



Students and Families:

We hope that you are all doing well and continue to stay safe and stay home to help prevent the spread of COVID-19. With the Governor's order, we would like to let you know of a few changes here at your Houghton Lake School Based Health Center (SBHC).

The SBHC is open daily by appointment only for mostly telephone appointments. Students (along with their parent/guardian) may call the SBHC for visits conducted over the phone. Examples include: medication refills, follow up care, mild illness, seasonal allergies. Students may be seen in person at the SBHC for medically urgent needs that cannot be done over the phone. Examples include: abdominal pain, injuries to bones/muscles, extensive rashes or skin infections.

However, this excludes any symptoms of fever, dry cough, or upper respiratory symptoms. At this time, we request all students with upper respiratory symptoms and/or fever are to be seen at the MidMichigan Urgent Care. The MidMichigan Urgent Care is equipped with the proper protocol and equipment to be able to screen and potentially test for COVID-19 if needed. The MidMichigan Urgent Care is located at 9249 W Lake City Rd, Houghton Lake, MI (989) 422-2181.

Additionally, the SBHC will be conducting mental health counseling via telephone visits. Students currently in counseling will be contacted if they would like to continue counseling via telephone.

Please contact the **SBHC at (989) 366-2061** to schedule an appointment and/or have any questions.

A few reminders:

- If you feel sick, stay home until feeling well and no fever for 72 hours
- Wash your hands frequently and especially after cough/sneeze, use bathroom, and before eating. Cough/sneeze into your elbow. Do not touch your face with unwashed hands
- Frequently sanitize areas of home such as door knobs, kitchen areas (counters, refrigerator handles, sink), bathrooms, remotes, electronics
- Do not leave your home unless necessary to obtain food/supplies. We recommend one parent to obtain these items and no children accompany them to the stores. If you need assistance obtaining supplies locally, **call \*211**
- Maintain social distancing with 6 feet of space between others. Do not go to friend's houses, sleepovers etc.

Stay safe and stay healthy,

***SBHC Staff***