

# COVID-19 Resources + Prevention

Stay Safe. Save Lives.



## RESOURCES

- Food Gatherers has an updated list of food pantry locations:  
[www.foodgatherers.org](http://www.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](mailto:whp@washtenaw.org)
- Find information about COVID-19 testing here:  
<http://bit.ly/WCTesting>

## PREVENTION TIPS



**Get vaccinated and stay up-to-date on your COVID-19 vaccines.**



**Wear a mask in public when our community level is high.**

Surgical, KN95, or N95 masks provide better protection than cloth masks.



**If inside with others, open doors/windows to increase ventilation.**



**Get tested if you have symptoms or were exposed.**



**Follow public health guidance if you test positive or are exposed.**

Visit our website for more info & updates:  
[washtenaw.org/COVID19](http://washtenaw.org/COVID19)

