



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

### Turkey Cams!

Get into the Thanksgiving spirit by watching live footage of turkeys (and some other barnyard friends!) on a farm in update New York. Watch the feed by [clicking here](#).

## Three Week Pause- New MDHHS Epidemic Order

The Michigan Department of Health and Human Services (MDHHS) issued a [new emergency order](#) that enacts a three-week pause targeting indoor social gatherings and other group activities in an effort to curb rapidly rising COVID-19 infection rates. The order takes effect today, November 18th.

Here is what is impacted during the next three weeks under this order:

### Open:

- Two-household gatherings (with high precautions)
- Small outdoor gatherings (25 people)
- Retail
- Preschool through 8th grade (local district choice)
- Childcare
- Manufacturing, construction, other work that cannot be done remotely
- Public transit
- Hair salons, barber shops, other personal services
- Gyms and pools (for individual exercise)
- Restaurants and bars (outdoor dining, takeout, and delivery)
- Parks and outdoor recreation
- Funerals (25 people)
- Health care

### Not open:

- High schools (in-person learning)
- Colleges and universities (in-person learning)
- Workplaces, when work can be done from home
- Restaurants and bars (indoor dining)
- Organized sports, except professional sports
- Theaters, movie theaters, stadiums, arenas
- Bowling centers, ice skating rinks, indoor water parks
- Bingo halls, casinos, arcades
- Group fitness classes

**CMHA-CEI remains in Phase 2 of our [Phased-In Recovery Plan](#) and will continue to offer services throughout this time, including supporting continued blending or use of telehealth where clinically appropriate. If you have questions or concerns about service delivery or COVID-19 protocols, please reach out to Customer Service at 517-346-8244 or [customerservice@ceicmh.org](mailto:customerservice@ceicmh.org).**

# Safely Celebrating the Holidays

Many families and individuals across the country are considering smaller and more unconventional ways to celebrate the holiday season this year. Amid climbing rates of COVID-19, consider how your holiday plans can be modified to reduce the spread of COVID-19 to keep your friends, families, and communities healthy and safe.

When making decisions about how to be safe this holiday season, refer to the following sources for guidance:

- MDHHS: [Tips for Holiday Gatherings](#)
- MDHHS: [Tips for Holiday Travel](#)
- CDC: [Holiday Celebrations and Small Gatherings](#)
- CDC: [Celebrating Thanksgiving](#)



## Native American Heritage Month

November is Native American Heritage month! Native American Heritage Month began as a week-long celebration in 1986, when President Ronald Reagan proclaimed the week of November 23rd - 30th as "American Indian Week." Every President since 1995 has issued annual proclamations designating the month of November as the time to celebrate the culture, accomplishments, and contributions of people who were the first inhabitants of the United States.

This month is a time to celebrate the diverse cultures of Native people and provides us with an opportunity to highlight the history, heritage, traditions, and contemporary way of life of Native Americans. The National Museum of the American Indian is hosting a virtual Native Cinema Showcase- learn more and watch on demand 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 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](http://www.ceicmh.org) and Facebook page at [www.facebook.com/CEICMH](https://www.facebook.com/CEICMH).