



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

Bulletin Bits

Kent County COVID-19 Church Task Force

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COVID-19 Stay Healthy, Stay Safe, Save Lives

The best way to prevent illness is to avoid being exposed to this virus. We know it is spread between people who are in close contact and through respiratory droplets produced when an infected person coughs, sneezes or talks. It is still important for our communities in Kent County to take care and to continue to stay the course. You can help protect yourself and those you love of getting exposed by following these preventative measures:

Preventative Measures

- Commit to good hand cleaning.
 - Wash your hands often with soap and water for at least 20 seconds after you have been in a public place, or after blowing your nose, coughing or sneezing. Use of an alcohol-based hand sanitizer is also recommended.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces.
- Cover coughs and sneezes with a tissue and then throw used tissue in trash. Or use the inside of your elbow. Wash hands.
- Avoid social gatherings in groups of more than 10 people.
- Reconsider non-essential errands & travel, shopping trips and social visits.
- Wear a cloth face cover when going out in public, such as to the grocery store. The face cover is meant to protect other people in case you are infected. A face cover is not meant to substitute for physical distancing.
- Continue to at least 6 feet between yourself and others.

Daily Life and Coping

These times of isolation and social distancing can take a toll on people's mental health. The fear and worry of COVID-19 can lead to stress, which can lead to changes in sleep or eating patterns, trouble concentrating, and an increased use of alcohol, tobacco or other drugs. These times are impacting persons who haven't experienced this type of stress and anxiety before. The Governor of Michigan has recognized this growing need for reducing stress and has established a website for Michiganders – *Stay Home, Stay Mindful*. The site has free resources on meditation and mindfulness to help keep a strong and healthy mind in the midst of this global health crisis. Go to:

<https://www.headspace/MI.com>

The State of MI has also established a Mental Health "Warmline" for those with persistent mental health issues amid the COVID-19 pandemic. The line is open 7 days a week from 10 am to 2am. Call 888-733-7753. Certified Peer Support Counselors will answer your call.