

VOICES

5

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

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.

Drive-Thru Trick-or-Treating

Opportunities for drive-thru trick-or-treating are happening in the Lansing area. Learn more by [clicking here](#) and scrolling down.

Update: Status of CMHA-CEI COVID-19 Phased-In Recovery Plan

Although many of us wish that we could go back to “normal life” and “normal operations” here at CMHA-CEI, unfortunately as we enter winter and flu season, it looks like COVID-19 will be our reality for some time.

In recognition of that reality, and to continue prioritizing the health and safety of our consumers, staff, and community, we have determined that **we will remain in Phase 2 through December 2020.**

To review the Phased-In Recovery Plan in full, visit the COVID-19 webpage on the CMHA-CEI website, or [click here](#) and navigate to “CMHA-CEI Covid-19 Phased-In Recovery Plan link at the top of the page.



Voter Information and Resources: Let Your Voice Be Heard!



November 3rd is Election Day! Check out these resources to learn more about voting and make sure your voice is heard.

- [Informational voting webinars from Oakland Community Health Network](#)
- [Resources from Vote.org](#)

MDHHS Issues COVID-19 Halloween Recommendations

To help ensure the only thing scary about Halloween is the costumes, the Michigan Department of Health and Human Services (MDHHS) has issued [guidance on how to safely celebrate the holiday](#) during the COVID-19 pandemic.

“The way we celebrate Halloween in Michigan will be different this year due to COVID-19,” said Dr. Joneigh Khaldun, chief medical executive and chief deputy for health. “However, there are still many ways to celebrate safely. The guidance MDHHS issued today provides tips for trick-or-treaters and their parents along with homeowners who wish to hand out treats.”

Tips for all groups include staying home if you are sick; maintaining social distancing of at least six feet; wearing a cloth mask that covers both the mouth and nose; and washing hands often or frequently using hand sanitizer containing at least 60 percent alcohol.

In addition to the MDHHS guidance, the [Centers for Disease Control and Prevention](#) also issued recommendations this week. CDC considers trick-or-treating a high-risk activity and offers alternative activities to consider as well as safety tips if parents and children choose to trick-or-treat. MDHHS also recommends checking out halloween2020.org to find exciting activities and ways to celebrate Halloween this year based on levels of COVID risks in your area.



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

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