

# VOICES

## COVID-19 Phased-In Recovery Plan Update

We are now at the seven month mark since COVID-19 emerged in the United States and our world changed!



Ingham County is experiencing an increase in daily new cases related to MSU students living and gathering in off-campus residences. This has caused Linda Vail, Ingham County Health Officer, to issue a mandatory quarantine for 41 large East Lansing properties. To read the mandatory quarantine notices on the Ingham County Health Department website: [click here](#).

In light of the current circumstances in Ingham County, we will remain in Phase 2 (of 4) of our CMHA-CEI Phased-In Recovery Plan over the next month with plans to re-valuate our status in mid-October. (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.)

In Phase 2 of our CMHA-CEI Phased-In Recovery Plan we are utilizing both in person and telehealth services. We hope that further growth in cases in the area will soon be contained, but in the meantime, it is important that we all commit to remaining diligent about safety. Review the steps you can take to prevent the spread of COVID-19 from the CDC by [clicking 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

### 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](mailto:customerservice@ceicmh.org).

### New COVID-19 Testing Sites

Neighborhood testing sites are offering free COVID-19 testing including one in Lansing. Learn more by [clicking here](#).

# Upcoming Event Reminders



## AFSP Out of the Darkness Community Walk

The American Foundation for Suicide Prevention's annual Out of the Darkness Walk is going virtual!

Join the CMHA-CEI team, or participate as an individual on September 26th, 2020. Further details about how to get involved will be announced in the coming weeks- register to make sure you don't miss a thing! [Click here](#) to register.



## Walk a Mile Virtual Rally

The 2020 Walk a Mile in my Shoes Rally is taking place virtually on Tuesday, September 29th 2020 from 12:00-2:00 PM. To participate, create a post and state why you are virtually walking. Include the hashtag #WalkAMile and tag CMHA-CEI at [www.facebook.com/ceicmh](http://www.facebook.com/ceicmh) and CMHAM at [www.facebook.com/CMHAMich](http://www.facebook.com/CMHAMich)

For more information, view the Facebook event by [clicking 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](http://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](http://www.facebook.com/CEICMH).