected (Safely) with Capital Area District Libraries

## Reading Challenges

Earn prizes with a free summer reading challenge running until August 8th. There are separate tracks for Babies & Toddlers (ages up to 3), Kids (ages 0-13), Teens (ages 10-18) and Adults (age 18 & up).

You don't have to be a CADL member to participate—the challenge is open to everyone! Sign up for the challenge at this link: [click here](#).

## Contactless Pickup

Individuals with CADL library cards can schedule contactless pickup by setting an appointment through their MyTime service. Don't have a library card? Get signed up today: [click here](#).



## Audiobooks and E-books

CADL offers three services for audio and e-books: hoopla, OverDrive, and RBDigital. Learn more about these digital services, including tutorials and instructions: [click here](#).

## Virtual Events

Check out these online events covering everything from art, music, and theatre to business and citizenship hosted by CADL! Find events on their website: [click here](#).

### Questions About COVID-19?



Call the COVID-19 Hotline at 888-535-6136, 7 days a week from 8 a.m. to 5 p.m.



Email [COVID19@michigan.gov](mailto:COVID19@michigan.gov) 24/7. Emails will be answered 7 days a week, 8 a.m. to 5 p.m.



Subscribe to e-newsletter updates at [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus).



The most up-to-date and accurate information about COVID-19 can be found through local health departments and the CDC. Visit the websites of the following agencies by clicking the buttons below:

Ingham County  
Health Department

Mid-Michigan District  
Health Department

Barry-Eaton  
Health Department

Michigan Department of  
Health and Human Services

Centers for Disease  
Control and Prevention

For news and information from CMHA-CEI, visit our website at [www.ceicmh.org](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).