



# MICHIGAN EMPLOYEE RESOURCE GUIDE FOR COVID-19 PANDEMIC

As we navigate this difficult and unprecedented time many people are starting to feel the physical, mental, and financial burden the COVID-19 is placing on themselves and their families. Listed below are a series of active local resources that can help if you or your loved ones have been affected by the COVID-19 pandemic. Thank you and together we will get through this.



## CHILDCARE AND FAMILY SERVICES

[https://www.michigan.gov/documents/coronavirus/Family\\_Wellness\\_Guide\\_FINAL\\_web\\_688650\\_7.pdf](https://www.michigan.gov/documents/coronavirus/Family_Wellness_Guide_FINAL_web_688650_7.pdf)

### List of food services available to kids under 18

<https://www.mcgi.state.mi.us/schoolnutrition/>

### Ways to talk to kids about COVID-19

[https://www.michigan.gov/documents/coronavirus/Talking\\_with\\_kids\\_about\\_COVID\\_FINAL\\_685791\\_7.pdf](https://www.michigan.gov/documents/coronavirus/Talking_with_kids_about_COVID_FINAL_685791_7.pdf)



## MENTAL HEALTH RESOURCES

[https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_99557---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_99557---,00.html)

[https://www.michigan.gov/documents/coronavirus/Addressing\\_Emotional\\_Needs\\_While\\_Youre\\_Sick\\_686103\\_7.pdf](https://www.michigan.gov/documents/coronavirus/Addressing_Emotional_Needs_While_Youre_Sick_686103_7.pdf)



## COVID-19 TESTING SITES

[https://www.michigan.gov/coronavirus/0,9753,7-406-98178\\_99557---,00.html](https://www.michigan.gov/coronavirus/0,9753,7-406-98178_99557---,00.html)



## MASK GUIDELINES FOR PUBLIC

[https://www.michigan.gov/documents/coronavirus/Face\\_Coverings\\_Guidance\\_for\\_non-healthcare\\_workers\\_Final\\_685949\\_7.pdf](https://www.michigan.gov/documents/coronavirus/Face_Coverings_Guidance_for_non-healthcare_workers_Final_685949_7.pdf)



## RECOMMENDATIONS FOR OLDER ADULTS AND AT RISK INDIVIDUALS

[https://www.michigan.gov/documents/coronavirus/COVID-19\\_TIP\\_SHEET\\_For\\_older\\_Adults\\_FINAL\\_683802\\_7.pdf](https://www.michigan.gov/documents/coronavirus/COVID-19_TIP_SHEET_For_older_Adults_FINAL_683802_7.pdf)

[https://www.michigan.gov/documents/coronavirus/COVID-19\\_Guidance\\_for\\_Older\\_Adults\\_dd\\_686290\\_7.pdf](https://www.michigan.gov/documents/coronavirus/COVID-19_Guidance_for_Older_Adults_dd_686290_7.pdf)



## ASSISTANCE FOR LOW INCOME HOUSEHOLDS

[https://www.michigan.gov/leo/0,5863,7-336-78421\\_97193\\_98753---,00.html](https://www.michigan.gov/leo/0,5863,7-336-78421_97193_98753---,00.html)

[https://newmbridges.michigan.gov/s/isd-landing-page?language=en\\_US](https://newmbridges.michigan.gov/s/isd-landing-page?language=en_US)



## HOW TO DISINFECT HOME IF EXPOSED TO COVID

[https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fdisinfecting-your-home.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fdisinfecting-your-home.html)



## CDC TRAVEL GUIDELINES

<https://wwwnc.cdc.gov/travel/notices>