

WHY DID THE STUDENT EAT HIS HOMEWORK?

Because the teacher told him it was a piece of cake!

Updates, Resources & Info

Oct 12, 2020

GISD Resources

US HEALTH & HUMAN SERVICES CRISIS LINE: 800-985-5990. Counseling and support 24 hours a day.

STATE (MDHSS) HOTLINE: 888-535-6136. Daily 8:00am - 5:00pm for questions.

MICHIGAN MENTAL HEALTH SUPPORT: 888-733-7753. Daily 10:00am - 2:00am mental health resources (opens in a new window).

COUNTY (GCHD) HOTLINE: (810)424-4443. Daily 8:00am - 5:00pm

211: Dial 2-1-1 or 1-844-875-9211, or visit the 211 website for information on local resources & food assistance.

MOBILE FOOD PANTRY: Flint area in partnership with MDHSS & Food Bank of Eastern MI.

CENTER OF HOPE: (810)620-8300. Food pantry/assistance available.

WIC

WIC or Women, Infants, and Children is a no-cost Nutrition Education Program that helps families eat well and stay healthy. It is a Supplemental Nutrition Program.

How Do I Get WIC?

In order to receive WIC benefits, you must meet certain guidelines. You can check the WIC Prescreening Tool on the USDA website to see if you may qualify. You will need to make an appointment to apply for WIC or receive WIC services. WIC provides, Nutritious Foods, Nutrition Counseling, Nutrition Education, Breastfeeding, Project FRESH and Health Care Referrals.

For more information, please visit

[GCHD.us/get-help/wic](https://www.gchd.us/get-help/wic)

Double Up Food Bucks

For every dollar you spend on eligible foods with your Bridge Card, participating stores and markets will match it dollar-for-dollar with Double Up Food Bucks. Getting started with Double Up is easy. All you need to participate is an active EBT/Bridge Card and you are ready to go!

There are two ways to sign up:

- Sign up in person and receive a Double Up Food Bucks card at any participating location. Just bring your Bridge Card to the farmers market info booth or grocery store cashier before you shop and ask about Double Up Food Bucks.
- Sign up online by downloading the new Double Up app – MyFresh Wallet. With the app, you can check your balance, find participating locations, get program updates, and earn and spend Double Up Food Bucks all on your phone.

For more information, please visit

DoubleUpFoodBucks.org/flint

For more information & assistance, please contact your FEA or visit:

GISD: <https://www.geneseeisd.org/> • (810) 591-4400

Educare: <https://www.educarenschools.org/schools/flint-mi/> • (810) 600-5400

WE MAY NOT ALL BE PHYSICALLY TOGETHER, BUT WE ARE HERE FOR YOU!

I think I have been exposed to COVID-19, what should I do?

Michigan Department of Health & Human Services
Michigan.gov/Coronavirus

Close Contacts

- I live with or am caring for someone with COVID-19
- Someone that has COVID-19 coughed or sneezed on me
- I think my coworker has COVID-19
- I think someone I know has COVID-19

You should self quarantine and monitor yourself for symptoms. The local health department may ask you to do so.*

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

Have you developed symptoms of respiratory illness such as **fever, cough, or shortness of breath?**

YES

- Are you having **severe symptoms** like difficulty breathing, persistent pain or pressure in the chest, new confusion or inability to arouse or bluish lips or face?
- Seek immediate medical attention.

NO

- Continue to monitor yourself for symptoms.
- Contact your health care provider to discuss your symptoms.

HOW DO I MONITOR MYSELF?

Pay attention for COVID-19 symptoms:

- Fever
- Cough
- Shortness of Breath

If you are concerned about your health, contact your health care provider.

If your doctor decides you should be tested for COVID-19, your health care provider can order testing for you.

Health care provider takes a sample → Sample is sent to a laboratory for testing → Laboratory sends result to health care provider → Health care provider informs patient of result. The state health department will not provide results.

*Quarantine process for general public, does not specifically apply to health care workers.

GENESEE COUNTY COVID-19 DRIVE-THRU TESTING

RITE-AID

Visit www.riteaid.com and click on the red COVID-19 banner to complete the screening and make an appointment. Screening is being conducted through the drive-thru pharmacy.

Swartz Creek
9090 Miller Rd.
Swartz Creek, MI 48473

Testing appointments are available:
Sunday - Saturday: 9 am to 5 pm
*By appointment only

Flint *
5018 Clio Rd.
Flint, MI 48504
*Starting Monday, May 21st
*Appointments can be scheduled starting Sunday, May 10th

Testing appointments are available
Monday - Friday: 10 am to 8 pm
Saturdays & Sundays: 10 am to 5 pm.
*By appointment only

GRAND BLANC HIGH SCHOOL

Provided by Kroger Health, testing will be conducted in the school parking lot. Visit <https://www.thelittleclinic.com/drivethru-testing> to complete the screening process and schedule your testing appointment.

Grand Blanc High School
12500 Holly Road
Grand Blanc, MI 48439

Testing appointments are available:
Monday - Thursday: 10 am to 4 pm *
*By appointment only

HAMILTON COMMUNITY HEALTH NETWORK

Call (810) 406-4019 to set up an appointment for drive-thru testing. You will be screened over the phone and must have a doctor's order and appointment to receive testing. Testing can be done in-clinic, find more information at <https://www.hamiltonchn.org/hamilton-covid-faq/>.

North Pointe Clinic
5710 Clio Road
Flint, MI 48504

Burton Clinic
3375 S. Saginaw St.
Flint, MI 48529

Appointments are available every 10 minutes on **Tuesdays & Thursdays.**
*By appointment only

MICHIGAN HEALTH SPECIALISTS

Call (810) 235-2004 to make an appointment for testing.

Location #1
2065 S. Center Rd.
Burton, MI 48519

Location #2
2700 Robert T. Longway
Flint, MI 48503

Testing appointments are available:
Monday - Friday: 9 am to 5 pm.
*By appointment only

If you develop emergency warning signs for COVID-19, get medical attention immediately. These signs may include:

- Trouble breathing
- Pain or pressure in your chest
- Confusion or inability to arouse
- Bluish lips or face

*Consult a healthcare provider about any other symptoms that are concerning or severe.

If your symptoms progress, contact a health care provider. IF AN EMERGENCY, CALL 911.