

STOP THE SPREAD

Stay Home. Stay Safe. Save Lives.

We all need to follow the Governor's **Stay Home, Stay Safe** order to slow the spread of COVID-19. Leave only for essential trips (like to get groceries or medicine). Stay six feet apart from others when you are out. Wash hands often and well for 20 seconds. Avoid social gatherings. If you experience symptoms, contact your physician and seek medical care. Don't wait. We ask for your help in following these steps to help protect everyone's health.

COVID-19 **RESOURCES**

- ✓ Food Gatherers has an updated list of food pantry locations. foodgatherers.org
- ✓ If you are struggling with emotions, connect with Washtenaw County Community Mental Health by phone at 734-544-3050 or text SHARE to the Crisis Text Line at 741741.
- ✓ Internet providers are offering free or reduced cost programs for low income customers or households with students impacted by COVID-19.
- ✓ If you lost your employer health insurance, you're eligible for a Special Enrollment Period on the Marketplace. Contact WHP at 734-544-3030 or whp@washtenaw.org
- ✓ You can file a new claim for unemployment benefits by visiting michigan.gov/UIA
- ✓ Stay connected with friends and family
 - ✓ Facetime/Google Hangout
 - ✓ Zoom/Skype/Call/Text
 - ✓ Netflix Party

PREVENTION TIPS for **COVID-19**



STAY HOME, STAY SAFE

Leave only for food or meds. Keep 6 ft. from others.



AVOID TRAVEL

Skip all non-essential trips and social visits.



WASH HANDS

Wash for at least 20 sec. using soap and water. If soap and water are not available, use hand sanitizer with at least 60% alcohol.



DISINFECT SURFACES

Coronavirus can be on surfaces for hours. Wipe phones, doorknobs, tables, handrails or any frequently touched surfaces.



WEAR MASKS

If you must go out, wear something that covers the nose and mouth. Masks protect yourself and others. Save N95 and surgical masks for health care workers.