

# COVID-19 UPDATE



ST. CLAIR COUNTY  
**HEALTH DEPARTMENT**  
Our Community. Our Environment.



## MEDIA RELEASE

**DATE:** April 8, 2020

**TIME:** 4:30pm

### FOR MORE INFORMATION CONTACT:

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### St. Clair County – COVID-19 Daily Update #22

#### **Michigan Confirmed Cases:**

20,346 confirmed COVID-19 cases; 959 deaths (as of 3:00pm)

#### **St. Clair County Confirmed Cases:**

140 confirmed COVID-19 cases; 52 of those have recovered;  
3 county deaths; 1 out-of-county resident death (as of 3:00pm)

***\*We are developing a more comprehensive method for county data sharing. Updates will be posted on the St. Clair County Health Department website in the near future.\****

As the weather warms up, getting outside can be a good way to continue social distancing while combating the depression, anxiety, stress and boredom of staying home during the Governor Whitmer's "Stay Home, Stay Safe" Executive Order.

Exposure to sunlight produces Vitamin D, which is important for overall health and wellness. This can be especially helpful, as the Executive Order continues into its third week. Activities like walking, running or biking along the waterfront board walks, on area trails, or around your neighborhood. Sitting outside and enjoying fresh air is another alternative.

Remember everyone must stay home, unless part of the essential workforce, doing an outdoor activity, or performing a necessary task for the health and safety of yourself or your family (medical care, groceries, pharmacy needs, etc.). Also, when outside, practice social distancing by avoiding large crowds and only spending time with people living in your same household to help slow down the spread of COVID-19.

#### **COVID-19 Resources:**

- St. Clair County COVID-19 Informational Hotline (810) 966-4163, Monday – Friday, 8:00am - 4:30pm or e-mail questions, [covid19@stclaircounty.org](mailto:covid19@stclaircounty.org)
- MDHHS Hotline 1-888-535-6136, 8:00am - 5:00pm daily, 7-days a week or e-mail questions, [COVID19@michigan.gov](mailto:COVID19@michigan.gov)
- St. Clair County Community Mental Health COVID-19 Support Line (810) 985-8900; Text (810) 956-6335; Email: [covid19support@scccmh.org](mailto:covid19support@scccmh.org) Monday-Friday, 8:30am - 4:30pm
- St. Clair County information [www.scchealth.co](http://www.scchealth.co) or social media @scchdmi
- Michigan information [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)
- National information [www.cdc.gov/COVID19](http://www.cdc.gov/COVID19)

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