



Oceana County Resources

COVID-19 Preparedness

Information as of May 13th (Subject to change)

Commonly asked Questions and Answers

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I have questions about the most recent Epidemic Order that went into effect as of May 6th. Where can I find the latest information?

I have questions about the recommendation to wear a cloth face covering in public. Where can I find accurate information?

I have questions about the virus COVID-19. Where can I find accurate information?

I need information about the COVID-19 vaccine and/or want to get vaccinated. What resources are available?

I need non healthcare related needs resources, like food, diapers or clothing. What community resources are available?

I have health care concerns, but am not sure who to contact. Who can I call?

I am experiencing mental stress and don't have someone to talk to, what resources are available?

I'm a Veteran who has healthcare and/or benefit related concerns, but am not sure who to contact. Who can I call?

I have a loved one who passed away due to COVID-19 related causes. What resources are there to assist with financial stress?

I can't afford food or healthcare and need financial assistance. What resources are available?

I need my prescriptions, but I'm having trouble picking them up from my regular pharmacy. What delivery options do I have?

How can I apply for unemployment?

I'm looking for low cost or free food meals. What options are available?

I'm looking for low cost or free food options for kids. What options are available?

I need to go to the grocery store, but I'm worried about exposure due to being high risk. What should I do?

I have concerns about fake/scamming emails, phone calls and text messages with topics related to the COVID-19 crisis. Where can I get accurate information?

I'm having trouble paying my bills because my income has been affected. What can I do?

I have questions about the most recent Epidemic Order that went into effect as of May 6th. Where can I find the latest information?

The Michigan Department of Health and Human Services (MDHHS) updated its COVID-19 Gatherings and Face Masks epidemic order to encourage safer outdoor activities. This order went into effect Thursday, May 6 and continues through Monday, May 31.

- Masks generally are not required outdoors unless a gathering has 100 or more people.

- Anyone who is fully vaccinated and not experiencing symptoms is not required to wear a mask at residential gatherings, including indoors.
- Expansion of the mask rule to children ages 2 to 4 which requires a good faith effort to ensure that these children wear masks while in gatherings at childcare facilities or camps. Went into effect April 26th, 2021.
- For more information around outdoor/sporting event regulations, find it here: <https://www.michigan.gov/coronavirus/0,9753,7-406-98163-558490--,00.html>.

The latest information is available at <https://www.michigan.gov/Coronavirus> and <https://www.cdc.gov/Coronavirus/>.

I have questions about the recommendation to wear a cloth face covering in public. Where can I find accurate information?

The Center for Disease Control (CDC) recommends wearing cloth face coverings over your nose and mouth in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission. Read below for details to consider when wearing a mask to protect yourself and others. For a full summary of CDC recommendations, call 800-232-4636 or visit the CDC website: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.

- The cloth face cover is meant to protect other people in case you are infected. You can spread COVID-19 even if you don't feel sick.
- Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.
- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- The cloth face coverings recommended are not surgical masks or N-95 respirators. Those are critical supplies that must continue to be reserved for healthcare workers and other medical first responders, as recommended by current CDC guidance.

I have questions about the virus COVID-19. Where can I find accurate information?

District Health Department #10 - Call the state hotline 888-535-6136 or email info@dhd10.org if you have questions regarding COVID-19. You can also visit <https://www.dhd10.org/coronavirus/> for on demand updates specific to Oceana County.

Center for Disease Control - Call 800-232-4636 or visit <https://www.cdc.gov/coronavirus/2019-ncov> for the most trusted, accurate information regarding the virus.

State of Michigan - Visit <https://www.michigan.gov/coronavirus> for local updates on restrictions and instructions from the state government, answers to frequently asked questions and subscribe to e-newsletter updates from MDHHS, the State Emergency Operations Center and Executive Office of the Governor.

I need information about the COVID-19 vaccine and/or want to get vaccinated. What resources are available?

Center for Disease Control - Visit <https://www.cdc.gov/vaccines/covid-19/info-by-product/index.html> for the most up-to-date information about the available vaccines.

COVID-19 Vaccinations - Anyone over the age of 16 can receive a vaccine! See local vaccination opportunities through:

- Vaccinate West Michigan - <https://vaccinatewestmi.com/register/>
- Meijer Pharmacies - <https://clinic.meijer.com/>
- Residents of Oceana county can schedule with the District Health Department #10 online at <https://www.dhd10.org/covid-19-vaccine/> or call 888-217-3904

NOTE: Be aware of possible vaccine COVID-19 scams, you cannot pay to jump the line for receiving the vaccine and should not release personal information to anyone calling about the vaccine. Find more information here: https://www.michigan.gov/ag/0,4534,7-359-81903_20942-546758--,00.html

I need non healthcare related needs resources, like food, diapers or clothing. What community resources are available?

Call 2-1-1 or visit <https://www.mi211.org/> for information about resources closest to where you live. 24 hours a day 7 days a week, including non-healthcare related needs.

I have health care concerns, but am not sure who to contact. Who can I call?

If you have severe or life-threatening symptoms, please call 911. If you are experiencing symptoms and are unsure if you are experiencing COVID-19 symptoms, review the CDC poster.

The COVID-19 Test Finder is easy to use. Individuals can use filters to find the nearest locations that offer no-cost testing, asymptomatic testing, testing without a doctor's order, and/or testing for uninsured individuals. Find a test site at www.michigan.gov/CoronavirusTest. Individuals who require assistance accessing this content are encouraged to contact the COVID-19 Hotline at 888-535-6136, press 1.

Spectrum Health - Spectrum is offering free virtual COVID-19 screenings 24/7 to people in the state of Michigan who are experiencing symptoms, call 833-559-0659 or visit <https://www.spectrumhealth.org/covid19>.

Mercy Health - Mercy Health is offering virtual COVID-19 screenings 24/7 to patients who are experiencing symptoms through its MyChart Portal, call 833-247-1258 or visit <https://www.mercyhealth.com/health-and-wellness/coronavirus>

NOTE: Most healthcare facilities have started resuming normal health care services. Call your doctor to determine the best path forward for your health and wellbeing.

I am experiencing mental stress and don't have someone to talk to, what resources are available?

If you're feeling emotional distress due to the COVID-19 pandemic, help is available. There are many ways to connect with emotional-support services without the need to leave home. Visit www.michigan.gov/staywell to find a comprehensive list of mental health resources.

National Suicide Prevention Lifeline - Call 1-800-273-8255 (TTY 800-799-4889) or visit <https://suicidepreventionlifeline.org/chat/> to speak with a counselor. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

Michigan Stay Well Counseling via the COVID-19 Hotline - Call 1-888-535-6136 and press "8" to talk to a Michigan Stay Well counselor. Counselors available 24/7 - confidential and free.

Substance Abuse and Mental Health Services Administration (SAMHSA) - Call 800-985-5990 (TTY 800-846-8517) to reach SAMHSA's Disaster Distress Helpline or text TalkWithUs to 66746.

Certified Peer Support Specialist Warmline (MDHHS) - Call 888-733-7753 seven days a week from 10am to 2am to speak with a certified peer support specialist. This warmline is intended to serve individuals living with persistent mental health challenges including anxiety, depression and trauma. Individuals in crisis, including those considering suicide, are urged to contact the Disaster Distress Helpline 24/7 at 800-985-5990 or the National Suicide Prevention Lifeline 24/7 at 800-273-8255.

Michigan Crisis Text Line - If you are experiencing emotional stress and anxiety but are more comfortable texting than talking, text the keyword RESTORE to 741741 - Available 24/7.

I'm a Veteran who has healthcare and/or benefit related concerns, but am not sure who to contact. Who can I call?

If you have severe or life-threatening symptoms, please call 911. If you are experiencing symptoms and are unsure if you are experiencing COVID-19 symptoms, review the CDC poster.

The COVID-19 Test Finder is easy to use. Individuals can use filters to find the nearest locations that offer no-cost testing, asymptomatic testing, testing without a doctor's order, and/or testing for uninsured individuals. Find a test site at www.michigan.gov/CoronavirusTest. Individuals who require assistance accessing this content are encouraged to contact the COVID-19 Hotline at 888-535-6136, press 1.

Veteran Affairs - If you are a U.S. veteran with concerns regarding possibly having the Coronavirus, you can call 888-838-6446 to speak to a triage nurse regarding your symptoms. You can also visit <https://www.va.gov/find-locations> to find one of VA's more than 2,000 health care, counseling, benefits, and cemeteries facilities, plus VA's nationwide network of community health care providers.

If you are a Veteran in crisis or concerned about one, you can connect with VA's caring, qualified responders for confidential help. Many of them are Veterans themselves.

- Call 800-273-8255 and press 1 (Call TTY if you have hearing loss 800-799-4889)
- Text 838255

- Start a confidential chat: <https://www.veteranscrisisline.net>

For emergency financial resources available to service members and veterans, visit <https://penfedfoundation.org/community-resources-for-veterans-and-service-members/>.

I have a loved one who passed away due to COVID-19 related causes. What resources are there to assist with financial stress?

Federal Emergency Management Agency (FEMA) is dedicated to helping ease some of the financial stress and burden caused by COVID-19. They are providing financial assistance for COVID-19 related funeral expenses incurred after 01/20/20. Call the COVID-19 Funeral Assistance Line Number at 844-684-6333. FEMA's representatives are available via phone Mon-Fri 9am-9pm. You can also check out its website for more information and to apply for assistance: <https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>.

I can't afford food or healthcare and need financial assistance. What resources are available?

Michigan Department of Health and Human Services (MDHHS) - Need food, healthcare, etc. assistance, apply for benefits through the MiBridges Portal at <https://newmibridges.michigan.gov/> or call 888-544-8773. Income requirements have been lifted at this time.

For specific COVID-19 Emergency Response from MDHHS:

- Call the COVID-19 Hotline at 888-535-6136, seven days a week, 8am to 5pm.
- Email COVID19@michigan.gov 24/7. Emails will be answered seven days a week, 8am to 5pm.
- Subscribe to an e-newsletter for updates:
<https://public.govdelivery.com/accounts/MIDHHS/subscriber/new>.

Economic Impact Payment (Stimulus Check) - To check your status and eligibility, go to www.irs.gov/coronavirus/economic-impact-payments. For the latest information, visit www.ssa.gov/news/press/releases/2020/#5-2020-1.

Did you receive a card in the mail?

Some taxpayers are receiving their Economic Impact Payment (Stimulus Check) by means of a prepaid debit card. It will come in an envelope associated with Money Network. This is supported by the Treasury Department's Bureau of the Fiscal Service and is verified through the IRS. For more information, go to www.eipcard.com or call 800-240-8100.

SNAP Benefit Update - Starting on Jan. 1, SNAP benefits will be boosted by 15% a month for all recipients until June 2021. Check your account here: <https://newmibridges.michigan.gov/>.

I need my prescriptions, but I'm having trouble picking them up from my regular pharmacy. What delivery options do I have?

CVS Pharmacy is offering free delivery of eligible prescriptions and everyday essentials. You can request delivery by calling the store, selecting your delivery options within the CVS Pharmacy app or through a link via an "order ready" text message. Visit www.cvs.com/content/delivery or call your local CVS pharmacy for additional details or to check your prescription's delivery eligibility. Find store locations and details by visiting www.cvs.com/store-locator/landing.

Walgreens Pharmacy offers free delivery for eligible prescriptions. Not all prescriptions are eligible for delivery at this time. For more information about eligibility, talk to the pharmacy directly. Visit www.walgreens.com/topic/pharmacy/prescription-delivery.jsp or call your local Walgreens for additional details. Find store locations and details by visiting www.walgreens.com/storelocator/find.jsp.

Meijer Pharmacy - You may be eligible to have your prescriptions mailed to you. Contact your local Meijer pharmacy for more details. Find store locations and details by visiting www.meijer.com/shop/store-finder.

How can I apply for unemployment?

UNEMPLOYMENT INSURANCE BENEFITS UPDATE - Federal Benefit Programs Extended: Pandemic Unemployment Assistance (PUA) and Pandemic Emergency Unemployment Compensation (PEUC) have been extended through 9/4/21. Pandemic Unemployment Compensation, the additional \$300 per week for anyone receiving unemployment benefits has also been extended through 9/4. If you have an existing claim of any type, continue to submit certifications as usual. Check the UIA website (<https://www.michigan.gov/UIA>) as more information on implementation will be provided as it becomes available.

NOTE: The Unemployment Insurance Agency is asking that individuals do not call the UIA customer service number regarding the new legislation.

I'm looking for low cost or free food meals. What options are available?

Food services are changing regularly, call ahead to double check hours.

True North Community Services 231-924-0641

6308 S Warner Ave, Fremont, MI 49412

Food pantry open weekdays from 8:30am-4:30pm

Prepackaged boxes of food will be delivered curbside to vehicles at the food pantry exit door (north side of the building). The mobile food truck schedule will not change, but will run as a drive-thru for pre-assembled boxes of food items. If you have any questions call 231-924-0641 or email info@truenorthservices.org.

Hesperia Community Food Pantry at Hesperia United Methodist Church 231-854-0075

187 E South Ave, Hesperia, MI 49421

The Hesperia Community Food Pantry has started to do food pantries twice a month instead of once a month. For information and to register food a food pick-up call 231-854-0075 between 1-3pm Monday thru Thursday.

Countryside Church of Christ 231-854-0919

8063 E. Loop Road, Hesperia, MI 49421

Food pantry times: Sundays 12:15-1pm; Tuesdays 1-2:30pm and 7-7:30pm.

Fruiland Evangelical Covenant Church Food Pantry (231) 766-3871

4283 N Weber Rd, Whitehall, MI 49461

Pantry Hours: By appointment

For more locations, open hours and contact information go to Feeding America's website:

www.feedwm.org/findfood/.

For Mobile Food Pantries, go to www.feedwm.org/mobile-pantry-schedule/?county=Oceana for the daily locations in Oceana County.

I'm looking for low cost or free food options for kids. What options are available?

Hesperia Community Schools (HCS) offers breakfast to all students. All HCS students are able to eat breakfast at no charge. In addition to a free breakfast, all students will receive a free lunch! The Community Eligible Provision (CEP) is a State and Federal funded program that allows all students both breakfast and lunch for no costs to families. Parents will have to fill out a Household Information Form. These forms are critical for HCS to receive all of its State and Federal funding for its students. All information included on these forms is confidential. Forms can be returned to the school office or directly to Dana Gierzak, Food Service Director. Visit <https://www.hesp.net/about-us/food-service/> to download the necessary forms and find the latest information on breakfast and lunch distribution..

I need to go to the grocery store, but I'm worried about exposure due to being high risk. What should I do?

SpartanNash stores (D&W Fresh Market, Family Fare) are setting aside time for store guests most at risk of contracting the virus, including older adults, pregnant women & immunocompromised individuals every Tuesday/Thursday from 7-9am. Store hours vary by location.

Walmart stores have implemented new open hours from 7-8:30pm unless the store normally opens later. There is an hour-long senior shopping event every Tuesday for customers aged 60 and older that will start one hour before the store opens. Store hours vary by location.

Meijer stores have implemented new open hours from 8am-Midnight (but select stores close at 11pm). Check online to find your local store: <https://www.meijer.com/shop/en/store-finder>. Stores and pharmacies will provide dedicated shopping times for senior citizens and customers with chronic health conditions on Tues/Thurs from 6-8am. Essential service workers and Meijer Team Members can shop on Mons/Weds from 6-8am.

Target stores have expanded dedicated shopping time for its most vulnerable guests, making the first hour stores open on Tuesdays and Wednesdays available for those over 65 years old, pregnant women and those defined by the CDC as vulnerable or at-risk. To confirm local store opening times, visit Target.com/store-locator.

I have concerns about fake/scamming emails, phone calls and text messages with topics related to the COVID-19 crisis. Where can I get accurate information?

The **Federal Communications Commission (FCC)** has received reports of scam and hoax text message campaigns and scam robocalls offering free home testing kits, promoting bogus cures, selling health insurance, and preying on virus-related fears. Read below for a few tips to help you protect yourself from scams:

- **Do not** click on links in texts related to the virus, and check [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) for the most current information.
- **Be wary** of phone calls and text messages that claim to be from the World Health Organization (WHO), or charity organizations, asking for account information or money.
- Many consumers will receive checks as part of the federal government response to the coronavirus. **No one** will call or text you to verify your personal information or bank account details in order to "release" the funds.

For more information about scam calls and texts, visit the www.fcc.gov/consumers and the www.fcc.gov/covid-scams. You can also file a complaint about such scams at www.fcc.gov/complaints.

2-1-1's FraudSupport Program - 2-1-1 in West Michigan partnered with the Cybercrime Support Network to make sure that victims of cybercrime have the resources they need while guiding them through the process of reporting, recovering, and reinforcing their security. Contact 211 for assistance and to answer questions.

I'm having trouble paying my bills because my income has been affected. What can I do?

COVID Emergency Rental Assistance (CERA)

MSHDA has federal funds available to help tenants facing pandemic-related hardships through the COVID Emergency Rental Assistance (CERA) program (utility payment support is also applicable). If needing assistance, look into your eligibility here:

<https://www.michigan.gov/mshda/0,4641,7-141-5555-533463--,00.html> and reach out to your Property Manager.

emPower Heat & Energy Assistance Program (Heat & Energy)

The following low-income home energy assistance programs are available in your county:

- Consumers Energy's Consumers Affordable Resource for Energy (CARE)
- DTE Energy's Low Income Self-Sufficiency Plan (LSP)
- emPower's one-time heat and energy assistance program

You can apply for emPower's assistance program here: <http://tnempower.org/apply/>. If you cannot access the application or have other questions, call 231-355-5880 for assistance. Visit emPower's website: <https://tnempower.org/> for the most accurate information.

Heat and Warmth Fund (THAW) - DTE and SEMCo Energy Customers: THAW wants to make it easier for Michigan residents to get the help they need to afford their utility bill. Individuals will need to complete and be approved for State Emergency Relief (SER) as well

as complete the Affordable Payment Plan application from THAW. For program details, visit https://thawfund.org/assistance_programs/affordable-payment-plans-dte-lsp-semco-map-consumers-energy-care-uppco-ease/. If you have further questions or require assistance, please call THAW's Utility Assistance Center 8:30am-5pm M-F at 800-866-8429, and a specialist will be able to assist you.

DTE customers impacted by COVID-19 are encouraged to call 800-477-4747 to determine eligibility for payment assistance of shutoff protection. For the most accurate information, visit <https://newlook.dteenergy.com/wps/wcm/connect/dte-web/quicklinks/footer/covid19-residential>.

Consumers Energy customers who need help paying their energy bills are encouraged to call 800-477-5050 to discuss their assistance options. For the most accurate information, visit www.consumersenergy.com/company/media/news-and-information/emergency-response.

Comcast/Xfinity - <https://corporate.comcast.com/covid-19>

Customer Service: 800-934-6489

Check the website for the most accurate information.

- Flexible and extended payment options
- Support for university students
- Wi-Fi hotspots open to anyone in the public who needs it

Internet Essentials - www.internetessentials.com/covid19

Customer Service: 855-846-8376

- Provides reduced price plans to qualifying households
- Households with outstanding debt owed to Comcast may be eligible
- New customers: Two free months of internet service if you apply by 5/30/21

Spectrum - www.spectrum.net/support/covid-19-community-assistance/

Customer Service: 833-267-6094

Check the website for the most accurate information.

- Offering Spectrum Internet Assist to eligible low-income customers
- No data caps or hidden fees
- Wi-Fi hotspots open for public use

Assurance Wireless - www.assurancewireless.com/

Customer Service: 888-321-5880

Check the website for the most accurate information.

- This carrier provides free and reduced price plans and phones to qualifying individuals
- Individuals affected by COVID-19 who lost employment may qualify for LifeLine service
- Unlimited calling and text for all customers
- An additional 20GB of data for all customers

AT&T - <https://about.att.com/pages/COVID-19.html>

Customer Service: 800-288-2020

Check the website for the most accurate information.

- Waiver requests can be submitted if unable to pay bill during COVID-19

Cricket Wireless - www.cricketwireless.com/support/fraud-and-safety/covid-19.html

Customer Service: 800-274-2538

Check the website for the most accurate information.

- Plans starting as low as \$30/mo
- BridgePay to split bill into multiple payments
- Providing distance-learning resources

Metro by T-Mobile - www.metrobyt-mobile.com/ongoing-updates-covid-19

Customer Service: 888-863-8768

Check the website for the most accurate information.

- Plans starting as low as \$30/mo
- Most plans include unlimited talk, text, and data

SafeLink Wireless - <https://media.tracfone.com/wps/wcm/connect/phones/safelink/covid>

Customer Service - 800-378-1684

Check the website for the most accurate information.

- This carrier provides free and reduced price plans and phones to qualifying individuals
- Individuals affected by COVID-19 who lost employment may qualify for LifeLine service
- Unlimited calling and text for all customers
- An additional 5GB of data provided to all customers

Sprint - www.sprint.com/en/landings/covid-19.html

Customer Service: 888-211-4727

Check the website for the most accurate information.

- Call to make payment arrangements due to COVID-19 hardships

T-Mobile - www.t-mobile.com/brand/ongoing-updates-covid-19

Customer Service: 800-937-8997

Check the website for the most accurate information.

- Call to make payment arrangements due to COVID-19 hardships
- If relief you've obtained is ending, contact again if you need additional options

Tracfone - www.tracfone.com/covid/

Customer Service: 800-867-7183

Check the website for the most accurate information.

- Customers on SNAP or Medicaid may qualify for payment assistance

US Cellular - www.uscellular.com/covid-19

Customer Service: 888-944-9400

Check the website for the most accurate information.

- Data overage charges waived
- Limited data plans will remain on high-speeds once limit has been reached
- For customers with unlimited plans, 15GB of hotspot data will be offered

Verizon - www.verizonwireless.com/support/covid-19-faqs/

Customer Service: 800-922-0204

Check the website for the most accurate information.

- Offers payment arrangements to help you pay your bill
 - Customers who contacted Verizon by June 30, have been enrolled in a payment plan (review billing statement for additional information)
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Prepared by the Dwelling Place Community Building and Engagement Staff.

Information is subject to change. Updated versions available on Fridays.

To limit the spread of COVID-19, please share this document digitally.

See content that is out of date or want to see an added resource?

Email community@dwellingplacegr.org

