

Detroit Arsenal Teammates -

Yesterday, the sun was shining, the allergens were running amuck and today is rain and wind. Word on the street is that the Blue Angels were scheduled to fly over the city today, but alas the weather is not cooperating. The Blue Angels planned this fly over event to honor our COVID19 essential workers. It's Michigan spring, and we all know mother nature wins. A quick internet search will give you some video on how it went down in other cities, giving us a virtual fly over.

Some good resources to share in today's message. Make sure to see the note at the bottom regarding some house hold cleaners that do not mix!

For those of you who are information seekers, the CDC has put out some "what's new" info on their website: <https://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html>

TUTOR.COM

As of April, all DoD service members, civilians and dependent family members (kindergarten-college/adult) are temporarily eligible to use Tutor.com/military at no cost. The program provides on-demand academic support 24/7 in more than 100 subjects.

This temporary program expansion for DoD-affiliated personnel and their families comes at a time when learners of all ages may need extra support. Full program eligibility details are posted at <https://www.tutor.com/military/eligibility>

Personnel and family members can email questions to militarysupport@tutor.com or to Maureen Haney at atmaureen.haney@tutor.com

ON-LINE MENTAL HEALTH COURSES:

RED CROSS is offering a free online course titled "Mental Health First Aid for COVID-19."

This course will help you to build resilience and support yourself and others through this crisis by reviewing basic principles of providing psychological first aid, including how to recognize and manage stress in yourself and in others and how to lend support to family members, friends and coworkers during and following the COVID-19 outbreak.

<https://www.redcross.org/take-a-class/classes/mental-health-first-aid-for-covid-19-online/a6R3o0000014Zlg.html>

TRAIN.ORG catalog also offers several related courses (free and online).

Search for "psychological first aid"

https://www.train.org/main/search?type=course&query=psychological%20first%20aid&max_list_price=0&label_id=20,25

There is a lot of information in this section on availability of local testing, and priorities for testing in Michigan. As we are working our recovery plans, data provided by testing is one important indicator we are looking at to guide any change to our posture. Sharing this all with you so you are informed.

EXPANSION OF COVID-19 TESTING PRIORITIZATION CRITERIA: to Include All Critical Infrastructure Workers with Potential Exposure, Whether Symptomatic or Asymptomatic

The Michigan Department of Health and Human Services continues to expand the COVID-19 testing prioritization criteria. This broadens the populations eligible for testing to include individuals with mild symptoms in certain circumstances. Specifically, any healthcare facility worker or first responder (even if they do not have symptoms), any critical infrastructure workers (i.e., any worker still leaving the home for in-person work) with potential COVID-19 exposure, whether symptomatic or asymptomatic, should be tested as long as adequate specimen collection and test processing capacity remains after serving all known patients in higher-priority testing categories.

As a reminder, the current MDHHS COVID-19 testing prioritization criteria are as follows:

Priority One

- Hospitalized Patients
- Healthcare facility workers with symptoms; o Note: MDHHS interprets this to include all workers within a healthcare facility, not just providers of direct healthcare services

Priority Two

- Patients in long-term care facilities with symptoms Note: MDHHS interprets this to include any resident with symptoms in congregate living arrangements, not only long-term care facilities.
- Patients over age 65 years with symptoms • Patients with underlying conditions with symptoms • First responders with symptoms

Priority Three

- Critical infrastructure workers with symptoms • Individuals who do not meet any of the above categories with symptoms • (Newly added) asymptomatic health care workers and first responders • Individuals with mild symptoms in communities experiencing high COVID-19 hospitalizations Note: MDHHS interprets the full state of Michigan to be a community with high COVID-19 hospitalizations

Priority Four (Newly Added Priority)

- Critical infrastructure workers, including asymptomatic workers
- Note: these individuals may be tested only if specimen collection and testing capacity remains after serving all patient groups above.

To locate a testing site near you, visit Michigan.gov/CoronavirusTest Hotline at 888-535-6136 or email COVID19@Michigan.gov for more information.

When cleaning in your home and when you do return to the office, remember some cleaners DO NOT MIX!! The key to the safe use of disinfectants is to follow the label directions; never mix two cleaning products.

When combined:

Bleach and Vinegar produces chlorine gas which can cause coughing, breathing problems and burning and watery eyes.

Bleach and Ammonia produces a toxic gas called chloramine. It causes shortness of breath and chest pain.

Bleach and Rubbing Alcohol makes chloroform, which is highly toxic.

Hydrogen Peroxide and Vinegar makes peracetic/peroxyacetic, which can be highly corrosive.

- EPA List of Approved Disinfectants <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- Other Federal Guidance <https://www.cdc.gov/mmwr/volumes/69/wr/pdfs/mm6916e1-H.pdf>.

Hope you soaked up a little sunshine yesterday to store for another day - thanks for all you are doing to keep us rolling along!

Sincerely,

Carrie

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