

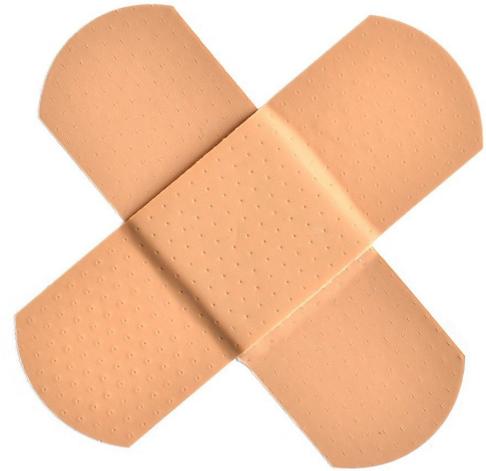
APRIL 14, 2021

VOICES



COVID-19 Vaccination Appointments Available!

The Barry-Eaton District Health Department has **vaccine appointments available** starting as early as tomorrow, April 15. There are many appointments available at their Lansing Mall location this week (anyone 18+), and they will have additional appointments available at their Barry County locations next week (appointments for these will open up on Friday, April 16). Anyone interested in scheduling an appointment can visit their website here: <https://www.barryeatonhealth.org/schedule-vaccine>



Michigan Vaccine Data

Recently, State health officials released promising information about the current effectiveness of the COVID-19 vaccines in fully vaccinated Michiganders. As of last week, more than 1.8 million Michiganders have been fully vaccinated. Of those people only 246 (approx. 0.0144%) contracted COVID-19 from January to March, and only 3 (approx. 0.00176%) have died from COVID-19 in that time period.

This means that so far in Michigan, the vaccine is 99.99% effective in preventing COVID-19 infection and 99.999% effective in preventing death. If you're interested in tracking Michigan's

COVID-19 vaccine rollout, including how many doses have been administered, which types of vaccine MI has received, and who has received the COVID-19 vaccine so far, visit the [MDHHS COVID-19 Vaccine Dashboard](#)

Need Assistance?

Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.



For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com.

Writer Spotlight

More Prescriptions for Good Mental Health

by Monique R.

1. Lots of routine.
2. Lots of relaxation.
3. Lots of close and good relationships.
4. Trying new ways to interact, and lots of interpersonal relating.
5. Lots of group interaction.
6. Lots of accepting the COVID-19 problem, and seeing something good in it.
7. Wearing masks always.
8. Finding newness of life and wholeness in the COVID-19 issue and ways to grow and live and move forward.
9. And new ways to love yourself and others.

That's the good mental health prescription. Smile.

We are still taking submissions for our Writer Spotlight! Do you have a similar story, poem, joke, or something else that you think could be shared in a future issue of this newsletter? Make submissions to Customer Service at 517-346-8244 or customerservice@ceicmh.org.



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 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.**



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](#)

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