

VOICES

Need Help?



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.

Writing Submissions



We are still taking submissions for our Writer Spotlight! Do you have a 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.

Free, Walk-In Vaccine Clinic at CMHA-CEI Jolly Road Site - June 2nd!

On Wednesday, June 2nd, Ingham County Health Department will facilitate a free, walk-in vaccine clinic at CMHA-CEI's Main Building at 812 E. Jolly Road in Lansing!

DATE: Wednesday, June 2nd

TIME: 9:00 A.M. to 3:00 P.M. No appointment required!

LOCATION: CMHA-CEI's main building at 812 E. Jolly Rd, Lansing

WHO: Anyone over the age of 12 years old are eligible to receive the vaccine. Please note that anyone under the age of 18 must be accompanied by an adult.

DETAILS:

The Pfizer vaccine will be administered by the Ingham County Health Department during this clinic. We will host a second walk-in clinic on Wednesday, June 23rd where you can get your second dose.

TRANSPORTATION:

- CATA is offering free rides to vaccine clinics, learn more: <https://cata.org/ridetohope>
- Uber and Lyft will both provide free rides to vaccine clinics, learn more on their websites.
- Talk to your case manager if you need help finding transportation.
- Questions? Email: covid19-questions@ceicmh.org



Updated CDC and MDHHS Guidance for Fully Vaccinated People

As always during the COVID-19 pandemic, guidance about how to stay safe is changing quickly which can be overwhelming and difficult to navigate. Last week the CDC and MDHHS both updated their recommendations for fully vaccinated people. Learn more below about what the latest guidance around masking may mean for you:

Current Impact on CMHA-CEI protocols:

- Until requirements are changed by MIOSHA, local health departments, and released as updates to CMHA-CEI protocol, our current COVID-19 protocols all remain in place as currently released.

What was the updated guidance?

- The CDC [announced](#) last week that fully vaccinated people "can resume activities without wearing a mask or staying 6 feet apart, except where required by federal, state, local, tribal, or territorial laws, rules, and regulations, including local business and workplace guidance."
- On a national level, masks are still required for all people – vaccinated or not – in all health care facilities, transportation settings such as airports and airplanes, trains and buses, correctional facilities and homeless shelters.
- MDHHS [released](#) an updated Gatherings and Face Mask Order on 5/15, that aligns with CDC guidance.

Why did the CDC release this guidance?

- If you're fully vaccinated, the science now shows you are highly protected against getting sick or spreading the coronavirus to others. The vaccine is extremely effective at preventing COVID-19 infections as well as COVID related hospitalizations and severe disease. (source: [Michigan Medicine](#))

Michigan Medicine [recommends](#) the following when navigating the new CDC and MDHHS guidance in your personal life:

- States, cities, businesses, school districts and institutions can still set their own mask requirements.
- Even if you're fully vaccinated, but you want to keep wearing a mask, feel free - and don't let anyone bully you out of it.
- For some people, the psychological adjustment away from masks will take time – so it's also OK to take it slow.
- Keep a mask handy just in case. Since you might find yourself in a situation where a mask is needed – such as a store that's requiring it, or an unexpected trip to a health care facility – you'll probably want to stash a mask in your purse, glove compartment, backpack or jacket pocket.
- If you're traveling, check the mask requirements at your destination. Even if there isn't a state or city mask rule, you may find that hotels or theme parks require or encourage masks in some areas. And again, even if you're fully vaccinated but still want to wear a mask and have your unvaccinated children do the same, that's your right.
- If you see someone wearing a mask in a place where one is optional, resist the urge to ask why.
- They may have a medical condition they'd rather not disclose, or perhaps they're trying to set an example for their children or support the wishes of someone they're with. They may have chosen not to be vaccinated yet, but still want to protect themselves. Or perhaps they're fully vaccinated with no health problems, but they're just being cautious to avoid a 'breakthrough' infection, especially if they're a worker who has to be face-to-face with the public all day.
- No matter what their reason, wearing a mask still provides protection for them. It also helps protect unvaccinated or vulnerable people around them if the mask-wearer is infected and capable of spreading the virus.

