



## Family Information for School and Child Care

If you need assistance finding food, paying housing bills, or other essential services, go to 211.org or dial 211 to speak with a community resource specialist in your area who will help with:



- food and nutrition programs
- shelter, housing and utilities assistance
- employment and education
- health care, vaccination and health epidemic information
- support groups for individuals with mental illnesses or special needs
- a safe, confidential path out of physical and/or emotional domestic abuse
- emergency information/disaster relief
- services for veterans
- addiction prevention and rehabilitation programs



Community Connections is a FREE program offering connections to community resources for adults, children and families. Community Health Workers in your local health department will help you access community resources. Please call:

**1-888-217-3904 (option #3)**

District Health Department #10 HUB serving Crawford, Kalkaska, Manistee, Missaukee, Wexford, Lake, Mason, Mecosta, Newago, Oceana

**1-800-432-4121**

Northwest Michigan HUB serving Antrim, Charlevoix, Emmet, Otsego

**1-800-221-0294**

Northeast Michigan HUB serving Cheboygan, Presque Isle, Montmorency, Alpena

**1-833-674-2159**

Grand Traverse Regional HUB serving Grand Traverse, Benzie, Leelanau

## COVID-19

*Protect yourself and others*

Local Hotline Numbers:

- 231-935-0951** Munson TC
- 231-547-8858** Munson Charlevoix
- 231-487-5550** McLaren N. MI
- 800-445-7356** Mid-Michigan
- 888-700-9011** Mercy Health
- 833-559-0659** Spectrum Health

- Wash your hands, often with soap and warm water for 20 seconds. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing
- Avoid contact with people who are sick
- If you are sick, stay home and avoid contact with others.
- Replace handshakes with a friendly wave from 6 feet away.
- Stay at least 6 feet away from others when in a public setting.

The Michigan Department of Health and Human Services has launched several statewide platforms to answer questions about Coronavirus Disease (COVID-19) and to keep residents up to date as information continues to change rapidly during this pandemic. For the latest news and information, or to subscribe to the statewide e-newsletter go to [Michigan.gov/Coronavirus](https://Michigan.gov/Coronavirus)

**888-535-6136 COVID-19 hotline**

8:00am to 5:00pm every day

**COVID-19@michigan.gov Email**

8:00am to 5:00pm every day



[2020census.gov](https://2020census.gov)

We need your help! You may have received a mailing to complete the census for your family. Even if you haven't received it, please go to: [2020census.gov](https://2020census.gov) and submit your family information for the census. When everyone is counted, our communities get the funding they need for things like health care, education, emergency services and more!