

Preston Feather Employee Resources Related to COVID-19

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I. Information and Fact Checking

- A. **COVID-19 Hotline for the State of Michigan by MDHHS**
 - 1. 1-888-535-6136
 - 2. 7 days a week, 8:00am to 5:00pm
 - 3. Learn the facts of the disease and symptoms, find resources for testing or assistance.
- B. **COVID-19 Hotline for Northern Michigan through McLaren Hospital**
 - 1. (231) 487-5550
 - 2. 7 days a week, 9:00am to 5:00pm
- C. **Government Agency Websites**
 - 1. US Centers for Disease Control www.cdc.gov
 - 2. US Department of Health and Human Services www.hhs.gov
 - 3. The US White House www.whitehouse.gov
 - 4. MI Department of Health and Human Services www.michigan.gov/mdhhs/
 - 5. Health Department of NW Michigan www.nwhealth.org
- D. **Prevention (Information from Emmet County EMTs)**
 - 1. Avoid taking Ibuprofen as it may intensify the virus
 - 2. Avoid others for 3 days after your fever goes away
 - 3. Sanitize all surfaces – virus can remain for days
 - 4. Wash ENTIRE hand (including wrists, fingers, fingernails) for about 2 minutes
 - 5. Boost immune system
 - a) Vitamin C and D4
 - 6. Natural remedies like honey
 - 7. 80% of positive cases have come with traditional flu-like symptoms
 - a) Fever (stay home)
 - b) Coughing/Sneezing/Runny nose (stay home)
 - c) Difficulty breathing (**seek emergency care**)

Percentage of Symptoms in Positive COVID-19 Cases											
Symptom	Fever	Dry Cough	Fatigue	Throat Drainage	Short of Breath	Joint Pain	Sore Throat	Chills	Nausea/Vomiting	Nasal Congestion	Diarrhea
%	87%	67%	38%	33%	18%	14%	13%	11%	5%	4%	3.7%

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- E. **Symptoms** (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)
- F. **Screening and Testing**
 - 1. CALL YOUR DOCTOR if you suspect you are infected. Virtual symptom checks are top recommendation from the government.
 - 2. ONLY visit emergency room if you experience life-threatening or severe symptoms.
 - 3. Northern Michigan MedCenters now have testing capability. Stay in your own car and produce a nasal specimen for lab testing. Easy, quick, and safe for everyone.
 - 4. High Risk Persons
 - a) <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>
- G. **Blue Cross Blue Shield of Michigan**
 - 1. www.Bcbsm.com/coronavirus
 - a) Symptoms, what to do for potential infection, virtual chat with nurses, 24/7 hotline free for BCBSM members.
 - b) Physician-prescribed testing free for BCBSM members.
 - c) Call or login to online account to sign up for 90-day supply mail-order prescriptions to avoid visiting the pharmacy in person.
 - d) Self-Checker:
 - (1) <https://www.bcbsm.com/index/common/important-information/covid-19.html?spiff=coronavirus&location=Homepage-1>
 - 2. McLaren Health Care offering \$29 screenings online at McLarenNow telehealth website
 - a) <https://www.mclaren.org/main/mclaren-now-virtual-visit>
- H. **Prescription Medication Continuance** (<https://www.goodrx.com/blog/covid-19-how-to-get-refills/>)
 - 1. Maintain normal/30-day supply. May ask for 90-day supply from pharmacy
 - a) Pharmacies won't run out of medication and continue to operate though very busy
 - 2. Contact pharmacy directly for refills, skip physician.
 - 3. Consider mail-order prescriptions depending on insurance

II. Children and Families

- A. **Char-Em ISD is offering free meals for students and families in its districts**
 - 1. https://www.petoskeynews.com/featured-pnr/schools-adapt-meal-program-to-coronavirus-closure/article_f15c8fea-a652-5dbc-9c73-8659b47a266b.html
- B. **Bill and Carol's offering free meals and food items to area families**
 - 1. https://www.petoskeynews.com/featured-pnr/for-the-kids-bill-and-carol-s-offering-free-student/article_2c6c15ca-b89e-5124-893d-d8451ea36893.html
 - a) 523 Charlevoix Ave, Petoskey MI, 49770
 - b) (231) 347-2741

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- C. ***COVID19 Mutual Aid Task Groups (Help or Be Helped)***
 - 1. Access at home or mobile at www.michiganradio.org/, click “Search” in the menu, and type “mutual aid interactive map”.
 - 2. Work alongside government agencies to provide assistance and resources to communities
 - a) Kalkaska Response Team
 - b) Emmet County Helping Hands
 - c) Antrim County Mutual Aid
 - d) TC Spark in the Dark
 - e) Mutual Aid of Northwest Michigan
 - f) Grand Traverse County Mutual Aid.
- D. ***Boyer area resources for food, utility assistance, and child care***
 - 1. [https://www.boyne.k12.mi.us/files/user/2/file/Area%20Resources%20for%20Families%20\(4\).pdf](https://www.boyne.k12.mi.us/files/user/2/file/Area%20Resources%20for%20Families%20(4).pdf)
- E. ***Charlevoix County Transit offering free rides to those in need***
 - 1. https://www.petoskeynews.com/featured-pnr/charlevoix-county-transit-offering-free-rides-for-food-medical-appointments/article_57352caf-5d2b-592d-8f68-b59a7de074b3.html
 - 2. (231) 582-6900 to schedule a trip
- F. ***Michigan Executive Order for Expanded Access to Childcare*** (https://www.michigan.gov/whitmer/0,9309,7-387-90499_90705-522172--00.html)

III. Financial Resources

- A. ***State of Michigan Crisis Hotlines and Resources***
 - 1. Dial 2-1-1 on the phone for a list of statewide resources
 - 2. Unemployment Office
 - a) Call at **1-866-500-0017**
 - b) Complete online application at https://www.michigan.gov/leo/0,5863,7-336-78421_97241---00.html
 - 3. Capital Area Housing Partnership
 - a) Financial assistance for housing - **517-332-4663**
- B. ***Avoiding Scams and Spam***
 - 1. <https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>
 - 2. <https://www.irs.gov/newsroom/tax-scams-consumer-alerts>
- C. ***Income Tax Payment Relief***
 - 1. Deadline to FILE & PAY **Federal & State** taxes moved to July 15, 2020
 - 2. https://www.michigan.gov/whitmer/0,9309,7-387-90499_90705-523380--00.html
 - 3. <https://www.irs.gov/newsroom/payment-deadline-extended-to-july-15-2020>
- D. ***Federal Student Loan Interest Rates Suspended***
 - 1. Keep checking your Federal student loan accounts for more information.
 - 2. For privately-held student loans, contact the lender directly for assistance.

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E. Utilities and Bills

1. Full List of Service Providers and How they are Helping
 - a) <https://www.michigan.gov/mpsc/0,9535,7-395-93253-522093--,00.html>
2. AT&T will waive internet data overage fees
3. Sprint will expand roaming access to include rural areas through May.
4. Verizon will waive late fees

F. Stocks, Retirement, and Banks

1. CARES Act “Coronavirus stimulus” – penalty-free 401(k) early withdrawal for qualified reasons
 - a) <https://www.marketwatch.com/story/should-you-use-the-cares-act-to-access-your-retirement-funds-2020-04-08>
2. Money in banks is FDIC-backed, and the Federal Reserve will do what it can to ensure your money is safe for the long term. <https://www.fdic.gov/coronavirus/index.html>

G. Michigan Emergency Relief

1. https://newmibridges.michigan.gov/s/isd-landing-page?language=en_US

IV. Mental and Emotional Wellbeing

A. EAP Services: Mutual of Omaha

1. Online portal at https://www3.mutualofomaha.com/customer-access/welcome?src=coronavirus-emergency-banner&_ga=2.205226835.218972760.1584619609-363357539.1584468166
2. Or call 24/7 at: **800-316-2796**

B. Crisis Connections

1. 24/7 hotline provides immediate support and resources for those in emotional crisis
 - a) **1-866-427-4747**

C. Disaster Distress Hotline

1. 24/7 hotline provides counseling during disasters
 - a) Call **1-800-985-5990** or text “TalkWithUs” to 66746

D. Psychological Response to Disaster and How to Cope

1. <https://www.dhs.wisconsin.gov/dcts/disaster-response.htm>

E. New Moon Yoga Studio in TC

1. Offering free online yoga classes on Facebook Live.
 - a) Wednesdays at 1:30pm / Thursdays at 12:00pm / Sundays at 10:00am

F. TC Area Public Schools Offering Virtual Counseling for Students and Families

1. <https://upnorthlive.com/news/local/tcaps-to-support-families-and-students-in-a-unique-way>

G. Museums and Art Galleries Offering FREE Virtual Tours

1. <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

H. Exercising and Working Out During COVID-19

1. <https://www.cnn.com/2020/03/20/health/exercise-gym-close-coronavirus-quarantine-wellness-jampolis/index.html>

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I. World Health Organization Infographic:

1. https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

J. Hand Washing Songs

1. Queen “We Will, We Will, Rock You” 3x
2. Dolly Parton “Jolene” chorus
3. Backstreet Boys “Shape of My Heart” chorus
4. Create Your Own! www.washingyourlyrics.com

K. Petoskey News Review Article

1. https://www.petoskeynews.com/featured-pnr/experts-how-to-maintain-mental-health-during-the-global-pandemic/article_f77f6c48-1c45-5f0a-97b6-257d9651874b.html

L. Phone Apps (free to download, free content, especially during COVID-19. Be aware of in-app purchases.)

1. Headspace – guided meditation and breathing exercises
2. Jigsaw Puzzle – put together virtual puzzles of various sizes and designs
3. Breethe – guided meditation, sleep assistance and stress management

M. The Philadelphia Orchestra livestreamed Beethoven. Search for it on YouTube!

V. Legal Help

A. Michigan Legal Help

1. www.michiganlegalhelp.org/

B. Legal Services of Northern Michigan

1. (231) 941-0771

VI. How to Help

A. Donate Blood

1. <https://www.redcross.org/local/michigan.html>

B. Continue to Support Small and Local Businesses

1. Most still offering takeout or delivery

C. Donate Money or Supplies (<https://mynorth.com/2020/03/northern-michigan-community-resources-for-covid-19/>)

1. McLaren Hospital – <https://www.mclaren.org/northern-michigan-foundation/documents-and-links/mclaren-northern-michigan-emergency-response-fund-7604>
2. Food pantries - <https://www.foodpantries.org/st/michigan>
3. Manna Food Project
4. Goodwill Northern Michigan
5. Father Fred Foundation
6. Northwest Food Coalition