



Coronavirus (COVID-19)

INFORMATION AND COMMUNITY RESOURCES

We're here to help!
www.genhs.org 810.257.3705 M-F 8-5
24 Hour Crisis Hotline 810.257.3740

SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT 1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT 2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT 3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT 4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT 5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

SHORTNESS OF BREATH



cdc.gov/COVID19-symptoms

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

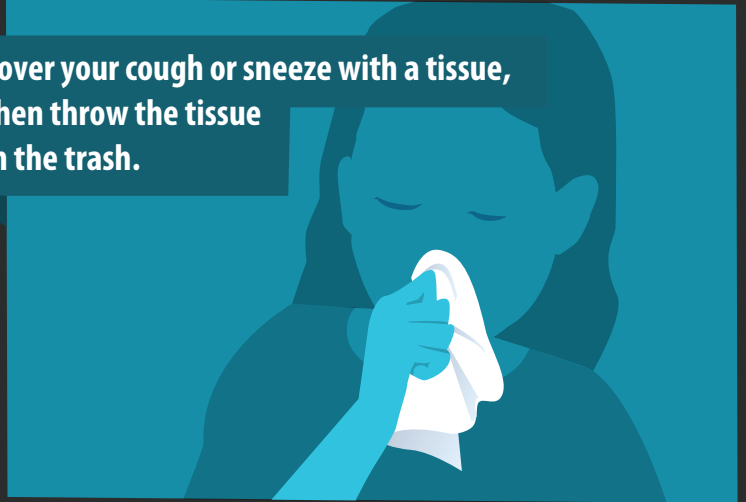
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

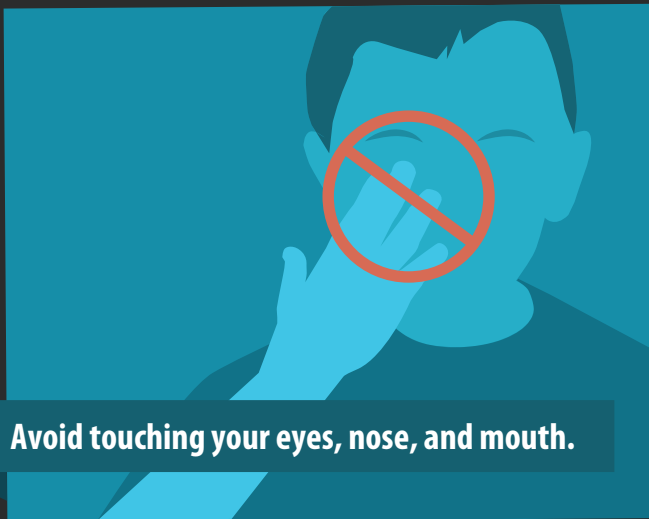
Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



cdc.gov/COVID19

COVID-19

SELF-MONITORING & SOCIAL DISTANCING



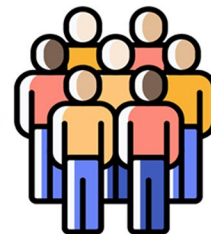
Take your **temperature twice daily**,
monitor for signs of fever

Stay home, avoid contact with others
{including at work or school}



Do not take public transportation
taxis, or ride-shares

Avoid crowded places
& limit public social contact



Maintain a distance of at least
6 feet from others

If you have a **fever of 100.4°F, cough, or trouble breathing**:
If this is a life threatening emergency, **call 911**.
Call your doctor's office **BEFORE** seeking care
and explain your symptoms and that you
are self-monitoring.



PRACTICE SIMPLE PRECAUTIONS



**WASH YOUR
HANDS OFTEN**



**DON'T TOUCH
YOUR FACE**



**AVOID THOSE
THAT ARE SICK**



Genesee County
Health Department
Your Health. Our Work.

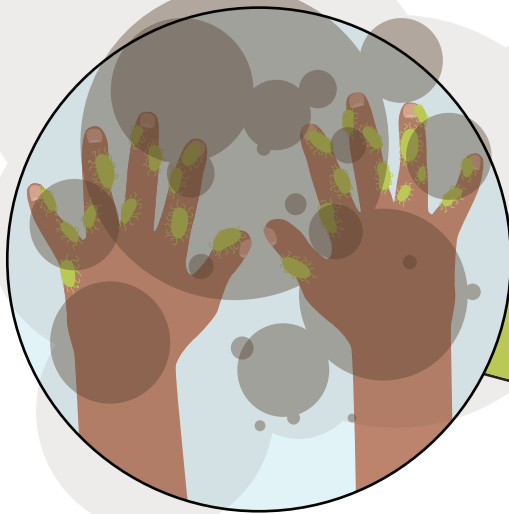


@GeneseeCountyHealthDepartment

For more information
visit our website at
www.gchd.us/coronavirus
and follow us on Facebook!

Last updated: 03/16/2020

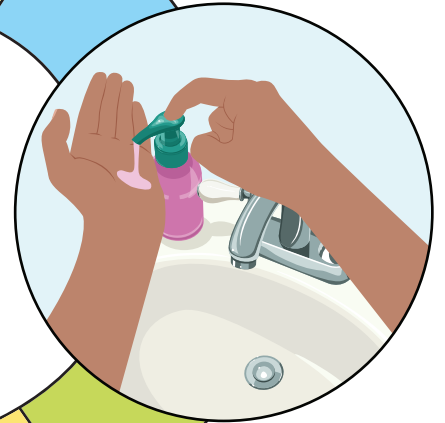
Wash Your Hands!



Dirty!



Wet



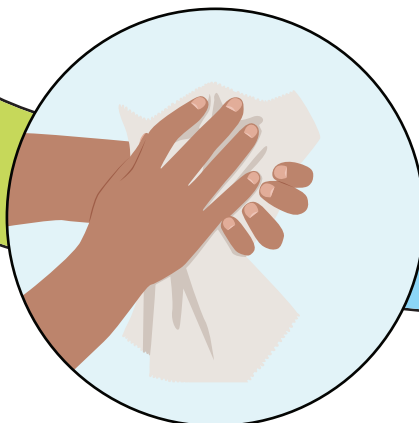
Get Soap



Scrub



Rinse



Dry



Clean!



Centers for Disease
Control and Prevention
National Center for Emerging
and Zoonotic Infectious Diseases

www.cdc.gov/handwashing

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



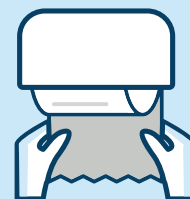
Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing

This material was developed by CDC. The Life is Better with Clean Hands Campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.



CS310027-A

Clean and Disinfect Your Household During the Coronavirus Pandemic

Cleaning and disinfecting your home during the Coronavirus Pandemic (COVID-19) is very important. While the coronavirus is much more commonly spread through respiratory droplets, current science suggests that the virus may remain alive for hours to days on surfaces. Cleaning of dirty surfaces followed by disinfection is important to prevent COVID-19 and other viral illnesses in households.



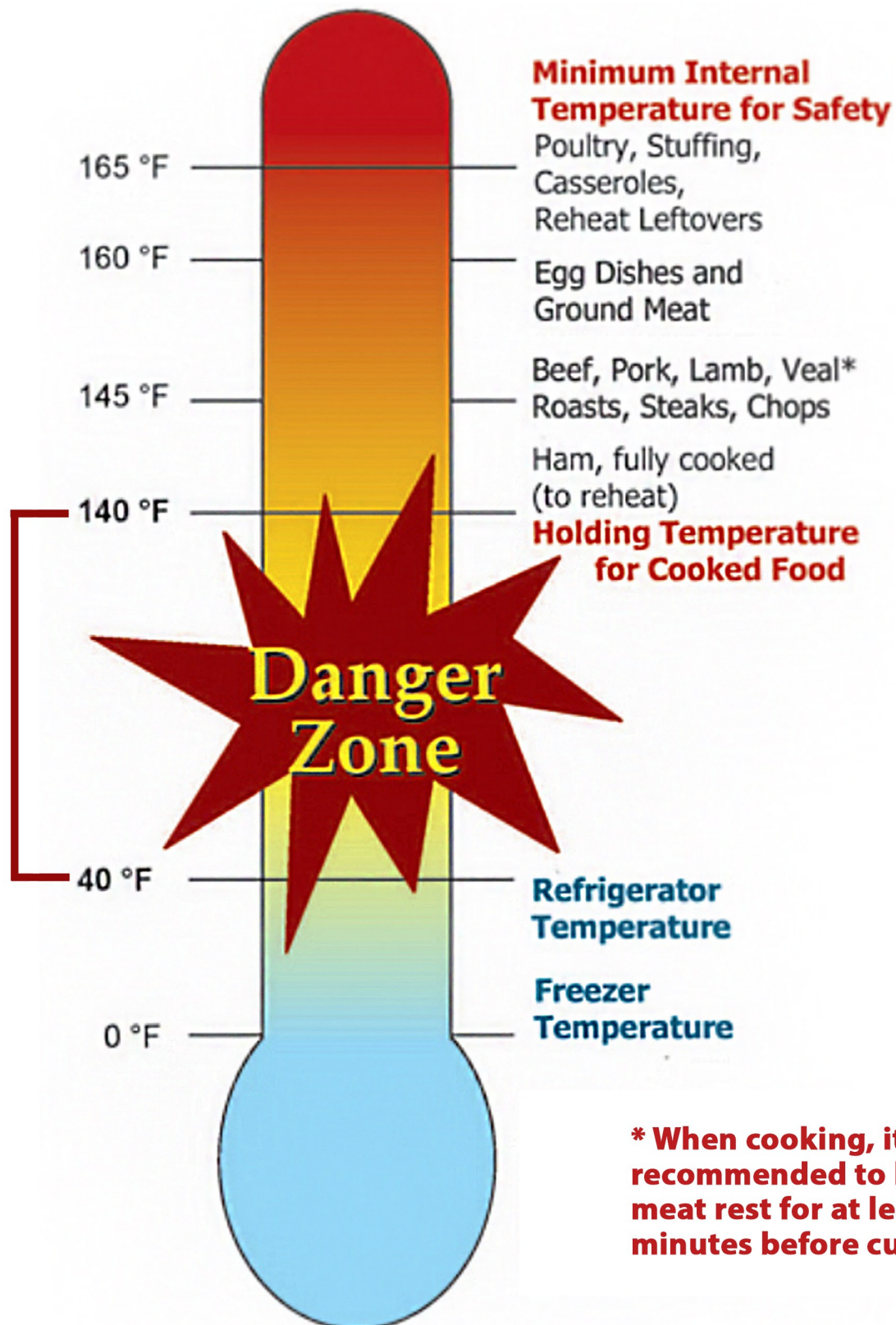
Genesee Health System suggests:

- Cleaning and disinfecting frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them first with soap and water prior to disinfection.
- Use disinfectants appropriate for the surface.
 - Options include:
 - Diluting your household bleach.
 - To make a bleach solution, mix 5 tablespoons (1/3rd cup) bleach per gallon of water or 4 teaspoons bleach per quart of water.
 - Alcohol solutions.
 - Ensure solution has at least 70% alcohol.
 - Other common EPA-registered household disinfectants.
- Follow label's instructions for use and proper ventilation. Check to ensure the product is not past its expiration date. **Never mix household bleach with ammonia or any other cleanser.**

SOURCE: CDC: General Recommendations for Routine Cleaning and Disinfection of Households (2020)

USDA Food Safety

If you're cooking from home, note the temperatures for food safety.



Never leave food in the Danger Zone more than 2 hours.

Coping with a Disaster or Traumatic Event



After a disaster, it is important to take care of your emotional health. Pay attention to how you and your family members are feeling and acting.

Taking care of your emotional health will help you think clearly and react to urgent needs to protect yourself and your loved ones.

Follow these tips to help you and your family recover or find support.

Steps to Care for Yourself

- Take Care of Your Body
 - » Try to eat healthy, exercise regularly, get plenty of sleep, and avoid alcohol and other drugs.
- Connect
 - » Share your feelings with a friend or family member. Maintain relationships and rely on your support system.
- Take Breaks
 - » Make time to unwind. Try to return to activities that you enjoy.
- Stay Informed
 - » Watch for news updates from reliable officials.
- Avoid
 - » Avoid excessive exposure to media coverage of the event.
- Ask for Help
 - » Talk to a clergy member, counselor, or doctor or contact the SAMHSA helpline at 1-800-985-5990 or text TalkWithUs to 66746.

How to Help Your Children

- Talk with them.
 - » Share age-appropriate information.
 - » Reassure them.
 - » Address rumors.
 - » Answer questions.
- Set a good example by taking care of yourself.
- Limit exposure to media and social media coverage of the event.

Common Signs of Distress

- Feelings of shock, numbness, or disbelief
- Change in energy or activity levels
- Difficulty concentrating
- Changes in appetite
- Sleeping problems or nightmares
- Feeling anxious, fearful, or angry
- Headaches, body pain, or skin rashes
- Chronic health problems get worse
- Increased use of alcohol, tobacco, or other drugs

Seek help from your healthcare provider if these stress reactions interfere with your daily activities for several days in a row.

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Hotline: 1-800-985-5990 or text TalkWithUs to 66746.



People with deafness or hearing loss can use their preferred relay service to call 1-800-985-5990.

Taking Care of YOU During a Pandemic

Dealing with mandated social distancing, quarantine and isolation can cause feelings of anxiety, worry or fears. Taking care of your mental health during an emergency like the Coronavirus Pandemic is very important.



Genesee Health System recommends some ways you can support yourself during the crisis:

- Keep up to date with what is happening from credible sources, but avoid watching the news 24/7.
- Speak up about your basic needs during an emergency. Work with your providers to insure you have needed medications.
- Reach out the people you trust to stay connected. This may help reduce anxiety, depression, loneliness, and boredom.
- Ask your provider to schedule remote appointments for your mental health, substance use or physical health needs.
- Relax your body often, taking deep breaths, stretch, meditate or pray and keep engaging in activities you enjoy. Try to keep a sense of hope and positivity.
- **If you or a loved one is having a mental health crisis, call our 24/7 Crisis Line at 810.257.3740.** Visit our website at www.genhs.org. We are here for you.

SOURCE: SAMHSA: Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, And Isolation During an Infectious Disease Outbreak. HHS Publication No. SMA-14-4894 (2014)

Genesee County Resources



ADVOCACY			FOOD LINES		
Disability Network	M-F: 9-4:45	742-1800	GCCARD (food distribution-bring bag)	M-F: 9-3	789-3746
Valley Area Agency on Aging	M-F: 8-5	239-7671	Crossover Downtown (free food)	M-F: 10-2:30	234-2479
Priority Children	M-F: 9-5	234-5007	Greater Flint Outreach Center (bring your own bag)		
Communication Access Center for the Deaf and Hard of Hearing, Sign Language Interpreter Source		239-3112	1938 S. Dort Highway	Th: 9-12	767-4064
			G5200 Clio Rd. (old James Lumber Bldg.)	F: 9-12	
CLOTHING & SOME BABY FURNITURE			HELP Centers – free Water Crisis resources and food giveaway FlintCares.com/helpcenters (no eligibility requirements)		
Carriage Town Ministries	M-F: 8-5	233-8787	FOOD: PANTRIES AND INTAKE CENTERS		
Heartbeat (baby clothing & furniture)	M-F: 10-2:45	232-3101	Food Bank of Eastern Michigan	M-F: 8-4:30, Sat 9-12	239-4441
Bristol Road Church of Christ	Tue: 10:30-12:30	238-9004	Eastside Mission	T, Th: 9:30-12:30	767-5312
Baby clothing. ONLY for 48507, 48519, 48529 areas			Bristol Road Church of Christ	Tue: 11am-1pm	238-4627
Greater Flint Outreach Center	F: 9-12	767-4064	ONLY serves zip codes 48507, 48519, 48529		
LOVE Inc. (intake & referral)	M, T: 9-4, W: 9-3	235-4990	Greater Flint Outreach Center		767-4064
Eastside Mission (clothing ONLY)	T- Th: 9:30-12:30	767-5312	LOVE Inc. (intake & referral)	M, T: 9-4, W: 9-3	235-4990
Catholic Charities Community Closet	M-F: 1-4	265-7025	Outreach East	M,W: 10-3; T, Th: 1-6	653-7711
Little Lamb's Compassionate Ministry Center		908-6002	(Davison, Otisville, Goodrich ONLY)		
2254 S. Dye Rd. Walk-in	T: 10a-2p, W: 6:30p-8p		St. Mary Catholic Church	T: 1-2:30	232-4012
			(Serving Parishioners & Neighborhood Residents)		
COUNSELING			FOOD: SANDWICH PROGRAM		
Genesee Health System - mental health services		257-3740	Bread of Life 2608 Maplewood	M-F: 12-1	785-6911
420 W. Fifth Ave.	M-F: 8am-5pm		My Brother's Keeper	M,W,Th,F: 11-12:30	234-1163
Catholic Charities	M-Th: 8:30-8; F: 8-4:30	232-9950			
Consumer Services		237-0799	FOOD: PREPARED MEALS		
Easterseals (children)		238-0475	Carriage Town Ministries (optional religious service offered at 5pm, dinner at 5:30pm)	365 days/year	233-8787
Hope Network		232-2766	North End Soup Kitchen	M-Sat: 4-5, Sun: 1-2	785-6911
Oakland Psychological Flint		732-0560	Eastside Mission Hot Meal	M-Th: 9:30-12:30	767-5312
Oakland Psychological Grand Blanc		695-0055	(neighborhood residents ONLY)		
TTI (Treatment & Training Innovations)		232-6081	First Presbyterian Church	Sun: 8am	234-8673
EMPLOYMENT			Salvation Army (Prepared Meals)	M-F	
GST Michigan Works!	M-F: 8-5	233-5974	Summer Only: Breakfast: 8:30-9:30; Lunch 11:30-1:30		789-4003
Job Corps (ages 16-24)	M-F: 8-5	232-9102	School Year: T-F Dinner: 4-5 (18 and Under)		
Mott Comm. College Workforce Education Center		232-2555	Center for Hope	M-Sat: 12-1; Sun 1:30-2:30	785-6911
TRANSPORTATION			GCCARD Meals on Wheels		235-3567
Jewish Community Services Highway to Health		767-5922	BRIDGE CARD		
Mass Transportation Authority		767-0100	SNAP Hotline – help applying for a Bridge Card		922-1781
Your Ride – call for individual city number (Burton, Clio, Davison, Fenton, Flint East & West, Flushing, Grand Blanc, Mt. Morris, Otisville, Swartz Creek)		767-0100			
Rides to Wellness		780-8946	WIC (WOMEN, INFANTS, CHILDREN)		
			GCHD McCree Bldg. 630 S. Saginaw St. Suite 4		257-3612
			GCHD Burton G-3373 S. Saginaw St.		742-2255

HEALTHCARE	
Genesee Community Health Center	496-5777
American Red Cross (very limited)	232-1401
Genesee County Free Clinic First Tues of every month 5pm-8pm, closed M & Th They provide Medical Supplies. No walk-ins!	235-4211
GCHD Burton Health Center M,W,F: 8-4; T: 1-4 Walk-ins only accepted on Thursdays 11am-6pm	742-2255
Hamilton Health Network-Dental M-F: 8-5:30	406-4246
Hamilton Health Network-Medical M-F: 8:30-5:30	406-4246
Mott Children's Health Center M-F: 8-4:30 by Appt.	767-5750
Flint VA Outpatient Clinic Veterans services only M-F: 7:30am-4pm	720-2913
MI Child Health Insurance Program M-F: 8-7	888-988-6300
www.medicare.gov	
HOUSING: HOME REPAIR	
GCCARD Weatherization	787-0199
Habitat for Humanity	766-9089
Lead Safe Homes 517-335-9390	257-3777
HOUSING: HOMELESS	
Shelter of Flint - One Stop Housing Resource Center 505 West Court St. Walk-in hours M-F: 9am-2pm	600-4525
HOUSING: RAMPS/HOME MODIFICATIONS	
UAW Labor Rep. at United Way (Genesee County)	762-5831
uawlaborliaison@unitedwaygenesee.org	
HOUSING: RENT/MORTGAGE (FUNDS FOR)	
Catholic Charities M-F: 9-11:30 & 1-3:30	232-9950 ext.380
Outreach East (Davison, Otisville, Goodrich Only) M,W: 10am-3pm; T, Th: 1-6pm	653-7711
Salvation Army Social Services M-F: 9-12 & 1-4 (No Walk-ins) Utility shut-offs & housing evictions ONLY. If you need assistance call at 12 noon.	232-2196
Flint Housing Commission (low income housing)	736-3050
LEGAL SERVICES	
Lawyer Referral Service	232-6000
Legal Services of Eastern Michigan M-F: 9am-5pm	234-2621
PRESCRIPTIONS	
Prescriptions for Seniors (VAAA)	239-7671
www.needymeds.com	

SHELTERS	
Carriage Town Ministries (Men Only)	233-8787
Carriage Town Family Center (Women & Children)	233-8787
My Brother's Keeper of Genesee County	234-1163
Shelter of Flint (Women & Children, Fathers with children)	239-5433
Transitional Living Program (Ages 17-20) (Also known as Traverse Place)	341-6328
YWCA Safehouse Domestic Violence (Women & Children)	238-7621
UTILITIES	
Department of Health and Human Services (DHS) State Emergency Relief M-F: 8-5 125 E. Union St	760-7300
City of Flint Water Residential Assistance Program 1101 South Saginaw St., City Hall Main Bldg M-F: 8-5	766-7015
Center for Hope 901 Chippewa St. M,W,F: 9-9:30am	785-6911
GCCARD (Neighborhood Services)	768-4675
Salvation Army 211 W. Kearsley St. M-Th: 9am-4pm	232-2196
VETERANS SERVICES	
Regional Veterans Navigator Christy Koons koos@region10pihp.org	966-7809
Genesee County Veterans Navigator Eduardo Calzada ecalzada@genhs.org	429-4288
SUBSTANCE ABUSE	
Genesee Health System for screening & referral	257-3740
Flint Odyssey House (Residential Substance Abuse Treatment Program) Admissions: 238-5888 Main Facility: 238-0483	238-7226
Life Challenge (18 & up) Men Only (Residential Substance Abuse Treatment Program) Limited to 1 year of services.	424-9039
24 HOUR CRISIS LINES	
Genesee Health System – Crisis Services 24/7	257-3740
Crisis Text Line Text FLINT to 741741 24/7	
National Suicide Prevention Lifeline 24/7	1-800-273-8255
<p>Revised March 10 2020</p> <p>Send revision suggestions to info@genhs.org</p> <p>Dial 211 or visit CentralMichigan211.org for a complete list of resources</p>	

FACT SHEET #160 March 2020

CLAIMING UNEMPLOYMENT BENEFITS IN MICHIGAN COVID-19 GUIDE

If you become unemployed, you may qualify for unemployment insurance benefits. These benefits are intended to provide temporary income as you seek new employment. To be eligible for unemployment benefits, you must be unemployed and able to, available for, and actively seeking suitable full-time work.

Filing for and Receiving Benefits

A claim for unemployment benefits begins the week it is filed. Therefore, you should file your claim during your first week of unemployment.

There are two ways to file a new claim or re-open an existing claim:

- **FASTEST AND PREFERRED METHOD:** Online – Visit www.michigan.gov/uia and sign into MILogin to access or create an account on the Michigan Web Account Manager (MiWAM).
- **Telephone** – Call 1-866-500-0017. If you are hearing impaired, TTY service is available at 1-866-366-0004.

Information Needed to File a Claim:

- Your social security card,
- Your state issued driver's license or ID card number or your MARVIN PIN (if you have one),
- The names and addresses of employers you worked for during the past 18 months along with your quarterly gross earnings,
- The last date of employment with each employer,
- Your most recent employer's Federal Employer ID number (FEIN) (especially if you have **not** filed a claim within the last three years or have been employed for less than six months) and Employer Account Number (EAN). Depending on your situation, knowing the account number may speed up the processing of your claim.
- If you are **not** a U.S. citizen or national, you will need your Alien Registration card and the expiration date of your work authorization.

Bi-Weekly Certifications

You must certify your eligibility every two weeks to receive payment. The preferred method of certifying is online, although phone certification is also available.

- Online: Visit www.michigan.gov/uia and sign into MILogin to access your MiWAM account. Your online account is accessible seven days a week, 24 hours a day.
- By Phone: Call MARVIN at 1-866-638-3993, Monday through Saturday, 8:00 a.m. to 7:00 p.m.

Register for Work and Work Search

- **Register for work and work search are not required at this time.**

Two ways to receive benefits, choose either:

- Debit card or
- Direct deposit to your bank account

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For more information – including a copy of UIA 1901, *Unemployment Benefits in Michigan* and forms, visit our website at www.michigan.gov/uia. If you have a question or problem with your claim, you can submit an inquiry or chat online through your MiWAM account or call 1-866-500-0017. Customers may schedule an appointment for an in-person visit at 1-866-500-0017.

Employers, direct your questions to the Office of Employer Ombudsman (OEO) through your MiWAM account at www.michigan.gov/uia. If you are hearing impaired, TTY service is available at 1-866-366-0004.

WHAT YOU NEED TO FILE AN UNEMPLOYMENT CLAIM

To file a claim, you must first sign into MiLogin to create or access your MiWAM account at www.michigan.gov/uia.

PERSONAL INFORMATION	
Social Security Number:	
Driver license number or State ID number:	
Mailing address (where you want information about your claim sent):	
County (where you live):	
Telephone number:	
Email Address:	
How do you want to be paid? Select your benefit payment preference:	Direct Deposit <input type="checkbox"/> Debit Card <input type="checkbox"/> Routing Number: _____ Bank Account: _____
If you are not a citizen or national of the United States, give your Alien Registration Number and the expiration date shown on your alien ID or documents:	
EMPLOYMENT INFORMATION	
Your most recent employer (the one you last worked for) and Federal Employer Identification Number and Employer Account Number:	Name: _____ FEIN: _____ EAN: _____
Street Address (use the payroll address if known):	
City, State and Zip Code:	
Dates of employment and the amount of money you earned (gross amount, without deductions)	Beginning Date: _____ Ending Date: _____ Gross Earning : _____
Your next recent employer (the one you last worked for) and Federal Employer Identification Number and Employer Account Number:	Name: _____ FEIN: _____ EAN: _____
Street Address (use the payroll address if known):	
City, State and Zip Code:	
Dates of employment and the amount of money you earned (gross amount, without deductions)	Beginning Date: _____ Ending Date: _____ Gross Earning : _____