

## COMPILED SW COVID RESOURCES SHEET – English & Spanish

This information was compiled as a courtesy (volunteer-unofficially, from official sources of info). The (Attached) SW-COVID RESOURCES SHEET is a 1-page printable resource in English and Spanish to share with those who may not have computers, internet or smart phone access - though links may be the only option for some things. Note - For all School Meal sites, see the city's DPSCD link in the flyer.

Information is from City, State, and Federal sources as of 3/16:

- Symptoms, Family Care, Testing access. Note: Immigration status will \*Not affect testing access. Also, the previous DMC number shared for testing was not accurate. See options for screening on the flyer.
- Basic Needs
- School Meals – See DPSCD school sites for Breakfast & Lunches starting March 18: [www.detroitk12.org/covid19](http://www.detroitk12.org/covid19)
- School Academic Packets – See DPSCD list. Also **FREE online [educational resources](#) for children**
- Food - [List of food pantries](#) in District 6 (call before going to confirm)
- Water & Utility Shut-offs – Getting Turned Back On. \*No new shutoffs will occur during crisis.

### Translated and other materials at

- [https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_98155---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_98155---,00.html)
- [https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_98281---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_98281---,00.html)
- [https://senatedems.com/chang/wp-content/uploads/sites/19/2020/03/Coronavirus\\_COVID-19Information\\_Chang.pdf](https://senatedems.com/chang/wp-content/uploads/sites/19/2020/03/Coronavirus_COVID-19Information_Chang.pdf)

### City Health Department -

<https://detroitmi.gov/departments/detroit-health-department/programs-and-services/com-municable-disease/coronavirus-covid-19>

## RESIDENTS - HEALTH INFORMATION – ABOUT CORONAVIRUS / COVID-19 (3/16/20)

*\*\*\*Compiled courtesy of SW Detroit Community Benefits Coalition*

### QUESTIONS & RESOURCES

- **Detroit Health Department:** 313-876-4000, **Translation:** 800-874-9226. **After hours:** 313-550-4972
- **Basic needs:** 2-1-1, also **Wayne County (734) 287-7870**, Monday – Friday 8am-5pm
- **Food pantries** – contact pantries directly for hours, or 2-1-1
- **School Closings – Meals & Academic Packets:** [www.detroitk12.org/covid19](http://www.detroitk12.org/covid19)  
(List of sites)

Starting Wed. March 18:

**When:** Monday - Friday

- **Breakfast** “grab-and-go” for students
  - 8:00 am - 10:30 am
- **Lunches** “grab-and-go” for students
  - 10:30 am -1:00 pm

**Where:** WESTERN HIGH SCHOOL, 1500 Scotten St., or see other sites.

### UPDATES

**CITY:** <https://detroitmi.gov/departments/detroit-health-department/programs-and-services/communicable-disease/coronavirus-covid-19>.

Also, FREE **Emergency Alerts Sign Up:** [www.detroitmi.gov/dhsem](http://www.detroitmi.gov/dhsem). Select box for *Community Messaging System*, Call: 313-596-2590 or email: [hsem@detroitmi.gov](mailto:hsem@detroitmi.gov)

**STATE:** [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)

**CDC:** Center for Disease Control: [cdc.gov/coronavirus](http://cdc.gov/coronavirus)

**TO REDUCE VIRUS RISK:** *Please take care and check in on others who may be in need of assistance.*

Ø **stay home** - especially if you are sick or vulnerable (anyone with a chronic medical condition like Heart disease, Diabetes, Lung condition, or immune compromised).  
*Monitor your temperature.*

Ø **keep some distance** – avoid others who are sick, stay 6 feet from others in public

Ø **wash hands often for 20-seconds** with soap & water, or use alcohol-based hand sanitizer. Avoid touching your face with unwashed hands. Cover your cough or sneeze with a tissue (or into your sleeve) and throw tissues into trash.

Ø **regularly clean /disinfect** commonly used objects and surfaces

## **SYMPTOMS of COVID-19: FEVER, COUGH, SHORTNESS OF BREATH**

Symptoms can be mild to severe respiratory illness. Symptoms may appear in **2-14 days after exposure**. People can be contagious without showing symptoms. At highest risk are older adults and people with health conditions. Call your doctor if you develop symptoms, or have been in contact with someone diagnosed with the illness, or who recently travelled to another country.

## **TESTING OPTIONS - if you have symptoms**

1) Contact your healthcare provider first to discuss symptoms.

2) Call the Michigan Hotline **1-888-535-6136**, or **CHASS Clinic (313) 849-3920** for screening. *Note: Immigration status does not matter for access to testing.*

**WATER SHUTOFF?** If your water is off due to payment, you can have it turned on during the virus crisis. Call Wayne Metro at **313-386-9727** to schedule an appointment.

The State will pay \$25 to turn it on, and you would pay \$25 per month during the crisis. (Back balances remain unpaid.) NEED TO FLUSH SYSTEM: If your water has been off for a while you'll need to run your faucets until the water becomes clear again. *If you have problems getting your water on, call Michigan Welfare Rights Organization: 313-964-0618, or We The People, 1-844-429-2837.*

**DTE SHUTOFF?** DTE now has a **COVID-19 Payment Assistance plan** which allows customers to: ✓Restore services with No or Low down-payment, ✓Request a 30-day collection hold on your account to avoid shutoff. Call 1-800-477-4747. *No new shutoffs will occur during the crisis.*

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## RESIDENTES - INFORMACIÓN DE SALUD – SOBRE CORONA VIRUS / COVID19 (3/16/20)

*Proporcionado como una cortesía de la Alianza Pro Beneficios a la Comunidad*

### ¿PREGUNTAS? Y RECURSOS

- **Departamento de Salud de Detroit:** [313-876-4000](tel:313-876-4000), **Línea de Traducción:** [800-874-9226](tel:800-874-9226), **Después de horas hábiles:** [313-550-4972](tel:313-550-4972)
- **Necesidades básicas:** 2-1-1, y **Wayne County Health:** (734) 287-7870, Lunes-Viernes 8am-5pm
- **Despensas de alimentos:** Comuníquese directamente a los lugares de las despensas de comida durante horas hábiles o al 2-1-1
- **Cierres Escolares – Comidas y Paquetes Académicos:** [www.detroitk12.org/covid19](http://www.detroitk12.org/covid19) (Lista de sitios).

A partir del miércoles 18 de marzo: **Desayuno de estudiantes** "grab-and-go" (para llevar), lunes -viernes, 8:00-10:30am, y **Almuerzos** "grab-and-go" (para llevar) 10:30am-1pm. **WESTERN HIGH SCHOOL**, 1500 Scotten St., o ver otros sitios.

### ACTUALIZACIONES:

- **CIUDAD:** <https://detroitmi.gov/departments/detroit-health-department/programs-and-services/communicable-disease/coronavirus-covid-19>. Además, **alertas de emergencia GRATIS** Registrarse: [www.detroitmi.gov/dhsem](http://www.detroitmi.gov/dhsem). Seleccione la casilla para *Sistema de mensajería de la comunidad*, Llame al: 313-596-2590 o envíe un correo electrónico: [hsem@detroitmi.gov](mailto:hsem@detroitmi.gov)
- **ESTADO:** [www.michigan.gov/coronavirus](http://www.michigan.gov/coronavirus)
- **CDC:** Centro para el Control de Enfermedades, [cdc.gov/coronavirus](http://cdc.gov/coronavirus)

## **PARA REDUCIR EL RIESGO DE VIRUS:**

***Por favor, tenga cuidado y esté al tanto de otras personas que puedan necesitar ayuda.***

Ø **Quédese en casa** si está enfermo o vulnerable (cualquier persona con una condición médica crónica como enfermedad cardíaca, diabetes, afección pulmonar).  
*Vele su temperatura.*

Ø **Mantenga cierta distancia:** Evite a otros enfermos, manténgase a 6 pies de los demás en público.

Ø **Lavarse las manos** a menudo durante 20 segundos con agua y jabón, o use desinfectante de manos a base de alcohol. Evite tocarse la cara con las manos sin lavar. Cúbrase la tos o estornude con un pañuelo (o en la manga) y tire los tejidos a la basura.

Ø **Desinfectar regularmente** objetos y superficies de uso común

## **SYMPTOMS de COVID-19 – FIEBRE, TOS, DIFICULTAD PARA RESPIRAR**

Los síntomas pueden ser de leves a graves enfermedades respiratorias. Los síntomas pueden aparecer en **2-14 días después de la exposición**. Las personas pueden ser contagiosas sin mostrar síntomas. El mayor riesgo es a los adultos mayores y las personas con condiciones de salud. Llame a su médico si presenta síntomas, o ha estado en contacto con alguien diagnosticado con la enfermedad, o que viajó recientemente a otro país.

**OPCIONES DE PRUEBA – Si tiene síntomas --** **1)** Comuníquese primero con su proveedor de atención médica para analizar los síntomas. **2)** Llame a la línea directa de Michigan **1-888-535-6136**, o a **CHASS Clinic (313) 849-3920** para una evaluación.  
*Nota: El estatus migratorio no importa para el acceso a las pruebas.*

**¿LE CORTARON LOS SERVICIO DE AGUA?** Si le cortaron el agua por falta de pago, puede activarla durante la crisis del virus. Llame a Wayne Metro al **313-386-9727** para programar una cita. El estado pagará \$25 para encenderlo, y usted pagaría \$25 por mes durante la crisis. (Cualquier saldo pendiente sigue sin pagarse.) **NECESIDAD DE LIMPIAR EL SISTEMA:** Si su agua ha estado apagada durante un tiempo prolongado, tendrá que abrir las llaves durante un tiempo hasta que el agua vuelva a salir limpio. *Si tiene problemas con reactivar el servicio de agua, llame a Michigan Welfare Rights Organization: 313-964-0618, o We The People, 1-844-429-2837.*

**¿LE CORTARON EL SERVICIO DE ELECTRICIDAD?** DTE cuenta con **Asistencia de Pago COVID-19** para: ✓Restaurar servicios SIN pago inicial o un pago inicial bajo, ✓Solicitar una retención de cobro de 30 días en su cuenta para evitar el cierre. Los residentes deben llamar al **1-800-477-4747**. *No se producirán nuevos cierres durante la crisis.*