



*To serve, protect
and promote
a healthy community
for all.*

- Kent County Health Department COVID-19 Website: www.accesskent.com/health/coronavirus
- COVID-19 Health-Related Questions: Call 888-535-6136
- Community Resources Call: 2-1-1 or 1-800-1107 or text your zip code to 898211
- Questions for KCHD: covid@kentcountymi.gov
- Kent County COVID-19 Data Dashboard: www.accesskent.com/Health/covid-19-data.htm
- COVID-19 Testing Sites: www.accesskent.com/Health/covid-19-testing.htm
- Kent County Back to Work Website: <https://kentcountybacktowork.com/>
Safety guidelines, best practices, and resources for reopening Kent County businesses.

Where to
Find Kent
County
Resources

Community Protests, COVID-19 & Stay at Home Order Lifted by Governor

The events of the past week have left many of us again contemplating deeply about our country, state and local communities. The events of the past week and beyond, have resulted in protest everywhere and people coming together because enough is enough. We've all also had enough with COVID-19 and the impact it's having on our nation and the disproportionate health impact on the African American and Latinx community. These are not two separate issues. The issues are intertwined and rooted in systemic racism. Our hearts and deepest condolences go out to the George Floyd family and many other African American families and communities impacted by senseless and unnecessary acts of violence. Now that the Governor has lifted the stay at home order, we will be moving amongst each other again. So just a quick reminder on staying healthy and safe for your family, friends, colleagues, neighbors and church family:

- practice personal distancing (6 feet apart or more)
- wear a mask
- wash your hands for at least 20 seconds
- disinfect frequently touched surfaces
- continue to watch for COVID symptoms and get tested.
 - Kent County Health Department (KCHD) is offering community COVID-19 testing sites in neighborhoods and at two KCHD clinics. Anyone may be tested. A flyer on the Community Testing Sites is attached.

It is normal to feel overwhelmed right now. Remember to take care of yourself and follow some of these tips for coping:

- Keep a routine. Structure and consistency are important for our wellbeing.
- Stay informed but take breaks from watching, reading, or listening to news stories, including social media. News about the ongoing COVID-19 pandemic and racial disparities across the country, combined with the racial injustices and lives lost at the hands of policy brutality cause great distress and unrest in the community. We must take care, take time and check-in on one another.
- Take care of your body.
 - Take deep breaths and stretch while listening to calming music
 - Try to eat healthy, well-balanced meals
 - Take time to stay active. Take a walk around your home, ride a bike, try yoga, lift some weights or look for free workouts online on YouTube.
 - Get plenty of sleep. The longer days and extra light exposure can increase the risk of restless sleep. Researchers at Cornell University say relaxing outside for 10 minutes before bed can improve sleep quality by 55% and add 40 minutes to your slumber.
- Ask for help if you need it.