



MARK HACKEL, MACOMB COUNTY EXECUTIVE
COVID-19 UPDATE
macombgov.org

May 13, 2020

Yesterday Metro Detroit got to experience flyovers by the Blue Angels and the Michigan Air National Guard, and it was incredible. For those that may have missed it, the U.S. Navy [released a video](#) giving a pilot's perspective as the jets flew over the Detroit skyline. I encourage you to take a look. Today, the 107th Fighter Squadron and the 171st Air Refueling Squadron will be also be flying over Macomb County and Metro Detroit.

Events like this instill pride and inspire hope, both of which are needed during these uncertain times. So I'd like to thank all the individuals involved in executing our local flyover. It certainly demonstrated how we are #MichiganStrong. And again, thank you to the health care workers on the front lines of the COVID-19 pandemic. The flyovers were planned to show appreciation for their tireless efforts these past few weeks. Their work, combined with the contributions of our community to flatten the curve and support each other, will help us get through this crisis together.

Thank you, and remember, let's stay home and stay safe to save lives.

Mark A. Hackel
Macomb County Executive

If you are concerned about COVID-19 or have mild symptoms, please do not call 911 and do not visit the Macomb County Health Department to be tested for COVID-19. Please contact your health care provider. For more information, visit macombgov.org/covid19 or call the COVID-19 Helpline at 586-463-3750. The Helpline is open 8:30 a.m. - 5:00 p.m., Monday - Friday. If you need further assistance, contact the Michigan Department of Health and Human Services Hotline which is open seven days a week from 8:00 a.m. - 5:00 p.m. at 888-535-6136. You can also send an email to COVID19@michigan.gov for assistance. If you need other forms of assistance (food, senior services, etc.), please contact the Macomb Community Action Helpline at 586-469-6999.

For all the latest news and information, go to macombgov.org.

Important Things to Know

- A recent Kaiser Family Foundation poll found that 45 percent of adults in the United States have felt a negative impact on their mental health due to COVID-19. A number of factors play a role in that report, including fear of the virus, loneliness due to social distancing and stress related to financial insecurity. And it isn't likely that those issues will be solved for some time. It's clear - there is a growing mental health crisis in our country - and Macomb County Community Mental Health is on the front lines. Learn more about this organization and get tips to boost your mental health in today's Make Macomb Your Home blog. [Read more.](#)

Tips to Boost Your **MENTAL HEALTH**

- 1 Develop a new routine or schedule at home**
- 2 Return to an activity you enjoy or try a new hobby**
- 3 Maintain contact with family and friends with phone calls and video chats**
- 4 Stay active through exercise and other activities**
- 5 Eat properly**
- 6 Get enough sleep**



- On Tuesday, members and aircraft from the Blue Angels and Michigan Air National Guard conducted a series of multi-city flyovers to show appreciation to the thousands of Michigan heroes who are at the front line battling COVID-19 and providing the vital support that Michiganders need. Today, a KC-135 and A-10 flyover will take place in the Detroit and Novi areas.



- The Macomb County Emergency Operations Center and Department of Health continue leading local efforts to respond to the ever-evolving nature of the coronavirus (COVID-19) pandemic. Macomb County continues to update the online COVID-19 dashboard with the latest data and information. [Click here to access the dashboard.](#)



Executive Mark Hackel has been regularly sharing video updates with Macomb County residents on YouTube and social media. Click on the links below for the latest updates:

- [COVID-19 Update with Executive Hackel and Golden Berry Senior Care](#)

In the News

- Macomb County reports 'massive' decline in COVID-19 numbers. [Read more.](#)

- Macomb County offering resources for businesses preparing to reopen. [Read more.](#)
 - VIDEO: Blue Angels fly over Metro Detroit amid coronavirus (COVID-19) pandemic. [Watch here.](#)
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Helpful Links

- In the past few weeks, additional COVID-19 testing locations have opened in Macomb County. You can find an updated link on the county website, macombgov.org. Michigan also lists all testing sites across the state. Click [here](#) to access that information.
 - Experiencing food insecurity? Visit <https://gis.macombgov.org/go/food> to access maps of food pantries and school food programs.
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Stay Informed

For the latest information from Macomb County regarding COVID-19, please visit macombgov.org/covid19.

