

STOP THE SPREAD

Stay Safe. Save Lives.

COVID-19 **RESOURCES**

- ✓ Food Gatherers has an updated list of food pantry locations: foodgatherers.org

If you are struggling with your mental health, connect with

- ✓ Washtenaw County Community Mental Health by phone at 734-544-3050 or text SHARE to the Crisis Text Line at 741741.

If you need help getting health insurance, contact the

- ✓ Washtenaw Health Plan at 734-544-3030 or whp@washtenaw.org

- ✓ You can file a new claim for unemployment benefits by visiting michigan.gov/UIA

- ✓ Find information about COVID-19 testing here: bit.ly/WCTesting

- ✓ Find information about getting assistance with essential services here: bit.ly/33fGdoi



Washtenaw County
Health Department
healthy together

PREVENTION TIPS



SOCIAL DISTANCE

Practice social/physical distancing by staying at least 6 feet away from others that you don't live with.



WEAR A MASK

Wear a face covering over your mouth and nose when out in public.



WASH HANDS

Wash for at least 20 seconds using soap & water. Use hand sanitizer with at least 60% alcohol if you don't have soap/water.



STAY HOME IF SICK

Stay home & avoid others if you have ANY symptoms. Only go out if you need medical care.



GET YOUR FLU SHOT

Protect yourself & others by getting a flu shot. The flu is dangerous, especially during COVID-19. A flu shot can prevent serious illness.

Visit our site for more information
& COVID-19 updates:
washtenaw.org.COVID19

Last updated: 9/30/20