Coping with COVID-19 Tool Kit

Branch-Hillsdale-St. Joseph Community Health Agency

Revised: 12/3/2021
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**QUARANTINE** (9-23-21) BHSJCHA will be following updated quarantine timelines per MDHHS. While CDC’s quarantine standard is still 14 days, there is now an exception. For individuals who have been exposed to COVID-19 but have remained symptom free, their quarantine may now last 10 days, as long as exposed individuals monitor themselves for symptoms from days 11-14, remain masked and 6 feet away from others. Individuals who develop symptoms should not leave quarantine except to promptly seek COVID-19 testing. Studies have shown that 99% of individuals who develop COVID-19 do so within the first 10 days after exposure.
GUIDE FOR EMPLOYERS

The Branch-Hillsdale-St. Joseph Community Health Agency (BHSJCHA) Case Investigators continue to contact positive test patients and close contacts. Due to the fluctuation in the numbers of cases, BHSJ CHA asks employers to determine when an employee can return to work and not wait for a release letter from the health department. Employers should contact BHSJ CHA if they have questions or concerns regarding employee Isolation or Quarantine recommendations.

If an employee is suspected or confirmed to have COVID-19:

Determine which employees may have been exposed to the virus through unprotected close contact, as defined by the CDC. These employees are to be reported to BHSJ CHA and the following actions taken:

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**Isolation and quarantine** mean staying home from work, school, gatherings, extracurricular activities and other public places other than when seeking medical care.

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Updated 10/29/2021 based on the latest guidance from the Centers of Disease Control and Prevention, Michigan Department of Health and Human Services and the Michigan Occupational Safety and Health Administration. Information is subject to change upon new research and recommendations.
The Branch-Hillsdale-St. Joseph Community Health Agency is unable to contact all positive cases and contacts at this time due to the surge in the spread of the virus. Because of delays in the case management process, the BHSJCHA asks employers to determine when an employee can return to work and not wait for a release letter from the health department.

St. Joseph County: Aimmee Mullendore (269) 273-2452
Branch County: Kim Lussier (517) 278-2923
Hillsdale County: Mackenzie Rickman (517) 437-0166

Employee Name: _____________________________________________________________
Address: ___________________________________________________________________
City: ___________________________ Zip code: ________________________________
Phone: ___________________________ Race: _________________________________
Ethnicity: ___________________________ Email: ________________________________
Supervisor Name: ___________________________ Employer: _______________________
Who exposed you? _________________________________________________________
Can you describe the exposure situation? ______________________________________

CONTAGIOUS PERIOD: To calculate your contagious period, you start 48 hours prior to the date your symptoms started (use test date if never had symptoms) and go through 10 days past the onset of symptoms.

Employer Information:
Employee date of exposure:
Circle any symptoms you had, even if you had it for a short time:
Fever (how high_______), chills, muscle aches, runny nose, sore throat, cough, congestion, shortness of breath, nausea, vomiting, diarrhea, headache, abdominal pain, chest pain, fatigue, loss of taste, loss of smell, diagnosed with pneumonia
When did your symptoms start? ________________ Test date: ________________
When was the last day you were at work? ___________________________________________________________________
Do you have pre-existing health conditions? _________________________________
Do you currently smoke/vape or have you in the past? _______________________  
Do you now or have ever misused drugs? _________________________________

Fax completed form to:  
Branch County: Kim Lussier (517) 278-2923  
Hillsdale County: Mackenzie Rickman (517) 437-0166
Close contacts:

Please list your close contacts with their phone numbers below (your name will remain anonymous).

A close contact is defined who is within 6 feet of you for an accumulative 15 minutes* during your contagious period (please see above to determine your contagious period). *Accumulative 15 minutes means you could be around someone for 4 minutes, then 6 minutes later and then an additional 5 minutes which will add up to 15 minutes, making that a contact.

Have you attended any community events such as a BBQ, birthday party, wedding, funeral, sporting events, family get together, etc.? If so, in what city and state was this held? Have you done any travel in-state, out-of-state or out of the country in 2 weeks prior to your symptoms?
Calculating your Isolation/Quarantine Time

**Isolation:** The time that a person who tests **POSITIVE** must stay in isolation.

How to calculate your isolation time:

1. Were you symptomatic? If yes, enter the date that your symptoms began on Line A. If no symptoms, skip to question 2.
   
   Line A

2. If you never had symptoms (asymptomatic), enter your test date on line B.
   
   Line B

3. Add 10 days to either Line A or B (whichever applies to you) and write it on Line C, this is your last isolation day. 
   
   + 10 days

   Line C = Last Day of Isolation

If you are fever-free for 24 hours without the help of medication and you have significant improvement in your symptoms, then this will be the last date of your isolation.

The patient is considered **contagious** until they meet **ALL** 3 of the following:

1. They have been fever-free for AT LEAST 24 hours (without the use of fever reducing medication, this includes acetaminophen, ibuprofen, aspirin or naproxen as well as over the counter cold/flu medications containing these ingredients).
2. Significant improvement in symptoms
3. It has been at least 10 days from the onset of patient’s symptoms.

**Close contact Quarantine Time:** The amount of time a person must **quarantine** after they have been identified as a **close contact** to a positive case.

1. **Non-household member:** quarantine for 10 days past your last exposure to the person while they are contagious. If you are an employee of healthcare or critical infrastructure* (as defined by the CDC), and are asymptomatic, you may continue to go to **WORK ONLY**. It does not exclude you from quarantine outside of work. You must wear a mask, monitor for signs and symptoms for 14 days from last exposure, and follow social distancing guidance when in the work place at all times.
2. **Household members:** quarantine for 10 days past your last exposure to the person while they’re contagious. Most people who live in the same house as a positive will be on quarantine for 20 days since your last exposure to a positive person would be on their 10th day (10+10=20). You must wear a mask, monitor for signs and symptoms for 14 days from last exposure, and follow social distancing guidance when in the work place at all times.

**NOTE:** Symptoms **ALWAYS** trump test date:

- If you get tested because of COVID exposure but have no symptoms, then develop symptoms 7 days later, the 10-day quarantine resets from symptom onset.
- Test date is only used for the 10-day quarantine, if you are never symptomatic.
General Isolation & Quarantine for FULLY VACCINATED Persons

For Me (Home Isolation)
- I have been diagnosed with COVID-19
  - Begin home isolation for 10 days.
  - After 10 days, you may end home isolation if you meet these criteria:
    - Have not had a fever for at least 24 hours, without the use of fever-reducing medication.
    - Other symptoms, like cough or shortness of breath, have improved.

Close Contacts (Quarantine)
- I live with someone diagnosed with COVID-19
  - Quarantine is not required but, you must wear a mask at all times in public, socially distance, & monitor for symptoms for 14 days.
- I have developed symptoms of COVID
  - YES
    - Begin home isolation immediately. Get tested immediately.
    - If positive, continue home isolation.
    - If negative, continue to wear a mask, socially distance and monitor for symptoms daily for 14 days.
  - NO
    - Get tested on day 5, 6, or 7.
    - If positive, begin home isolation immediately.
    - If negative, continue to wear a mask, socially distance and monitor for symptoms daily for 14 days.

If you live with someone who is immunocompromised, at risk for severe disease, or unvaccinated (including children < 12 years old) consider masking at home for 14 days following a known exposure or until you have a negative test result.

People with conditions that weaken their immune system might need to stay home longer than 10 days.
Always follow the advice of your healthcare provider. All processes on this chart are for the general public. They do not specifically apply to workers at a healthcare facility, first responders, and prison employees.
General Isolation & Quarantine Guidance for UNVACCINATED Persons

For Me (Home Isolation)

I have been diagnosed with COVID-19

Begin home isolation for 10 days.

After 10 days, you may end home isolation if you meet these criteria:
- Have not had a fever for at least 24 hours, without the use of fever-reducing medication.
- Other symptoms, like cough or shortness of breath, have improved.

Close Contacts (Quarantine)

I have developed one or more symptoms of COVID-19

Begin 10 day quarantine based on date of last contact with positive case

I live with someone diagnosed with COVID-19

I live with someone who has symptoms of COVID-19

People with conditions that weaken their immune system might need to stay home longer than 10 days.
Always follow the advice of your healthcare provider.
All processes on this chart are for the general public.
They do not specifically apply to workers at a healthcare facility, first responders, and prison employees.

Once you are recovered:
You should not be tested for COVID for 90 days as the result may continue to test positive.
Discuss with your doctor if and when vaccination against future COVID infection is recommended.

Updated 10/30/2021 based on the latest guidance from the Centers for Disease Control and Prevention, Michigan Department of Health and Human Services and the Michigan Occupational Safety & Health Administration. Information is subject to change upon new research and recommenda tions.
CONTACT TRACING FLOW CHART
For potential and actual exposures to COVID-19

CLOSE CONTACTS
OF A COVID-19 CASE

I live with or am caring for someone who has COVID-19.

You should self quarantine and monitor yourself for symptoms. A contact tracer or your local health department will call with instructions, or you can call your local health department.

I received a call that I am a close contact of someone who has COVID-19.

THIRD-PARTY EXPOSURE;
NOT CLOSE CONTACT

I have been in contact with a person who is a close contact of someone who has COVID-19.

You do not need to self quarantine, but it is a good idea to be vigilant and monitor yourself for symptoms.

I think someone I know has COVID-19.

How to monitor for symptoms

Check your temperature twice daily and watch for symptoms of COVID-19. Have you developed any symptoms of COVID-19?

Are you having severe symptoms like difficulty breathing, persistent pain or pressure in the chest, new confusion, inability to awaken or bluish lips or face?

YES

Seek immediate medical attention.

NO

Monitor yourself for symptoms until the end of your quarantine.

Call your doctor if you are concerned about your health, especially if you are severely immuno-compromised.

Get answers to questions about:

Your health... call your doctor.
Quarantine or isolation... call your local health department.
COVID-19... call the COVID-19 Hotline at 1-888-535-6136.
Contact tracing... call the MI COVID HELP Contact Tracing Line at 1-866-806-3447.
COVID-19 positive or exposed

WHEN CAN I BE AROUND OTHERS AGAIN?

Close Contact and Quarantine

**SCENARIO 1**

Sasha's partner gets sick on Monday and isolates in a separate room. Sasha feels well, but she was in close contact with her partner until Monday so she quarantine for at least 10 days.

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Last close contact</td>
<td>1 Sasha's Quarantine</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

14

If well, she may monitor for symptoms on days 11-14.

Isolation with Lingering Symptoms

**SCENARIO 2**

Alberto gets sick on Wednesday and has a fever and cough for ten days. He cannot end isolation until it's been ten days and he's fever-free for 24 hours.

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gets sick</td>
<td>1 Alberto's Isolation</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10</td>
</tr>
</tbody>
</table>

24 hrs no fever

Alberto isolates the ten days plus one extra day.

Isolation— for people with symptoms or a positive COVID-19 test.
Quarantine— for people who are well but who are close contacts of (i.e., exposed to) someone who is ill.
Close contact— someone who was within 6 feet of a person who is sick for 15 minutes or more (can be cumulative) within a 24-hour period. This can be anytime during the sick person’s isolation or two days before the person got sick. This is regardless of face mask use.

Document created by the Ingham County Health Department
BHSJ recommends that schools follow the COVID-19 recommendations from MDHHS and CDC. These involve a layered approach of prevention strategies to reduce the risk of COVID-19 transmission to students, staff and the greater community. Local school districts, in consultation with local public health, should select prevention strategies based on ongoing assessment of 1) the current level of community transmission of COVID-19, 2) the current level of in-school transmission of COVID-19, and 3) the capacity of the school’s facilities, staff and resources.

These prevention strategies are:

- Staying home when sick
- Promoting Vaccination
- Consistent & Correct Mask Use (The CDC now recommends universal masking for students, staff, and visitors in K-12 settings regardless of vaccination status)
- Physical Distancing/ Cohorting
- Screening & Testing (3-5 days post-exposure, regardless of vaccination status)
- Ventilation
- Handwashing and Respiratory Etiquette
- Contact tracing paired with isolation & quarantine
- Cleaning & Disinfecting

School-based prevention strategies may change throughout the school year, particularly as COVID-19 transmission changes, or we learn more about the disease.

BHSJ consults with each school to interpret current data on COVID-19 cases, local trends and outbreaks, and provide guidance on response to outbreaks in school settings. BHSJ encourages schools to prioritize in-person instruction while implementing as many preventive measures as possible to reduce transmission.

Some things are required for schools. There is a CDC order for face coverings on school bus transportation. Case notification to the local health department and contact tracing is required by the Michigan Public Health Code. Schools must continue to follow the MDHHS Order Reporting of Confirmed and Probable Cases at Schools, which requires schools to post data about case counts on their websites. Schools should continue to follow their infectious disease policies, such as requiring students and staff to stay home when sick.

This guidance is dated 12/3/2021 and is subject to change at any time based on new recommendations or guidance from MDHHS, CDC, and new scientific findings regarding COVID-19.
BHSJ and MDHHS continues to recommend universal masking in all K-12 school settings.

- You **isolate** when you are infected with COVID-19 and have tested positive, even if you do not have symptoms. Isolation is used to separate people who are infected with COVID-19 from those who are not infected.

- You **quarantine** when you might have been exposed to COVID-19. This is because you might become infected with COVID-19 and could spread COVID-19 to others.

- Any individual that displays **COVID-19 symptoms**, regardless of vaccination status, should not attend school and should be tested for COVID-19.

### School Quarantine Guidance

**What to do when a student is exposed to COVID-19 in a school setting, but doesn’t have symptoms.**

Students experiencing symptoms should not attend school activities.

<table>
<thead>
<tr>
<th>Fully Vaccinated</th>
<th>Unvaccinated (both the exposed student and the COVID+ student were masked)</th>
<th>Unvaccinated (one or both students unmasked)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fully vaccinated contacts without symptoms do not need to quarantine.</td>
<td>Contacts can participate in school activities if wearing a mask for 14 days after exposure and using a “Test to Stay” strategy.*</td>
<td>If additional testing and mitigation strategies are used, contacts may participate in school activities at the discretion of the local health department.</td>
</tr>
</tbody>
</table>

*Test to Stay suggested approach: Test every other day for 7 days after exposure.

Students who test positive for COVID-19 should not attend school and should isolate at home for 10 days after symptom onset (or 10 days after the positive test if they do not have symptoms).

**MDHHS continues to recommend universal masking in all K-12 school settings.**

### COVID-19 School Quarantine Guidelines for Asymptomatic Students

- **Fully vaccinated contacts** without symptoms do not need to quarantine.
- Contacts that are not fully vaccinated and do not have symptoms:
  - If masking was maintained, contacts can participate in school activities if wearing a mask for 14 days after exposure and using a “Test to Stay” strategy*
  - If masking was not maintained, if additional testing and mitigation strategies are used, contacts may participate in school activities at the discretion of the local health department.

What can families do to minimize the risk of COVID-19 in 2021-2022 for their children?

1) **Get everyone aged 5 and older in your family vaccinated.** Vaccination is the safest way to build immunity to COVID-19 and its more long-lasting than immunity through infection\(^1\). Children under age 5, who cannot yet be vaccinated, whose parents and older siblings are vaccinated are less likely to be exposed to COVID-19 at home.

2) While at school, children, teens and adults ages 2 and older should wear a mask. Masks are required for those riding school buses, both public and private. While some schools may make masks optional in the classroom, BHSJ recommends that all individuals use a mask indoors at school to protect themselves and others from COVID-19 transmission. This is regardless of vaccination status.

3) Teach and reinforce handwashing with your children. Discuss the importance of respecting other people’s mask-wearing decisions with your children and discourage bullying or teasing others.

4) Keep your children home from in-person instruction if they have symptoms of an infectious disease, such as COVID-19. Get children tested for COVID-19 if they have symptoms or were exposed to someone with COVID-19 and the health department recommends that they quarantine, keep them home.

5) Please respond to the phone call or text message when contacted by the health department. It’s critical that we gather information from you about your child’s exposure or exposures to help protect others.

6) Know that mask use, as well as being vaccinated, will reduce the likelihood that your child will be determined to be a close contact and need to quarantine.

7) If community transmission of COVID-19 is substantial or high\(^2\), consider reducing the number of public places and events with large, indoor crowds that children attend outside of school hours. This would be things like movie theaters, concerts, etc. Wear masks when indoors, regardless of vaccination status, when community transmission of COVID-19 is substantial or high.

8) Support and participate in the preventive measures enacted by local schools, such as disease screening forms, routine testing (if offered), cleaning and co-horting.

Resources:  
- CDC COVID-19 Data Tracker  
- Michigan MI Safe Start Map

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## COVID-19 Testing Sites

<table>
<thead>
<tr>
<th>St. Joseph County</th>
<th>Branch County</th>
</tr>
</thead>
</table>
| **Ascension Medical Group Walk-in Clinic**  
(Sturgis AM/PM Care)  
1717 E. Chicago Rd., Ste 3, Sturgis  
(517) 279-9561  
No appointment needed. Monday-Friday 8am-6pm  
Must be seen by an AMG provider  
Cash pay discount available. | **Branch County Welcome Center**  
Interstate 69 North at the 6 mile marker  
No appointment needed.  
Testing daily from 10am-4:30pm.  
Rapid and Lab testing available. |

| **Branch Hillsdale St. Joseph Community Health Agency**  
1110 Hill St., Three Rivers  
(269) 273-2161  
Free Curbside Testing available Fridays from 9am-3pm.  
No appointment needed. | **Branch Hillsdale St. Joseph Community Health Agency**  
570 Marshall Rd., Coldwater  
517-279-9561  
Free Curbside Testing available Thursdays from 9am-3pm  
No appointment needed. |

| **Center for Health and Wellness of Sturgis**  
345 Vinewood Ave., Sturgis  
269-659-8474  
Testing people with symptoms and known exposure. Drive up testing available Monday-Friday 9a-3p.  
No physician referral required.  
Call when you arrive in their parking lot.  
Insurance will be billed. If no insurance, $20.00 fee. | **ProMedica Coldwater Regional Hospital**  
370 E. Chicago St., Coldwater  
517-279-5323  
Appointment and Physician referral required.  
If you do not have a physician call 517-279-5434.  
Testing billed to insurance. |

| **Covered Bridge Healthcare**  
658 E. Main St., Centreville  
269-257-0463  
Free Testing for people with symptoms by appointment only. Rapid testing available with confirmation. Call Monday—Friday, 8am-5pm.  
Please have your ID and Insurance card available. | **Hillsdale County** |

| **Revolution Health**  
104 S. Lakeview, Sturgis  
(269) 319-8850  
Testing by appointment only. No physician referral needed.  
Insurance billed for Telehealth visit and testing. | **Branch Hillsdale St. Joseph Community Health Agency**  
20 Care Drive, Hillsdale  
517-437-7395  
Free Curbside Testing available Fridays from 9am-3pm |

| **Sturgis Hospital**  
916 Myrtle Ave., Sturgis  
269-651-7824  
Referral Required. Call your physician for an order.  
No appointment needed. Available 8am-6pm.  
Park in ER parking lot and call. You will be directed to the testing area.  
Insurance will be billed. Cost is $100. | **Hillsdale Health and Wellness**  
240 W. Carleton Rd., Hillsdale  
517-437-7040  
No appointment needed. Open daily from 10a-6p  
No Rapid testing. Insurance billed for visit and testing. |

| **Three Rivers Health**  
701 S. Health Pkwy, Three Rivers  
(269) 273-9801  
Call for a screening and to make an appointment. | **Hillsdale Hospital**  
168 S. Howell St., Hillsdale  
517-437-4451  
No appointment needed. Must have Physician’s order.  
Testing available Monday-Friday from 6:30am-5pm. |

| **Three Rivers Pharmacy**  
691 S. US Hwy 131, Three Rivers  
Across from Arby’s  
(269) 278-6000  
Monday-Friday 9am-6pm, Saturday 9am-1pm  
Self Administered nasal swab test.  
Insurance billed. If no insurance, $165 for lab test or $99 for Rapid test. | **All Three Counties** |

| **Rite Aid Pharmacies**  
https://www.riteaid.com/pharmacy/services/covid-19-testing  
Must register online. Drive Thru, Self Administered Test. | **Walgreen’s Pharmacies**  
https://www.walgreens.com/findcare/covid19/testing? |

| **Online COVID-19 Test Finder (other counties & states)**  
https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99912--,00.html | |
Coronavirus Disease 2019 Testing Basics

You’ve probably heard a lot about coronavirus disease 2019 (COVID-19) testing recently. If you think you have COVID-19 and need a test, contact your health care provider, local pharmacy, or local health department immediately. The FDA has been working around the clock to increase the availability of critical medical products, including tests for SARS-CoV-2, the virus that causes COVID-19, to fight the COVID-19 pandemic. Learn more about the different types of tests and the steps involved.

There are two different types of tests – diagnostic tests and antibody tests.

- A diagnostic test can show if you have an active coronavirus infection and should take steps to quarantine or isolate yourself from others. Currently there are two types of diagnostic tests – molecular tests, such as RT-PCR tests, that detect the virus’s genetic material, and antigen tests that detect specific proteins from the virus.

- An antibody test looks for antibodies that are made by your immune system in response to a threat, such as a specific virus. Antibodies can help fight infections. Antibodies can take several days or weeks to develop after you have an infection and may stay in your blood for several weeks or more after recovery. Because of this, antibody tests should not be used to diagnose COVID-19. At this time researchers do not know if the presence of antibodies means that you are immune to COVID-19 in the future.

<table>
<thead>
<tr>
<th>MOLECULAR TEST</th>
<th>ANTIGEN TEST</th>
<th>ANTIBODY TEST</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Also known as...</strong></td>
<td>Diagnostic test, viral test, molecular test, nucleic acid amplification test (NAAT), RT-PCR test, LAMP test</td>
<td>Diagnostic test</td>
</tr>
<tr>
<td><strong>How the sample is taken...</strong></td>
<td>Nasopharyngeal (the part of the throat behind the nose), nasal or throat swab (most tests)</td>
<td>Nasal or nasopharyngeal swab (most tests)</td>
</tr>
<tr>
<td><strong>How long it takes to get results...</strong></td>
<td>Same day (some locations) or up to a week (longer in some locations with many tests)</td>
<td>Some may be very fast (15 – 30 minutes), depending on the test</td>
</tr>
<tr>
<td><strong>Is another test needed...</strong></td>
<td>This test is typically highly accurate and usually does not need to be repeated</td>
<td>Positive results are usually highly accurate, but false positives can happen, especially in areas where very few people have the virus. Negative results may need to be confirmed with a molecular test.</td>
</tr>
<tr>
<td><strong>What it shows...</strong></td>
<td>Diagnoses active coronavirus infection</td>
<td>Diagnoses active coronavirus infection</td>
</tr>
<tr>
<td><strong>What it can’t do...</strong></td>
<td>Show if you ever had COVID-19 or were infected with the virus that causes COVID-19 in the past</td>
<td>Antigen tests are more likely to miss an active COVID-19 infection compared to molecular tests. Your health care provider may order a molecular test if your antigen test shows a negative result but you have symptoms of COVID-19.</td>
</tr>
</tbody>
</table>
IF YOU TEST POSITIVE
FOR COVID-19

There's an increase in COVID-19 cases in our area. If you've been exposed, you might not hear from the health department right away. Follow these steps to help stop the spread!

1. Start isolating yourself right away.
   • Stay home except to get medical care.
   • Stay away from everyone else in your household (stay in a separate room, use separate bathroom if possible, etc.).
   • Tell your employer you have COVID-19.

2. Tell your close contacts so they can quarantine themselves.
   • A close contact is anyone who had face-to-face contact with an infected person within 6 feet for at least 15 minutes or any physical contact such as hugging or sharing eating utensils or drinks.
   • Please note there may be exceptions to this criteria in certain cases where the risk of transmission is higher (e.g. contact during high impact sports).

You can resume normal activities when:
   • 10 days have passed since your symptoms started (or since your test date if no symptoms),
   • you don't have a fever for 24 hours, AND
   • your symptoms have improved

If you need an isolation or quarantine letter for your employer, email L-wchdcontact@washtenaw.org or call 734-544-6700 and leave a message.

QUARANTINE INSTRUCTIONS FOR CLOSE CONTACTS
Start quarantining right away if you are told you are a close contact.

Close contacts of a positive case (less than 6 feet apart for 15+ minutes total) should quarantine. We recommend the general public quarantine for 14 days from their last contact with an infected person. This option is the safest for everyone. However, a growing body of data shows that the risk of illness is greatly reduced between days 11-14. Therefore, your quarantine can end after 10 days if:

1. You do not develop symptoms within 10 days AND
2. You continue to monitor your symptoms for 14 days.

To be clear, there is still a risk of developing an illness between days 11-14; it is simply lower than the first 10 days.

During quarantine:
1. Stay home except to get medical care.
2. Monitor yourself for symptoms.
3. Get tested if you develop symptoms.
SI DA POSITIVO EN LA PRUEBA DE COVID-19

Los casos positivos de COVID-19 están aumentando en nuestra área. Si ha estado con contacto con alguna persona infectada, es posible que no recibirá ningún mensaje inmediato del Departamento de Salud. ¡Siga estos pasos para ayudar a detener la propagación del virus!

1. ¡Empiece la cuarentena de inmediato!
   • Quédese en casa a menos que necesite ayuda médica.
   • Aparécese de las demás personas que viven en su casa (si es posible, quédese en un cuarto separado, use un baño separado, etc.).
   • Avise a su supervisor o empleador que usted tiene COVID-19.

2. Avise a sus contactos cercanos para que ellos puedan empezar su cuarentena también.
   • Un contacto cercano es cualquier persona que haya estado en contacto directo con una persona infectada a menos de 6 pies de distancia por al menos 15 minutos o cualquier contacto físico como un abrazo o el uso de utensilios para comer o beber.
   • Recuerde que podría haber excepciones a este criterio en ciertos casos donde el riesgo de transmisión es mayor (por ejemplo, el contacto durante la práctica de algún deporte de alto impacto).

Usted puede regresar a sus actividades normales cuando:
• Hayan pasado 10 días desde que empezaron los síntomas (o la fecha en que la prueba resultó positiva si no tuvo síntomas).
• Usted ya no ha tenido fiebre por 24 horas, Y
• Sus síntomas hayan mejorado

INSTRUCCIONES DE CUARENTENA PARA CONTACTOS CERCANOS

Empiece a su cuarentena de inmediato si le dicen que es un contacto cercano.

Los contactos cercanos de un caso positivo (a menos de 6 pies de distancia durante más de 15 minutos en total) deben ponerse en cuarentena. Recomendamos al público que la cuarentena, que debe durar 14 días a partir de su último contacto con una persona infectada. Esta opción es la más segura para todos. Sin embargo, los estudios están mostrando que el riesgo de enfermedad es muy reducido entre los días 11-14. Por lo tanto, su cuarentena puede terminar después de 10 días si:
1. No presenta síntomas dentro de los 10 días, Y
2. Continúa monitorizando sus síntomas durante 14 días.

Para ser claro, todavía existe el riesgo de desarrollar una enfermedad entre los días 11 y 14; es simplemente más bajo que en los primeros 10 días.

Durante la cuarentena:
1. Quédese en casa excepto para recibir atención médica.
2. Monitoriza los síntomas usted mismo.
3. Hágase la prueba del COVID-19 si presenta síntomas.
If your healthcare professional has determined you should return home to recover from COVID-19, below is the information for how you should manage your condition at home.

- People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:
  - **You can leave your house after these three things have happened:**
    - You have had no fever for at least 24 hours (that is one full day of no fever without the use of fever reducing medication, this includes over the counter cold/flu medications)
    - Other symptoms have improved (for example, when your cough or shortness of breath have improved)
    - At least 10 days have passed since your symptoms first appeared

**Daily temperature checks, assessment for symptoms, social distancing and masking outside of the home are required through day 14!**

### While recovering at home:

- Ensure you have appropriate caregivers available at home.
- Stay in a separate bedroom (if possible) where you can recover without sharing immediate space with others.
- Ensure you and other household members have access to appropriate, recommended personal protective equipment (at minimum gloves and facemask) and are capable of adhering to precautions recommended as part of home care or isolation (e.g., respiratory hygiene, cough etiquette, and hand hygiene).
- Ensure you have access to food and other necessities. Ask another family member or neighbor to drop items on your porch. Many stores now offer home delivery service for a small fee.
- Stay in a specific room and away from other people in your home and if available, use a separate bathroom. If you must go out of your isolation room, wear a mask at all times and limit contact time to less than 15 mins per day.
- Get rest and stay hydrated.
- Cover your cough and sneezes.
- Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.
- Avoid sharing personal items with other people in your household like dishes, towels and bedding.
- Clean all surfaces that are touched often like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
- If there are household members who may be at increased risk of complications from COVID-19 infection (e.g., older people and people with severe chronic health conditions, such as heart disease, lung disease and diabetes) consider if there are other places they may stay such as another relative’s home.
- If you must go out, wear a mask. Do not use public transportation, ridesharing or taxis unless you have no other options. CDC requires all persons to wear a mask when using public transportation.
- Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
- For medical emergencies, call 911 and notify the dispatch personnel that you have or may have COVID-19.
- If you have a medical appointment, call the healthcare provider ahead of time and tell them that you have or may have COVID-19.
COVID-19 Vaccine Appointment Scheduling Information

The following is a guide for online appointment scheduling. More information is on our website including those currently eligible for vaccinations at [http://bhsj.org/scheduling](http://bhsj.org/scheduling).

1. Appointments are posted on our website: [http://bhsj.org/scheduling](http://bhsj.org/scheduling).

2. The available appointments are listed by location. Choose a vaccine date and site then click the link for that selection.

---

**BRANCH COUNTY**
- **Branch, Hillsdale, St. Joseph Community Health Agency, 570 Marshall Rd., Coldwater, MI**
  - Saturday, August 28, 2021, & 2nd dose Saturday, September 25, 2021
  - 9:00 AM - 12:00 PM
  - To schedule an appointment for person 12 years of age or older
    - Pfizer Vaccine is authorized by the FDA for person 12 years of age and older
    - Moderna Vaccine is authorized by the FDA for persons 18 years of age and older
    - Johnson & Johnson Vaccine is authorized by the FDA for person 18 years of age and older
- **Branch, Hillsdale, St. Joseph Community Health Agency, 570 Marshall Rd., Coldwater, MI**
  - Tuesday, August 31, 2021, & 2nd dose Tuesday, September 28, 2021
  - 9:00 AM - 12:00 PM
  - To schedule an appointment for person 12 years of age or older
    - Pfizer Vaccine is authorized by the FDA for person 12 years of age and older
    - Moderna Vaccine is authorized by the FDA for persons 18 years of age and older
    - Johnson & Johnson Vaccine is authorized by the FDA for person 18 years of age and older
3. Select appointment and time, then select “continue”. The time slot is not held for you until your completed form is submitted.

4. The following information is required to schedule an appointment:
   - First and last name
   - Home address
   - Phone number
   - Email address
   - County
   - Priority Group
   - Birthday (Month/Day/Year)

5. Enter the required information then click:
   - [Complete Appointment]
If the appointment is no longer available, select another date and time and complete the form again.

6. If the appointment is successfully booked, you will receive a confirmation via email typically within a few minutes. A COVID-19 vaccination form will be attached to the email. Bring the completed form to your appointment. If you do not have a printer, forms are available at the vaccination site.

**If you do not have internet access:**

Ask a friend or family member to schedule an appointment on your behalf. If you do not have someone to assist with online scheduling, residents in:

- **Branch and St. Joseph County**: phone the Area Agency on Aging 3C at (517) 278-2538.
- **Hillsdale County**: phone the Area Agency on Aging 2 at (517) 592-1705.

**Other options for COVID-19 vaccinations that may be available to you:**

- Pharmacies
- Hospitals
Informacion Sobre Programacion de Citas COVID-19


1. Citas se postularan en nuestra pagina: https://bhsj.org/scheduling

2. Desplaze hacia abajo a la caja azul palida. Proximas citas de nuestras clinicas estaran postuladas en color Azul.
3. Select the appointment type appropriate for your age so everyone has the ability to get vaccinated. Appointments are scheduled every 15 minutes, but the actual appointment time will vary. Please plan to be on site for 20-30 minutes.

You will receive an email with a link to a form that you should fill out and bring to your appointment. We appreciate you taking the time to do this, so that we can reduce the time each person spends in our clinic, allowing us to vaccinate more people per day.

4. La siguiente información es requerida para programar su cita:

- **Nombre/apellidos** -(First/Last Name)
- **Domicilio incluyendo código postal** –(Home address/Zip Code)
- **Número telefónico** -(Phone Number)
- **Correo electrónico** - (E-mail address)
- **Condado** -(County)
- **Grupo prioritario** – Priority Group
- **Fecha de nacimiento aaaa-mm-dd** (Birthday)

5. Ingrese la información requerida luego PRESIONE:
Si el horario no está disponible, seleccione otra fecha e horario y complete forma de.


**SI NO TIENE ACCESO A INTERNET:**

Pídala a un Amistad o familiar que le ayude a reservar su cita. Si no tiene quien le proporcione ayuda reservando su cita residentes en:

**Branch y St. Joseph:** llame a la Agencia de Área sobre el Envejecimiento al (517) 278-2538.
**Hillsdale:** llame a la Agencia de Área sobre el Envejecimiento 2 al (517) 592-1705.

Puede haber otras opciones disponibles para usted de vacunas COVID-19:

- Farmacias
- Hospitales
I'VE HAD COVID-19, NOW WHAT?

Am I safe to be around friends and family? Even if I'm still having some minor symptoms? Yes, if you've completed your 10 day isolation and have been fever free for 24 hours AND your symptoms are improving, you're free to head back to work or school. However, you should still take preventative actions and wear your mask and social distance from those outside of your household.

Am I immune to COVID-19 after I've had it? While much is unknown still about how long someone may be immune after having COVID-19, current research suggests you have immunity for minimally 90 days after recovering and you won’t spread it to others. However, you still need to practice all of the preventative measures to keep yourself and others safe - wear a mask, social distance and wash your hands.

Do I need the COVID-19 vaccine if I've already had the virus? Current research suggests the best way to continue to protect yourself from getting COVID-19 again and potentially spreading COVID-19 is to get the vaccine. Early research suggests that natural immunity from COVID-19 may not last very long, but more studies are needed. Getting the vaccine is recommended and safe for everyone, even if you've had COVID-19.

Can I stop wearing my mask and social distancing? While you may have natural immunity for some time, you should continue to practice social distancing and wearing a mask to be safe. This helps protect yourself and others until a vaccine is widely available.

After having COVID-19, do I have to quarantine again if I'm exposed? People who have tested positive for COVID-19 do not need to quarantine or get tested again for up to 3 months as long as they do not develop symptoms again. People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.

If you have any COVID recovery questions, visit www.bhsj.org or call the health department:  Branch  517.279.9561  (select option #7)  Hillsdale  517.437.7395  (select option #7)  St Joseph  269.273.2161  (select option #7)
Post-COVID Conditions

What is a Post-COVID Condition?
Although most people with COVID-19 get better within weeks of their illness, some people experience Post-COVID conditions. Post-COVID conditions are a wide range of new, returning, or on-going health problems people can experience four or more weeks after illness. These conditions can also impact those who had no symptoms during their first COVID-19 infection. This is also known as long COVID, long-haul COVID, or chronic COVID. Researchers around the world continue to study the short- and long-term effects of COVID-19, who gets them, and why.

Types of Post-COVID Conditions:
New or ongoing symptoms can last weeks or months after first being infected. Unlike some other post-COVID conditions, these can impact anyone who has had COVID-19, including those who were asymptomatic. People commonly report having different combinations of the following:

- Shortness of Breath, trouble breathing, or cough
- Tiredness, fatigue, or dizziness
- Worsening of symptoms after physical or mental activity
- Difficulty thinking or concentrating (sometimes called "brain-fog")
- Chest pain or heart pounding
- Stomach pain or diarrhea
- Joint or muscle pain
- Pins-and-needles feeling
- Sleep problems, change in mood
- Fever or Rash
- Changes in smell or taste
- Changes in menstrual period cycles

Multiorgan effects or autoimmune conditions can impact those who had severe illness and may last weeks or months past COVID infection. Multiorgan effects can impact many, if not all, body systems, including heart, lung, kidney, skin and brain functions. Autoimmune conditions happen when the body's own immune system attacks healthy cells in the body by mistake and causes swelling or tissue damage.

Multisystem Inflammatory Syndrome (MIS) is very rare, but will affect some people, mostly children, during or immediately after a COVID infection. MIS is a condition where different body parts can become inflamed and may lead to Post-COVID conditions if the person continues to experience multiorgan effects or other symptoms.

Post-intensive care syndrome (PICS) effects persons with severe illness who were hospitalized and placed in the intensive care unit. This syndrome can occur in the hospital and continue once a person returns.
home. Symptoms include severe weakness, problems with thinking and judgement, and post-traumatic stress disorder (PTSD).

**Long Term effects in children and adolescents** do occur as a person of any age who has had COVID-19 can later develop a post-COVID condition. Studies have reported long-term symptoms in children can occur with mild and severe COVID-19 and include tiredness, fatigue, headache, trouble sleeping, trouble concentrating, muscle and joint pain, and cough. Information on postCOVID conditions in children has been limited and studies are continuing. If your child had COVID-19 and is now having difficulty in school, contact your primary care provider and school to support the child's education.

**Reinfection with COVID-19**
Cases of reinfection with COVID-19 have been reported, but remain rare. Studies are ongoing to help us understand:

- How likely is reinfection
- How often reinfection occurs
- How soon after the first infection can reinfection take place
- How severe are cases of reinfection
- Who may be at greater risk for reinfection
- What does reinfection mean for your immunity
- Can a reinfected person spread COVID-19 to other people

**Can I be vaccinated for COVID-19 after already having it?**
Yes, you should be vaccinated regardless of whether you already had COVID-19 because research has not yet shown how long you are protected from getting COVID-19 again. Vaccination helps protect you from reinfection. There is emerging evidence that people have better protection from COVID with vaccination compared to those who have had COVID-19 before and are unvaccinated. According to one study, unvaccinated people are more than 2 times as likely than fully vaccinated people to get COVID-19 again.

**If you were treated with monoclonal antibodies or convalescent plasma,** you should wait 90 days before getting a COVID-19 vaccine. If, you are unsure, contact your medical provider about what treatments you received.

**If you or your child has a history of Multisystem Inflammatory Syndrome,** consider delaying vaccination until you or your child have recovered from being sick and for 90 days after the date of diagnosis.

**Where do I go for more information?**
If you or someone you love is experiencing Post-COVID conditions, contact your healthcare provider or www.CDC.gov for additional information.

**References:**
Keeping Our Community Informed
Novel Coronavirus 2019 (COVID-19)

Symptoms
One or more of the following:

- HEADACHE
- FATIGUE
- CONGESTION
- CHILLS
- FEVER
- COUGH
- NAUSEA
- VOMITING
- DIARRHEA
- RUNNY NOSE
- SORE THROAT
- MUSCLE PAIN
- LOSS OF TASTE AND SMELL
- SHORTNESS OF BREATH
- DIFFICULTY BREATHING

Prevention
To protect yourself and prevent spread of the virus:

- Limit contact with others as much as possible
- Put at least 6ft between yourself and others
- Avoid contact with people who are sick
- Stay home if sick, except to get medical care
- Covering your nose and mouth with a cloth mask is essential and required in an indoor public space or a crowded outdoor space where you cannot maintain 6ft distance
- Continue to maintain 6ft distance from others not from your own household while wearing the mask
- Wash hands often with soap and water for 20 seconds
- Use hand sanitizer with at least 60% alcohol when soap and water is not available
- Avoid touching eyes, nose, and mouth
- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Wash hands immediately after.
- Clean and disinfect frequently touched surfaces

The virus spreads:
- from person to person within 6 feet of one another
- through respiratory droplets when an infected person coughs, sneezes, or talks
- by infected people that are not showing symptoms

Seeking Care
If you have symptoms or think you may have been exposed to someone with Covid-19, isolate at home and seek testing. Most people have mild symptoms and are able to recover at home. If your symptoms become severe, go to the emergency room. Call 911 if your symptoms are life threatening. If you have COVID-19 questions, call your local health department:

- Coldwater 517.279.9561 (select option #7)
- Hillsdale 517.437.7395 (select option #7)
- Three Rivers 269.273.2161 (select option #7)

For COVID-19 testing site locations, resources, and local data visit www.bhsj.org
**DO choose masks that**

- Have two or more layers of washable, breathable fabric
- Completely cover your nose and mouth
- Fit snugly against the sides of your face and don’t have gaps

**Gaiters & Face Shields**

- Wear a gaiter with two layers, or fold it to make two layers
- Caution: Evaluation is ongoing but effectiveness is unknown at this time

**Special Situations: Glasses**

- If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

**DO NOT choose masks that**

- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents, which allow virus particles to escape
- Are intended for healthcare workers, including N95 respirators or surgical masks

**Special Situations: Children**

- If you are able, find a mask that is made for children
- If you can’t find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin
- Do NOT put on children younger than 2 years old

**How NOT to wear a mask**

- Around your neck
- On your forehead
- Under your nose
- Only on your nose
- On your chin
- Dangling from one ear
- On your arm

**COVID-19: REDUCE YOUR RISK**

The more low-risk choices you make, the more protection you have from getting or spreading COVID-19.

<table>
<thead>
<tr>
<th>SAFEST</th>
<th>SAFER, SOME RISK</th>
<th>RISKIEST</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Face Covering</strong></td>
<td>Everyone is wearing a mask or face covering</td>
<td>Most wearing masks</td>
</tr>
<tr>
<td><strong>Social Distance</strong></td>
<td>Not engaging in any activity in person; virtual only</td>
<td>Staying 6 feet or more from others</td>
</tr>
<tr>
<td><strong>Droplet Spread</strong></td>
<td>Breathing normally</td>
<td>Speaking or breathing heavily</td>
</tr>
<tr>
<td><strong>Location</strong></td>
<td>Outdoors in an open space</td>
<td>Staying under a shelter (gazebo, covered porch) outdoors</td>
</tr>
<tr>
<td><strong>Food</strong></td>
<td>Only bringing and touching your own food</td>
<td>Serving pre-portioned food, using good hand hygiene</td>
</tr>
<tr>
<td><strong>Groups</strong></td>
<td>Only household members</td>
<td>Small groups (two households, under 10 people)</td>
</tr>
</tbody>
</table>

**EXEMPLARY**

- Staying home with only people you live with
- Small outdoor gathering, keeping at least 6 feet apart
- Singing with a large choir in a small room

**ALWAYS REMEMBER**

- Washing hands well and often reduces risk in all situations. If you don’t have soap and water, use a hand sanitizer that contains at least 60% alcohol.
- Stay home if you’re feeling any mild symptoms, except to get medical care.
While we hope you do everything you can to stop COVID-19, it’s not all or nothing. Every single precaution you take helps stop the virus. The more layers of protection the better, but every layer counts.

The Swiss Cheese Respiratory Virus Defence
Recognising that no single intervention is perfect at preventing spread

Each intervention (layer) has imperfections (holes). Multiple layers improve success.

Self Care / Boosting Natural Immunity

While getting plenty of rest and making sure your body is sufficient in vitamins will not prevent you from getting COVID-19, it may help you have a milder case. Certain vitamins and minerals (e.g., Vitamins C and D, zinc) may have effects on how our immune system works to fight off infections.

Taking 1,000 IU of Vitamin D daily until the pandemic has passed may reduce the severity of a Covid-19 infection. Check with your medical provider before adding multiple vitamins to your routine.

https://www.healthline.com/health-news/new-study-found-80-percent-of-covid-19-patients-were-vitamin-d-deficient
https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2770157
https://academic.oup.com/jcem/advance-article/doi/10.1210/clinem/dgaa733/5934827
Mental Health Resources during COVID-19

During the COVID-19 crisis, mental health is increasingly becoming a focus of attention. In response, information about available mental health resources can be found through the state’s Stay Home, Stay Well initiative. These efforts are to help build resilience in Michigan residents trying to cope emotionally with the impacts of the COVID-19 pandemic, and include links to crisis help lines, guidance documents, videos and other mental health resources at Michigan.gov/StayWell.

If you have questions about COVID-19 illness, Executive Orders, or related issues, get help from:

MDHHS COVID-19 Hotline and Email Response
Call: 1-888-535-6136 / 8 am – 5 pm, Monday through Friday
Email: COVID19@michigan.gov / 8 am – 5 pm, Monday through Friday (closed on state holidays)

If you are experiencing emotional distress in the context of the COVID-19 crisis, get help from:

Michigan Stay Well Counseling via the COVID-19 Hotline
Call 1-888-535-6136
Press "8" to talk to a Michigan Stay Well counselor.
Counselors available 24/7 - confidential and free

OR

National Disaster Distress Helpline
Call: 1-800-985-5950
Text the keyword TALKWITHUS to 66746
Available 24/7

If you are living with serious mental illness or substance use challenges and feel it will help lower your stress if you talk with someone who understands these issues, get help from:

Michigan PEER Warmline
1-888-PEER-753 (888-733-7753)
Available every day from 10 a.m. to 2 a.m.

Local Resources:

If you want local help from the nearest Community Mental Health Services Program,
St Joseph County Community Mental Health And Substance Abuse Services 269- 467-1000 or after hours crisis line 800-622-3967

Pines Behavioral Health (Branch County) 517-278-2129 or after hours crisis line also 517-278-2129

Lifeways Community Mental Health (Hillsdale)

MyStrength
24 Hour online mental health & addiction resource
1. Visit www.myStrength.com
2. On the myStrength home page, click on “Sign-up.”
3. Enter the following Access Code: SWMStjoe
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at www.mystrength.com/mobile

Virtual support groups are available for:
- Older adults
- Michigan Families (parents)
- Michigan Educators
- Michigan Frontline Workers
Visit: https://www.michigan.gov/coronavirus/0,9753,7-406-98178_99557_104763---00.html

If you would like to manage feelings of COVID-19 stress and anxiety through meditation, sleep, and movement exercises, get help from:

Headspace web service
to all Michiganders (normally a paid service)

If you are thinking of taking your life, get help from:

National Suicide Prevention Lifeline
Call: 1-800-273-8255 - Available 24/7
Text TALK to 741741
Visit: suicidepreventionlifeline.org

National Suicide Prevention Deaf and Hard of Hearing Hotline
Access 24/7 video relay service
Call: 1-800-273-8255 (TTY 1-800-799-4889)
Visit: suicidepreventionlifeline.org/help-yourself-for-deaf-hard-of-hearing/

If you are experiencing emotional stress and anxiety but are more comfortable texting than talking, get help from:

Michigan Crisis Text Line
Text the keyword RESTORE to 741741
Open 24/7

If you want access to free digital lessons designed to help students in grades K-12 develop the skills required for social, emotional, and mental well-being, get help from:

michiganvirtual.org/michigan-cares
This portal will be available to parents, teachers and children at no cost until the end of the 2020-21 school year.

SALVATION ARMY Compassion Hotline
877-220-4195 9am-9pm

Need to talk? We’re here to help...
Many of us are experiencing varying levels of anxiety and fear right now as we wait to see how the COVID-19 pandemic will unfold in our own communities. Please know that a key part of The Salvation Army’s mission is to come alongside those who are suffering to offer spiritual and emotional support. We are here for anyone needing encouragement, prayer or pastoral counseling.
## Pharmacy Delivery or Mail Delivery Options in ST JOSEPH County during COVID -19

*Policies and procedures for each individual pharmacy can change continually. Call the specific pharmacy for the most up to date information.*

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Contact Info</th>
<th>Home Delivery or Mail Delivery Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridge Healthcare Pharmacy</td>
<td>658 E. Main St. Centreville, MI 49093 (269) 467-3510</td>
<td>Home delivery of prescriptions is available, call the pharmacy to set up.</td>
</tr>
<tr>
<td>Fred's Pharmacy</td>
<td>808 W Michigan Ave Three Rivers, MI 49093 (269) 278-2355</td>
<td>Does not offer home delivery or mail delivery at this time.</td>
</tr>
<tr>
<td>Medical Commons Pharmacy</td>
<td>1613 E Chicago Rd Sturgis, MI 49091 (269) 659-0820</td>
<td>Offers mail delivery but no home delivery. Call the pharmacy for additional information and to set up mail.</td>
</tr>
<tr>
<td>Meijer Pharmacy</td>
<td>800 US-131 Three Rivers, MI 49093 (269) 279-1210</td>
<td>Offers mail services and home delivery for prescriptions. For home delivery, you must live within 10 miles from the store and the person must be home at the time of delivery. To set up home delivery or mail delivery, call the Meijer Pharmacy to set it up.</td>
</tr>
<tr>
<td>Three Rivers Pharmacy</td>
<td>691 S US Hwy 131 Three Rivers, MI 49093 (269) 278-6000</td>
<td>Offers both mail and home delivery for prescriptions. Call the pharmacy to set it up.</td>
</tr>
<tr>
<td>Rite Aid</td>
<td>1113 W Michigan Ave Three Rivers, MI 49093 (269) 279-9702</td>
<td>Free Prescription delivery. Call the pharmacy for more details and to set it up.</td>
</tr>
<tr>
<td>Village Pharmacy</td>
<td>131 S Blackstone Ave Colon, MI 49040 (269) 432-3435</td>
<td>Does not offer home delivery or mail delivery at this time.</td>
</tr>
<tr>
<td>Walgreens</td>
<td>All locations</td>
<td>Does not offer home delivery at this time. Some individuals may qualify for mail delivery (express delivery). To find out if you qualify, please call your preferred Walgreens Pharmacy.</td>
</tr>
<tr>
<td>Walmart</td>
<td>101 S Tolbert Dr Three Rivers, MI 49093 (269) 273-7833</td>
<td>Mail delivery is available, call the pharmacy to set it up.</td>
</tr>
<tr>
<td>White Pigeon Pharmacy</td>
<td>White Pigeon Pharmacy 410 E Chicago Rd. White Pigeon, MI 49099 (269) 464-2384</td>
<td>Home delivery of prescriptions is available, call the pharmacy to set up.</td>
</tr>
<tr>
<td>Bronson City Pharmacy</td>
<td>625 E Chicago St, Bronson, MI 49028 (517) 858-1122</td>
<td>Free same day delivery. Ask for details for delivery within 30 miles. (Serves parts of St. Joseph County)</td>
</tr>
</tbody>
</table>

Information provided by St. Joseph County Human Services Commission
### Pharmacy Delivery or Mail Delivery Options in Branch County during COVID-19

*Policies and procedures for each individual pharmacy can change continually. Call the specific pharmacy for the most up to date information*

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Contact Info</th>
<th>Home Delivery or Mail Delivery Instructions</th>
</tr>
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<tbody>
<tr>
<td>Bronson City Pharmacy</td>
<td>625 E Chicago St, Bronson, MI 49028 (517) 858-1122</td>
<td>Free same day delivery. Ask for details for delivery within 30 miles.</td>
</tr>
<tr>
<td>CVS Pharmacy</td>
<td>61W Pearl St Coldwater, MI 49036 (517) 278-6186</td>
<td>Does not offer home delivery. Mail delivery service is available. Sign up online at cvs.com and select the link for mail delivery. Call pharmacy with questions.</td>
</tr>
<tr>
<td>Meijer Pharmacy</td>
<td>620 E Chicago Rd, Coldwater, MI 49036 (517) 279-3310</td>
<td>Offers mail services and home delivery for prescriptions. For home delivery, you must live within 10 miles from the store and the person must be home at the time of delivery. To set up home delivery or mail delivery, call the Meijer Pharmacy to set it up.</td>
</tr>
<tr>
<td>Miller Pharmacy</td>
<td>206 N Broadway St, Union City, MI 49094 (517) 741-3604</td>
<td>Does not offer home delivery or mail delivery at this time.</td>
</tr>
<tr>
<td>Rite Aid</td>
<td>450 E Chicago St, Coldwater, MI 49036 (517) 278-7342</td>
<td>Free Prescription delivery. Call the pharmacy for more details.</td>
</tr>
<tr>
<td>Walgreens</td>
<td>All locations</td>
<td>Does not offer home delivery at this time. Some individuals may qualify for mail delivery (express delivery). To find out if you qualify, please call your preferred Walgreens Pharmacy.</td>
</tr>
<tr>
<td>Walmart</td>
<td>800 E Chicago St, Coldwater, MI 49036 (517) 278-2240</td>
<td>Mail delivery is available, call the pharmacy to set it up. Curbside service is also available. If Covid positive, you can pull up in front of pharmacy, call to let staff know you are there, and your prescription will be placed in your trunk.</td>
</tr>
</tbody>
</table>
# Pharmacy Delivery or Mail Delivery Options in HILLSDALE County during COVID -19

*Policies and procedures for each individual pharmacy can change continually. Call the specific pharmacy for the most up to date information.*

<table>
<thead>
<tr>
<th>Pharmacy</th>
<th>Contact Info</th>
<th>Home Delivery or Mail Delivery Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hillsdale Family Pharmacy</td>
<td>3271 W Carleton Rd Hillsdale, MI 517) 212-8958</td>
<td>Call to schedule home delivery.</td>
</tr>
<tr>
<td></td>
<td>Inside Dr Kareem’s office /Open Mon-Fri</td>
<td></td>
</tr>
<tr>
<td>Kroger Pharmacy</td>
<td>290 W Carleton Rd Hillsdale, MI (517) 439-0800</td>
<td>Does not offer home delivery or mail delivery at this time.</td>
</tr>
<tr>
<td>Rite Aid</td>
<td>300 W Carleton Rd Hillsdale, MI 517-437-3373</td>
<td>Free Prescription delivery. Call the pharmacy for more details.</td>
</tr>
<tr>
<td>Walgreens</td>
<td>All locations</td>
<td>Does not offer home delivery at this time. Some individuals may qualify for mail delivery (express delivery). To find out if you qualify, please call your preferred Walgreens Pharmacy.</td>
</tr>
<tr>
<td>Walmart</td>
<td>701 Olds. St. Jonesville, MI (517) 849-7011</td>
<td>Mail delivery is available, call the pharmacy to set it up. Curb side service is also available. If Covid positive, you can pull up in front of pharmacy, call to let staff know you are there, and your prescription will be placed in your trunk.</td>
</tr>
</tbody>
</table>
Grocery Delivery Options

Shipt (Delivery) through Shipt.com or shipt app
Meijer - Three Rivers, Sturgis, Coldwater

To get started, create a Shipt account, which requires an email and password. Once that's ready, visit the Shipt grocery website or download the Shipt grocery app. Put in your zip code to determine participating stores.

Shipt requires a membership for ordering (you can browse for free). The membership is $99/year or $14/month. Plus, they often run specials where you can grab an annual membership for just $49/year.

Shipt offers free delivery for orders over $35 and a flat $7 for orders under $35. The only real variable is that some stores add a $7 delivery fee for orders with alcohol.

**Pro's**
- Delivered to your home. “Leave at my door Deliver” option allows customers to have orders left at their door during a designated time frame.
- Can make notes to aid in selection of your items
- Can “chat” with shopper via in app text while they shop
- Good variety of items
- Can request Shipt shopper add items via chat while shopping
- The “On Sale Today” category lists items that are on sale that day. Each item in the category is marked as either “On Sale” or “BOGO” with the original price crossed out and the sale price next to it.
- Taking advantage of deals, such as $5 off your order if you buy five items in a specific category, and shopping in the “On Sale Today” category can more than make up for the cost of membership.

**Con's**
- Charges a service fee
- More Expensive. Item prices may vary from in-store prices in your area. Prices may be higher than in-store prices to cover the cost of personal shopping. Does not accept coupon or loyalty card.
- Minimum $35 order required $7 flat delivery fee for orders under $35
- Shipt encourages tipping. You can tip right through the app by choosing one of its suggestions or entering your own amount.

*** Shoppers will need to verify within each website that their address is within the delivery area.

Instacart (Delivery) through Instacart.com or Instacart app
Aldi- Three Rivers, Coldwater
Meijer - Sturgis, Three Rivers

Instacart lets you shop from local grocery stores online, then sends a “personal shopper” to fulfill and deliver your order to you the same day. This personal shopper goes to the store, picks up everything on your list, and then drives it to you in their own car.

Delivery costs: Delivery is free for your first order. You do not need to be a member to shop with Instacart. However, if you sign up for Instacart Express (starting at $99 for the year or $9.99 if you do it by the month) you'll get free delivery for orders that are more than $35. Same-day delivery for non-Express members starts at $3.99 for orders more than $35.

It is suggested to tip $5 or 20 percent of the total bill (whichever is higher), or more with everything going on right now, if you are in the position to do so.

To get started, create an Instacart account, which requires an email and password. Once that's ready, visit the Instacart grocery website or download the Instacart grocery app. Put in your zip code to determine participating stores.

**Pro's**
- Delivered to your home. “Leave at my door Deliver” option allows customers to have orders left at their door during a designated time frame.
- Can make notes to aid in selection of your items
- Can “chat” with shopper via in app text while they shop
- Good variety of items
- Can monitor your cart total
- At checkout, customers can select a delivery time. Instacart can deliver in as little as one hour. A customer can also schedule for a later date up to seven days in advance.
- Can add/change items on order up until about an hour before shopping begins
- Can request Instacart shopper add items via chat while shopping

**Con's**
- Charges a service fee
- More Expensive. Item prices may vary from in-store prices in your area. Prices may be higher than in-store prices to cover the cost of personal shopping. Does not accept coupon or loyalty card
- An item you order needs to be replaced, & the replacement has a different price, will not be charged more.
- Minimum $35 order required for free delivery
- Instacart encourages tipping. You can tip right through the app by choosing one of its suggestions or entering your own amount.

*** Shoppers will need to verify within each website that their address is within the delivery area.
Grocery Pickup Options

Meijer.com (Pickup or Home Delivery) through Meijer.com
Three Rivers, Sturgis, Coldwater

To get started, create a Meijer.com account on their website. Once you are logged in, put in your address for home delivery or zip code for pickup. Grocery ordering cannot be completed through the Meijer app, only through their website. Once you have placed all items in the cart, day and time slots available will appear to choose from.

A Shipt Shopper will complete the shopping for your order through Meijer.com. A Shipt membership is not required, however, Meijer charges $9.95 for delivery and pickup is free for orders $50 or more. (there may be a $4.95 fee charged for orders less than $50.)

If pickup is chosen, you will pick a one hour window for pickup time. The Shipt shopper will text you and let you know approximately what time the order will be ready.

Pro’s
- Delivered to your home. “Leave at my door deliver” option allows customers to have orders left at their door during a designated time frame.
- Can make notes to aid in selection of your items
- Shipt shopper will text you while shopping
- Can decide on substitution options by texting the Shipt shopper
- Can request Shipt shopper add items via chat while shopping
- Can take advantage of Meijer sales and prices
- Meerk can be applied to orders through Meijer.com

Con’s
- Charges a service fee of $9.95 for delivery or pickup is free for orders $50 or more
- Tipping is encouraged for your Shipt shopper. Tips can be given with cash in person or through the Meijer website after the order is completed
- No paper receipt—sent through email

Walmart (Curbside Grocery Pickup) through walmart.com or walmart app
Sturgis, Coldwater, Jonesville

Shop Walmart’s food selection online or use the Walmart Grocery App.

To get started, create a Walmart account, which requires an email and password. Once that’s ready, visit the Walmart grocery website or download the Walmart grocery app. Put in your zip code to determine the nearest pick-up location.

The first time slot is 8-9 a.m. and the last pick up time is 7-8 p.m. When you pull into Walmart, you will see signs and lanes directing you straight to the dedicated pickup area. Once you pull in, there is a specific phone number for you to call to let them know you are in the waiting area. You may also receive a message on the Walmart app asking which parking slot number you parked in and the color of your car.

Walmart store associates do not accept tips for Pickup services, but you can show your appreciation with a positive review on your customer survey after you receive your order.

Pro’s
- No Service Fee—Pickup is always free
- Accepts EBT card
- Less Expensive- same prices as instore
- Can monitor your cart total
- If a substitution is made will substitute larger, more expensive item without changing price
- App and website are user friendly
- Can check in on mobile app so groceries are ready to load when you arrive
- Walmart store associates do not accept tips

Con’s
- No Delivery– Groceries are placed in trunk at curbside pickup
- Can’t use coupons
- No Paper receipt (email)
- $35 minimum purchase
- Can’t make notes to help choose your items