

Mackinac Island Medical Center Guide to Navigating COVID-19

I am on Mackinac Island, have noticed new symptoms and feel concerned that I might have COVID-19

What should I do next?

Determine if your symptoms are MILD/MODERATE or SEVERE

MILD/MODERATE SYMPTOMS → a cough that does not consistently interrupt conversation, a fever that is more than 100° but less than 104° for adults, shortness of breath that resolves completely at rest and a tolerable sore throat.

The **BEST** way to treat MILD/MODERATE SYMPTOMS is to do the following

- Stay home and isolate
- Rest - spend most of your time sitting down or in bed
- Increase fluids
- Use fever reducer, as recommended by your provider, for fever and pain relief

DO NOT GO TO THE MEDICAL CENTER FOR MILD/MODERATE SYMPTOMS

If you have any questions OR if you want to talk to a healthcare provider
During business hours.

CALL the Mackinac Island Medical Center at 906-847-3582

OR

available 24/7 until further notice

The Mackinac Island Medical Center COVID-19 HOTLINE at 906-328-0010

State of Michigan Covid-19 Hotline at 888-535-6136, 8am-5pm

SEVERE SYMPTOMS → include but are not limited to: difficulty breathing, persistent chest pain or pressure, confusion, inability to wake up, bluish lips or face.

For severe symptoms OR emergent care call 911 to request an ambulance OR to notify the Medical Center you are coming in.

10 ways to manage respiratory symptoms at home

If you have fever, cough, or shortness of breath, call your healthcare provider. They may tell you to manage your care from home. Follow these tips:

1. **Stay home** from work, school, and away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes.**



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



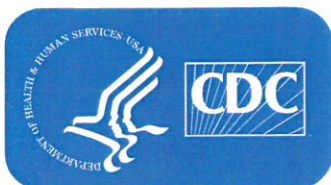
8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



For more information: www.cdc.gov/COVID19

Mackinac Island Medical Center

COVID-19 Hotline

1-906-328-0010

24/7 Access to COVID-19

- Screening
- Questions
- Community Support

State of Michigan Resources

- **CALL** → the COVID-19 Hotline at **1-888-535-6135**
 - 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 am to 5pm
- **SUBSCRIBE** → e-newsletter updates at Michigan.gov/Coronavirus