

# COVID-19 Guidelines

---

## Do you have these symptoms?

- Fever
  - Cough
  - Colds
  - Headache
  - Diarrhea
  - Shortness of breath
  - Sore throat
  - Joint and Muscle Pain
- 

## Have you had Exposure?

- Travelled to other countries in the past 14 days
  - Exposure to a confirmed COVID-19 patient
  - Travelled to, reside, or work in local areas with reported COVID-19 cases
  - Exposure to a Person Under Investigation (PUI) for COVID-19
- 

### With Exposure + With Symptoms:

- If young (<60 years old), with no other illnesses and mild symptoms: Conduct home quarantine.
- If elderly (>60 years old), with other illnesses and/or severe symptoms: Proceed to the Emergency Room for assessment.

### With Exposure + No Symptoms:

- Conduct home quarantine for 14 days and monitor symptoms.
- Should symptoms start to develop, proceed to the Emergency Room for assessment.

### No Exposure + With Symptoms:

- Manage symptoms accordingly. Proceed to the Emergency Room for assessment.

#StopTheSpread



# Know the **COVID-19 SYMPTOMS**

The following symptoms may appear 2-14 days after exposure:

- Fever
- Cough
- Shortness of Breath

Seek medical advice if:

- You develop worsening symptoms
- You have been in close contact with a person known to have COVID-19
- You live in or have recently been in an on area with ongoing spread of COVID-19

FOR MORE INFORMATION, VISIT [CDC.GOV](https://www.cdc.gov)



# Prevent the spread of COVID-19 in **7 STEPS**

- 01** Wash your hands frequently
- 02** Avoid touching your eyes, nose and mouth
- 03** Cover your cough using the bend of your elbow or a tissue
- 04** Avoid crowded places and close contact with anyone that has fever or cough
- 05** Stay at home if you feel unwell
- 06** If you have a fever, cough and difficulty breathing, seek medical care early — but call first
- 07** Get information from trusted sources



SOURCE: WORLD HEALTH ORGANIZATION

# Procedures for Self-Quarantine under Covid-19

*Self-quarantine is recommended for individuals who have been directly exposed to the new Coronavirus or have history of travel in infected or heavily populated areas.*

## Stay at home.

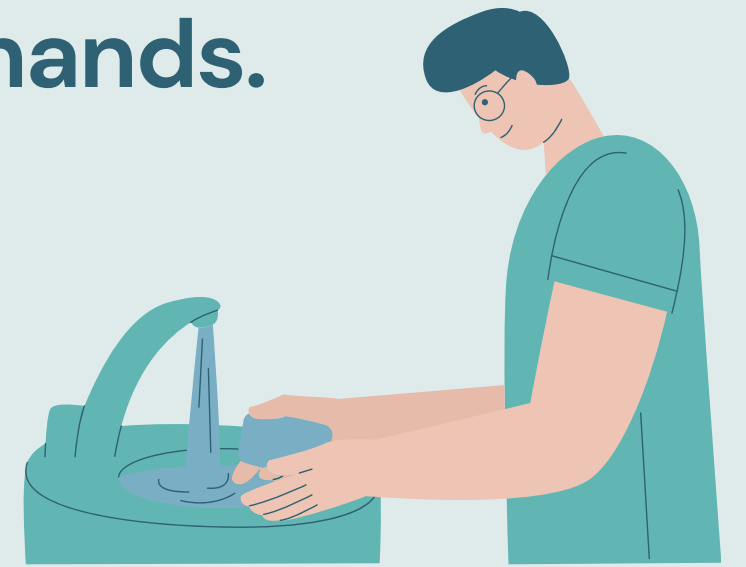
Limit all your non-essential travels.

*Unless you're going out for food, medicines or other essentials.*



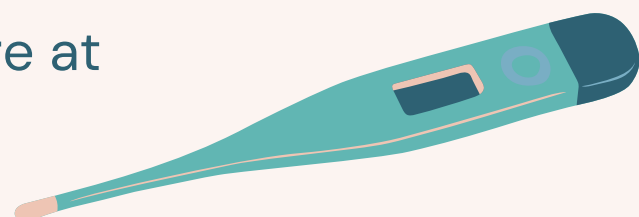
## Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



## Check your temperature.

Check your temperature at least two times a day.



## Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

*If possible, have a designated toilet and bathroom as well.*



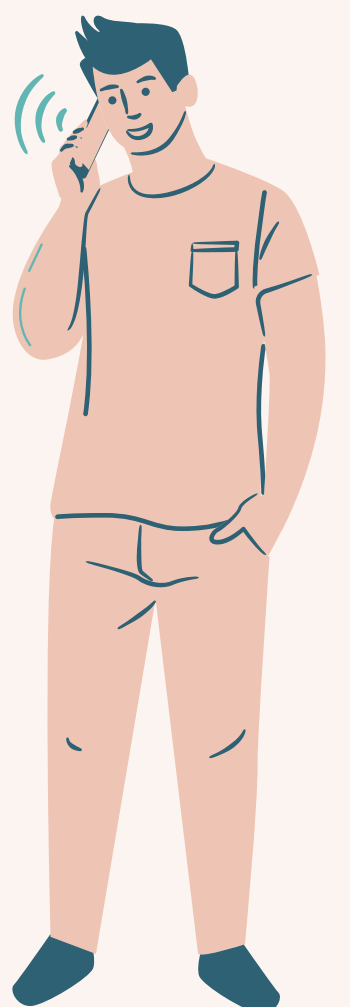
## Watch for other symptoms.

Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.



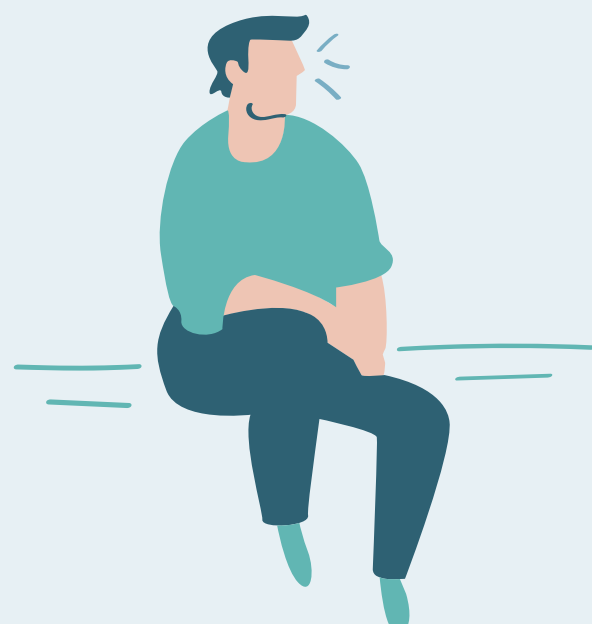
## Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



## Practice social distancing.

If you need to go out, maintain at least 1 meter (3 feet) distance from others.



# Managing COVID-19 Stress

Tips on looking  
after yourself





# Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while.

Source: WHO



# Take care of your body.

Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO





Source: WHO

# Connect with others.

Talk to people you trust about your  
concerns and how you're feeling.



**The situation may be  
overwhelming, but  
coping with stress will  
make you, the people  
you care about, and  
your community  
stronger.**

Source: WHO







# Living Assistance

STRENGTH AND GROWTH COMES ONLY THROUGH CONTINUOUS EFFORT AND STRUGGLE.- NAPOLEON HILL

## Who do I call?

- Ally Bank is allowing mortgage customers to defer payments for up to 120 days.
- Bank of America will provide relief for borrowers on a case-by-case basis, which could include a suspension of payments without late fees.
- Truist is offering payment relief to customers with consumer loans, including mortgages. Truist was formed recently by a merger between BB&T Bank and SunTrust Bank. If you had your mortgage with either lender, you should give Truist a call.

If your lender is not on the list, it still may be rolling out options for relief. You should always contact your mortgage provider as soon as you become concerned about your ability to pay.

DTE-Low Income plan is available, apply online

## Food Assistance

Gleaners continues to provide service in Wayne, Oakland, Macomb, Livingston and Monroe counties. New information, including hours, location and services will be updated daily on [www.gcfb](http://www.gcfb). Call 2-1-1 for emergency food assistance or call 1-844-9211

## Free Wifi

[xfinity.com/wifi](http://xfinity.com/wifi)

Burger King is giving away two free kids meals with any purchase made via the Burger King app. The free meals can be redeemed one time per guest, daily, through April 6. The free meals are only applicable on takeout or drive-thru orders, not delivery.

Focus: HOPE, food distribution centers are offering prepackaged food boxes via drive-up distribution for seniors 60 and older who meet income requirements and live in Wayne, Oakland, Macomb or Washtenaw counties from 8 a.m.-4 p.m. Monday-Thursday and 8 a.m.-12 p.m. Friday. Delivery to seniors will continue. 313-494-4600.

Food center locations:

- Westside Food Center: 1300 Oakman Blvd., Detroit
- Inkster Food Center: 759 Inkster Road, Inkster
- Eastside Food Center: 9151 Chalmers, Detroit



# HOMESCHOOL ADVICE

## Some tips for teaching your kids at home

### Plan the day with your child

Even if you're following a lesson plan, it's good to brainstorm with your child about their day ahead.

Give them options. Ask them what they feel about doing tasks in certain ways. Give them time to adjust to the schedule.

### Involve the family

Homeschooling involves integrating your child's educational schedule with your family's regular routine.

Have a chat with your family and know what their expectations are with the home school setup—and what is expected of them.

### Keep in touch with teachers

Ask the teacher if you have to strictly follow the curriculum given, or if you have the freedom to adjust the schedule.

Teachers can also give you tips on how to effectively facilitate your kids' learning. They can also get you in touch with other parents.

### Use free resources

The school will provide the lessons, but you can also make use of other resources like worksheets available online to support or expand it.

- [www.ixl.com](http://www.ixl.com)
- [www.getepic.com](http://www.getepic.com)
- [www.Razkids.com](http://www.Razkids.com)

### Take breaks

It's a simple advice - and you can't underestimate the power of breaks.

Add it to your schedule and make it fun—or be spontaneous and flexible and take it when you can.

### Be flexible

Learning from can be difficult, new, and frustrating.

Facilitate your child's study schedule closely, but be flexible to change it up based on your child's learning tendencies and emotional state at the time.

remote fun

# Virtual fun From Home Tips for Families



## #1. Jr. NBA at Home

As part of NBA Together, we launched "Jr. NBA at Home," an interactive content series providing basketball skills and drills featuring NBA and WNBA players that can be completed individually and in limited space to help young players around the world stay active and develop their game in a safe and healthy way. The initiative will include a series of daily posts on Jr. NBA social channels (Facebook, Twitter, Instagram) and NBA digital properties around the world that provide drills, activities and instruction to promote skill development, physical activity and character development.



## #2. Cosmic Kids Yoga

Healthy and Active screen time.

Yoga, mindfulness and relaxation designed specially for kids aged 3+, used in schools and homes all over the world.

- Stream all our videos ad-free:  
<https://app.cosmickids.com>



## #3. Aretha Franklin Dance Party

Aretha Franklin Amphitheatre to stream Friday dance party from 4-8 p.m. to ease quarantine blues! Log on to the venue's old school virtual dance party.

Detroit's DJ Kutz will spin a four-hour set of old school R&B, '90s hip-hop, club bangers and more. The set will be streamed on the Aretha's Instagram page! See you there, virtually that is!



## #4. Family Virtual Field Trips

In light of recent events, families are staying home and safe. Visit [www.adventuresinfamilyhood.com](http://www.adventuresinfamilyhood.com) for virtual trips to museums, aquariums and more



## #5. NFL Play 60 Challenge

60 min workouts

Staying active is an important part of a healthy lifestyle and a great way to connect as a family. Watch Miami Dolphins' Walt Aikens, Davon Godchaux and Raekwon McMillian, Arizona Cardinals' Kenyan Drake, and New York Giants' Chad Slade demonstrate simple ways for the whole family to PLAY 60 every day.