

Disclaimer: Please note that this is a rapidly evolving situation. Resources may change hour by hour. Please contact the resource directly to verify that they are still providing the resource

General Website Links for Facts on COVID-19

[COVID-19 information from Spectrum Health](#)

[Spectrum Health has opened drive-thru COVID-19 testing by appointment](#)

[Spectrum Health symptoms and prevention flier](#)

[Updates from District Health Department #10 serving Newaygo County](#)

[COVID-19 information from the CDC](#)

[COVID-19 information for Michigan](#)

[COVID-19 MDHHS Fact Sheet](#)

[COVID-19 information for Newaygo County](#)

[District Health Department #10 on Facebook](#)

[Closings, delays, and cancellations in West Michigan](#)

[Newaygo County Food Pantry/Mobile list](#)

[USCIS Public Charge](#)

[COVID-19 & Pregnancy Information](#)

[CDC Information on Pregnancy & Breastfeeding](#)

[Proper Hand Hygiene/Washing Video](#)



Financial/Economic Security Resources

Newaygo County Relief Child Care Centers

If you are an [essential worker](#) and need child care in the Newaygo County area

Email: nskrabis@ncresa.org

Internet Access

Effective Monday, March 16, 2020, [Comcast is offering 2 months free](#) to new Internet Essentials (low income) customers in response to recent and anticipated emergency measures associated with the Coronavirus (COVID-19)

Also, [Internet companies](#), including AT&T, Comcast, Charter, Cox, Google Fiber, Sprint, Verizon and T-Mobile, won't disconnect people for unpaid bills for 60 days, according to the FCC

Unemployment Benefits

There is some [expansion of benefits](#); able to receive unemployment if you must be the primary caregiver, benefits are extended to 26 weeks and the in-person component is waived. Online wait times are long but are up and running. [Unemployment Toolkit](#)

Michigan Bridge

Michigan Bridge [has released a list of resources](#) where families can get food, cash, and internet during the COVID-19 pandemic

Dial 2-1-1

Call 2-1-1 it can connect with resources for food, housing, and other important resources; Spanish is available on this line

Healthier Communities

If you are an active participant of a Healthier Communities program, you may have access to a fund for your living necessities through True North. Learn more through your Community Health Worker or nurse.

Diapers and Wipes are available through TrueNorth Community Service and Love Inc.

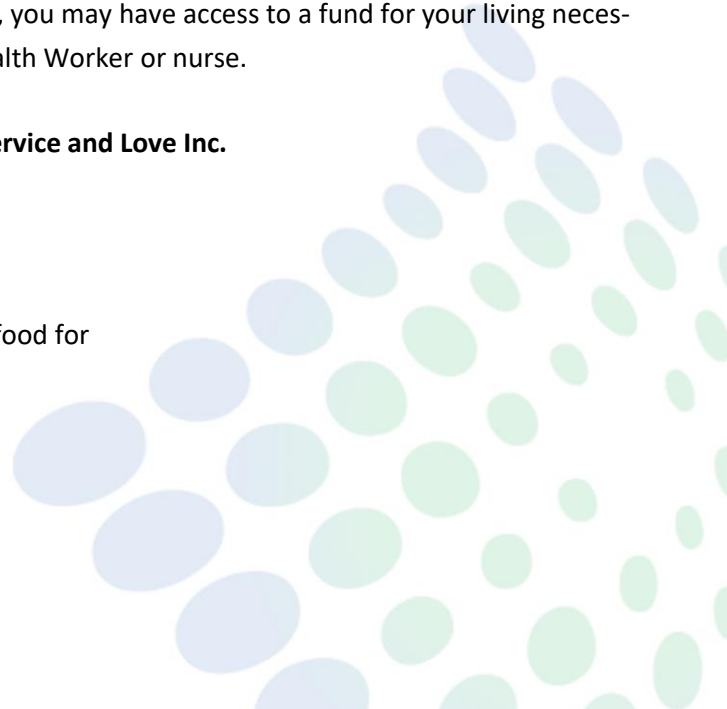
Food/Nutrition Resources

Meet Up / Eat Up

An interactive map that shows places in [Michigan students](#) can get food for free.

Newaygo County Commission on Aging

Meals on Wheels delivered outside homes – (231) 689-2100



Fitness/Wellness

Spectrum Health COVID-19 Hotline

Spectrum Health has a hotline 616.391.2380, call this if you are experiencing symptoms. Call 9-1-1 if symptoms are life threatening

YMCA Virtual Fitness Classes

[FREE for anyone—do not have to be a member](#)

Planet Fitness

Streamed [FB live classes available](#) for ALL for free

Educational Resources

Home School Resources

[Home school resources](#)

ECIC 4 Kids [released resources for early childhood.](#)

[Giant list of ideas for being home with kids](#)

Free Educational Sites

A Google Document of [free educational sites.](#)

Cincinnati Zoo

Cincinnati Zoo is doing [a Home Safari on Facebook Live](#) every weekday at 3pm where they will highlight one animal and include an activity you can do from home. If people do not have access to Facebook, it is also on YouTube and activities on their website

FitKids360 Verbal info

[COVID-19 Verbal Info](#) in Spanish for Kids/Parents from FitKids 360

Scholastic

Scholastic [has a free website](#) with educational resources for students.

Grand Rapids Kids

[21-day Home for the Day Challenge](#): 15-20 minute activities for kids streamed on FB Live

Emotional/Mental Health Support

COVID-19 Screening Hotline

A menu has been added to the COVID-19 screening hotline (833.559.0659) with the following options:

- o If you are calling to schedule a COVID-19 screening, press 1.
- o If you are experiencing increased anxiety or depression related to COVID-19, press 2.

This menu will be active from 7 a.m. to 11 p.m. Between 11 p.m. and 7 a.m. the screening hotline will default to the previous set up without this menu.

Safe Haven Ministries

Safe Haven's offices are closed, but services still available for people experiencing abuse.

Hotline: (616-452-6664)

Jewish Coalition Against Domestic Abuse (JCADA)

Contact info: 877-88-JCADA

The Jewish Coalition Against Domestic Abuse (JCADA) is safety planning with people who may be quarantined with their abuser. Their helpline is available during business hours for just this purpose. Available for non-Jews too!

YWCA Helpline

YWCA confidential helpline is still available 24/7 for people experiencing abuse

Helpline: 616.454.9922

Online AA Meetings during COVID-19

A list of [online Alcoholics Anonymous meetings](#) during COVID-19.

Taking Care of Your Mental Health in the Face of Uncertainty [Resources](#) on taking care of your mental health.

The Crisis Text Line

Text TALK to 741-741

Disaster Distress Helpline (Substance Abuse and Mental Health Services Administration).

Contact info: 1-800-985-5990

