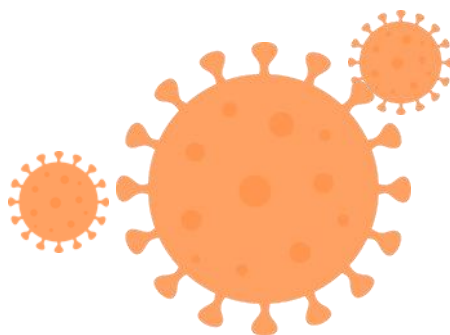


Coping with COVID-19

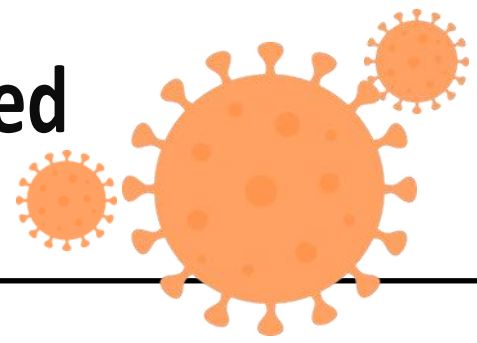


Branch-Hillsdale-St. Joseph Tool Kit for:

- Symptoms/ when to seek help.....pg 2
- Testing Sitespg 3
- Quarantine Informationpg 4
- Mental Health Resources pg 5
- Pharmacy Options pg 6
- Grocery Options pg 7
- Additional Resources..... pg 8

Keeping Our Community Informed

Novel Coronavirus 2019 (COVID-19)



Symptoms

One or more of the following:

- HEADACHE
- CHILLS
- NAUSEA
- RUNNY NOSE
- LOSS OF TASTE AND SMELL
- FATIGUE
- FEVER
- VOMITING
- SORE THROAT
- SHORTNESS OF BREATH
- CONGESTION
- COUGH
- DIARRHEA
- MUSCLE PAIN
- DIFFICULTY BREATHING

Prevention

To protect yourself and prevent spread of the virus:



- Limit contact with others as much as possible
- Put at least 6ft between yourself and others
- Avoid contact with people who are sick
- Stay home if sick, except to get medical care



- Wash hands often with soap and water for 20 seconds
- Use hand sanitizer with at least 60% alcohol when soap and water is not available
- Avoid touching eyes, nose, and mouth



- Clean and disinfect frequently touched surfaces



- Covering your nose and mouth with a cloth mask is essential and required in an indoor public space or a crowded outdoor space where you cannot maintain 6ft distance
- Continue to maintain 6ft distance from others not from your own household while wearing the mask



- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Wash hands immediately after.

The virus spreads:

- from person to person within 6 feet of one another
- through respiratory droplets when an infected person coughs, sneezes, or talks
- by infected people that are not showing symptoms

Seeking Care

If you have symptoms or think you may have been exposed to someone with Covid-19, isolate at home and seek testing. Most people have mild symptoms and are able to recover at home. If your symptoms become severe, go to the emergency room. Call 911 if your symptoms are life threatening. If you have COVID-19 questions, call your local health department:

- Coldwater 517.279.9561 (select option #7)
- Hillsdale 517.437.7395 (select option #7)
- Three Rivers 269.273.2161 (select option #7)

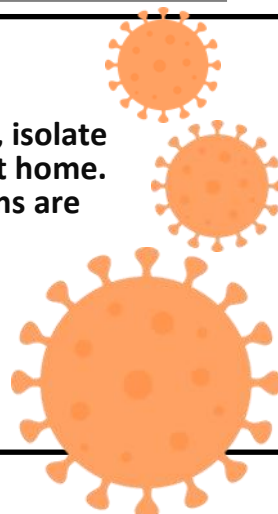
For COVID-19 testing site locations, resources, and local data visit www.bhsj.org



BRANCH-HILLSDALE-ST. JOSEPH
COMMUNITY HEALTH
AGENCY | YOUR LOCAL
HEALTH DEPARTMENT

Coldwater (517) 279-9561
Hillsdale (517) 437-7395
Three Rivers (269) 273-2161

570 N Marshall Rd., Coldwater, MI 49036
www.bhsj.org



COVID-19 Testing Sites

St. Joseph County

Covered Bridge Healthcare
658 E Main St., Centreville

NO COST Testing for people with symptoms by appointment only. Rapid testing available along with confirmation.
Call Monday thru Friday, 8am-5pm, 269-257-0463

Please have your ID and Insurance card available.
Due to continuous changes with insurance providers changing the coverage of testing and capability for labs to process tests, please call for testing information.

Three Rivers Health
701 S Health Parkway, Three Rivers

Call TRH COVID-19 Hot line (269-273-9801) for a screening and to make an appointment.

Sturgis Hospital
916 Myrtle Ave., Sturgis

Referral Required. Please call your Physician for an Order.
No appointment required.

Park in ER parking lot between 8am-4:30pm, call 659-4471.
Lab will direct you to the swabbing area.

\$100 nasal swab. Billed to insurance

Center for Health and Wellness of Sturgis
345 Vinewood Ave., Sturgis

Testing people with symptoms or who have had direct contact with someone who is positive for Covid-19.
Drive up Covid-19 testing Monday thru Friday 9a-3p.
No doctor referral required.

Call **269-659-8474** when you get to our parking lot.
We will bill insurance or our cash pay price is \$110.

Ascension Medical Group Walk-In Clinic
(formerly AM/PM Care)

1717 E Chicago Rd. Suite 3, Sturgis
651-3554 Mon-Fri 8am-5pm

Testing symptomatic people only.
Must be seen by AMG provider.
Cash pay discount available.

Revolution Health
104 S. Lakeview, Sturgis

Doctor Referral is not needed.
Covid-19 Testing is by appointment only.
Call 269-319-8850.
Telehealth visit and swab test are generally covered by insurance.

Three Rivers Pharmacy
691 S US Highway 131

Schedule test online at threeiverspharmacy.com or call 269-278-6000 Monday - Friday 9:00 a.m. to 6:00 p.m., Saturday 9:00am to 1 p.m.
Nasal Mid Turbinate Swab/Self administered test.

No cost at the time of testing. If you are exposed to someone with COVID-19 or experiencing COVID symptoms, your health insurance or government aid may cover some or all of your testing costs. If testing is not covered, you will be directly billed \$165 by the testing lab.

Branch County

ProMedica Coldwater Regional Hospital

360 E Chicago St, Coldwater Suite 104

(Turn into Promedica Community Care and Conference Center entrance and follow "drive up testing site" signage.)

COVID testing site phone number is 517-279-5434 fax 517-279-4553

Appointment required. Physicians' Order preferred.
If able, please call your physician for an order.
If you do not have a physician, call 517-279-5434.
Testing billed to insurance.

Walgreens Pharmacy

500 East Chicago St, Coldwater

NO COST Covid-19 testing by appointment. Schedule online at <https://www.walgreens.com/findcare/covid19/testing>

Hillsdale County

Hillsdale Hospital
Respiratory Collection Center

Suite 140, Three Meadows Medical Building,
451 Hidden Meadows Drive, Hillsdale, MI
517-330-3009 (fax)517-689-5956.

The entrance is on the ground level facing Hallett Street. Open Monday-Friday 8 am-5pm; closed from 12-1 pm for lunch.

Appointments are encouraged, but walk-ins are allowed with a medical providers laboratory order.
\$51.31 Testing billed to insurance.

Hillsdale Health and Wellness Walk-in Clinic

240 W. Carleton Rd., Hillsdale, MI
517- 437-7040

10am-6pm Monday thru Sunday

Appointment not required.
Must be seen by a provider if not already a patient.
Testing billed to insurance.

Online COVID-19 Test Finder (other counties & states)

https://www.michigan.gov/coronavirus/0,9753,7-406-99891_99912-531745--,00.html

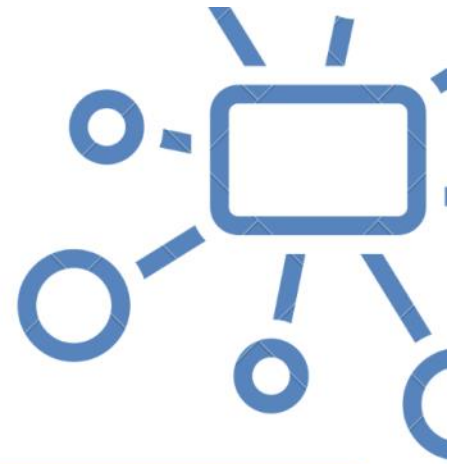
This test finder can also be found by going to www.michigan.gov/coronavirus and clicking on "FIND A TEST SITE."



A PDF file of this document is located at <http://bhsj.org/resources?cat=32>

St. Joseph County testing site information provided by the St Joseph County Human Services Commission. 11/6/2020

IF YOU TEST POSITIVE FOR COVID-19



With the increase in COVID-19 cases in our area, you might not hear from the health department right away. We ask everyone to follow these steps to help stop the spread.

Start isolating yourself right away. Stay home except for medical care. Let your employer know you have COVID-19.

Notify your close contacts so they can start to quarantine themselves.

- Close contacts = those who were within 6 feet for more than 15 minutes total in a 24 hour period, when the person was contagious.
- Contagious = starts 2 days before symptoms appear (or 2 days before positive test, if no symptoms), through the end of the isolation period.

You can resume normal activities when

- 10 days have passed since symptoms started (or test date if no symptoms),
- you are fever-free for 24 hours, and
- your symptoms have improved.



If you need an isolation or quarantine letter for your employer, you can call the health department @
Coldwater (517) 279-9561
Hillsdale (517) 437-7395
Three Rivers (269) 273-2161
Select option #7 and leave a message.



CLOSE CONTACTS: QUARANTINE INSTRUCTIONS

Start quarantining right away if you are told you are a close contact.

Stay home except to get medical care. Close contacts of a positive case (<6 feet, 15+ minutes total) need to quarantine for 14 days from your last contact to COVID+ person while they were considered contagious and monitor for symptoms. If you develop symptoms, get tested.

You cannot test your way out of quarantine, however. Because the incubation period of this virus is long, close contacts need to stay home 14 days from your last contact, even if you receive a negative test result. Most of the time, household members will end up quarantining 24 days

Mental Health Resources during COVID-19

During the COVID-19 crisis, mental health is increasingly becoming a focus of attention. In response, information about available mental health resources can be found through the state's [Stay Home, Stay Well initiative](#). These efforts are to help build resilience in Michigan residents trying to cope emotionally with the impacts of the COVID-19 pandemic, and include links to crisis help lines, guidance documents, videos and other mental health resources at [Michigan.gov/StayWell](#).

If you have questions about COVID-19 illness, Executive Orders, or related issues, **get help from:**

MDHHS COVID-19 Hotline and Email Response

Call: 1-888-535-6136 / 8 am – 5 pm, Monday through Friday
Email: COVID19@michigan.gov / 8 am – 5 pm, Monday through Friday (closed on state holidays)

If you would like to manage feelings of COVID-19 stress and anxiety through meditation, sleep, and movement exercises, **get help from:**

Headspace web service

Free to all Michiganders (normally a paid service)
Visit: headspace.com/mi

If you are experiencing emotional distress in the context of the COVID-19 crisis, **get help from:**

Michigan Stay Well Counseling via the COVID-19 Hotline

Call 1-888-535-6136
Press "8" to talk to a Michigan Stay Well counselor.
Counselors available 24/7 - confidential and free

If you are thinking of taking your life, **get help from:**

National Suicide Prevention Lifeline

Call: 1-800-273-8255 - Available 24/7
Text TALK to 741741
Visit: suicidepreventionlifeline.org

OR

National Disaster Distress Helpline

Call: 1-800-985-5950
Text the keyword TALKWITHUS to 66746
Available 24/7

National Suicide Prevention Deaf and Hard of Hearing Hotline

Access 24/7 video relay service
Call: 1-800-273-8255 (TTY 1-800-799-4889)
Visit: suicidepreventionlifeline.org/help-yourself-for-deaf-hard-of-hearing/

If you are living with serious mental illness or substance use challenges and feel it will help lower your stress if you talk with someone who understands these issues, **get help from:**

Michigan PEER Warmline

1-888-PEER-753 (888-733-7753)
Available every day from 10 a.m. to 2 a.m.

If you are experiencing emotional stress and anxiety but are more comfortable texting than talking, **get help from:**

Michigan Crisis Text Line

Text the keyword RESTORE to 741741
Open 24/7

Local Resources:

If you want local help from the nearest Community Mental Health Services Program,

St Joseph County Community Mental Health And Substance Abuse Services 269- 467-1000 or after hours crisis line 800-622-3967

Pines Behavioral Health (Branch County) 517- 278-2129 or after hours crisis line also 517-278-2129

Lifeways Community Mental Health (Hillsdale) 517- 439-2641 or after hours crisis line 888-284-8288

MyStrength

24 Hour online mental health & addiction resource

1. Visit www.myStrength.com
2. On the myStrength.com home page, click on "Sign-up."
3. Enter the following Access Code: **SWMStJoe**
4. Complete the myStrength sign-up process with a brief Wellness Assessment and personal profile.
5. Go Mobile! Using the access code above, get the myStrength app for iOS and Android devices at www.mystrength.com/mobile

If you want access to free digital lessons designed to help students in grades K-12 develop the skills required for social, emotional, and mental well-being, get help from:

michiganvirtual.org/michigan-cares

This portal will be available to parents, teachers and children

SALVATION ARMY Compassion Hotline

877-220-4195 9am-9pm

Need to talk? We're here to help...

Many of us are experiencing varying levels of anxiety and fear right now as we wait to see how the COVID-19 pandemic will unfold in our own communities. Please know that a key part of The Salvation Army's mission is to come alongside those who are suffering to offer spiritual and emotional support. We are here for anyone needing encouragement, prayer or pastoral counseling.

Find other local resources for food utilities, housing, and more in the St. Joseph County Community Resource Guide at www.sjchumanservices.com



Pharmacy Delivery or Mail Delivery Options in ST. JOSEPH County during COVID -19

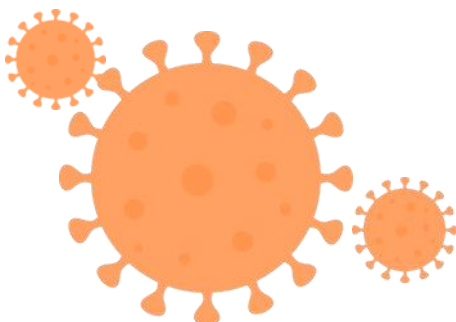
*Policies and procedures for each individual pharmacy can change continually.
Call the specific pharmacy for the most up to date information

Pharmacy	Contact Info	Home Delivery or Mail Delivery Instructions
Bridge Healthcare Pharmacy	658 E. Main St. Centerville, MI 49093 (269) 467-3510	Home delivery of prescriptions is available, call the pharmacy to set up.
Fred's Pharmacy	808 W Michigan Ave Three Rivers, MI 49093 (269) 278-2355	Does not offer home delivery or mail delivery at this time.
Medical Commons Pharmacy	1613 E Chicago Rd Sturgis, MI 49091 (269) 659-0820	Offers mail delivery but no home delivery. Call the pharmacy for additional information and to set up mail.
Meijer Pharmacy	800 US-131 Three Rivers, MI 49093 (269) 279-1210 408 W South St Sturgis, MI 49091 (269) 319-4010	Offers mail services and home delivery for prescriptions. For home delivery, you must live within 10 miles from the store and the person must be home at the time of delivery. To set up home delivery or mail delivery, call the Meijer Pharmacy to set it up.
Three Rivers Pharmacy	691 S US Hwy 131 Three Rivers, MI 49093 (269) 278-6000	Offers both mail and home delivery for prescriptions. Call the pharmacy to set it up.
Rite Aid	1113 W Michigan Ave Three Rivers, MI 49093 (269) 279-9702	Does not offer home or mail delivery during this time, however, they will allow customers to pay over the phone and a employee will bring the prescriptions to their car for them. Call the pharmacy for more information.
Rite Aid	102 North Centerville Road, Sturgis, MI 49091 (269) 651-7818	Offers mail delivery through FedEx. Call the store for more information and to set it up.
Village Pharmacy	131 S Blackstone Ave Colon, MI 49040 (269) 432-3435	Does not offer home delivery or mail delivery at this time.
Walgreens	All locations	Does not offer home delivery at this time. Some individuals may qualify for mail delivery (express delivery). To find out if you qualify, please call your preferred Walgreens Pharmacy.
Walmart	101 S Tolbert Dr Three Rivers, MI 49093 (269) 273-7833 1500 S Centerville Rd Sturgis, MI 49091 (269) 651-9560	Mail delivery is available, call the pharmacy to set it up.
White Pigeon Pharmacy	White Pigeon Pharmacy 410 E Chicago Rd White Pigeon, MI 49099 (269) 464-2384	Home delivery of prescriptions is available, call the pharmacy to set up.

Pharmacy Delivery or Mail Delivery Options in BRANCH County during COVID -19

*Policies and procedures for each individual pharmacy can change continually.
Call the specific pharmacy for the most up to date information

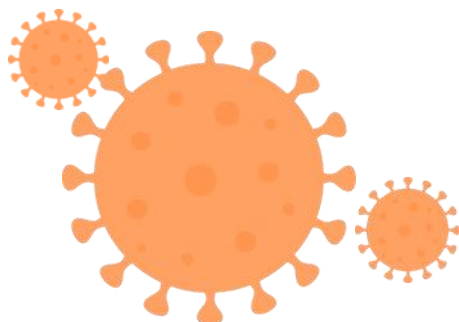
Pharmacy	Contact Info	Home Delivery or Mail Delivery Instructions
Bronson City Pharmacy	625 E Chicago St, Bronson, MI 49028 (517) 858-1122	Free same day delivery. Ask for details for delivery within 30 miles.
CVS Pharmacy	61W Pearl St Coldwater, MI 49036 517-278-6186	Does not offer home delivery. Mail delivery service is available. Sign up online at cvs.com and select the link for mail delivery. Call pharmacy with questions.
Meijer Pharmacy	620 E Chicago Rd, Coldwater, MI 49036 (517) 279-3310	Offers mail services and home delivery for prescriptions. For home delivery, you must live within 10 miles from the store and the person must be home at the time of delivery. To set up home delivery or mail delivery, call the Meijer Pharmacy to set it up.
Miller Pharmacy	206 N Broadway St, Union City, MI 49094 (517) 741-3604	Does not offer home delivery or mail delivery at this time.
Rite Aid	450 E Chicago St, Coldwater, MI 49036 (517) 278-7342	Free Prescription delivery. Call the pharmacy for more details.
Walgreens	All locations	Does not offer home delivery at this time. Some individuals may qualify for mail delivery (express delivery). To find out if you qualify, please call your preferred Walgreens Pharmacy.
Walmart	800 E Chicago St, Coldwater, MI 49036 (517) 278-2240	Mail delivery is available, call the pharmacy to set it up. Curbside service is also available. If Covid positive, you can pull up in front of pharmacy, call to let staff know you are there, and your prescription will be placed in your trunk.



Pharmacy Delivery or Mail Delivery Options in HILLSDALE County during COVID -19

*Policies and procedures for each individual pharmacy can change continually.
Call the specific pharmacy for the most up to date information

Pharmacy	Contact Info	Home Delivery or Mail Delivery Instructions
Hillsdale Family Pharmacy	3271 W Carleton Rd Hillsdale, MI 517) 212-8958 Inside Dr Kareem's office /Open Mon-Fri	Call to schedule home delivery.
Kroger Pharmacy	290 W Carleton Rd Hillsdale, MI (517) 439-0800	Does not offer home delivery or mail delivery at this time.
Rite Aid	300 W Carleton Rd. Hillsdale, MI 517-437-3373	Free Prescription delivery. Call the pharmacy for more details.
Walgreens	All locations	Does not offer home delivery at this time. Some individuals may qualify for mail delivery (express delivery). To find out if you qualify, please call your preferred Walgreens Pharmacy.
Walmart	701 Olds. St. Jonesville, MI (517) 849-7011	Mail delivery is available, call the pharmacy to set it up. Curbside service is also available. If Covid positive, you can pull up in front of pharmacy, call to let staff know you are there, and your prescription will be placed in your trunk.



Grocery Delivery Options

Shipt (Delivery) through Shipt.com or shipt app

Meijer - Three Rivers, Sturgis, Coldwater

To get started, create a **Shipt** account, which requires an email and password. Once that's ready, visit the **Shipt grocery** website or download the **Shipt grocery** app. Put in your zip code to determine participating stores.

Shipt requires a membership for ordering (you can browse for free). The membership is **\$99/year or \$14/month**. Plus, they often run specials where you can grab an annual membership for just \$49/year.

Shipt offers **free delivery** for orders over \$35 and a flat \$7 for orders under \$35. The only real variable is that some stores add a \$7 delivery fee for orders with alcohol.

Pro's

- Delivered to your home. "Leave at my door Deliver" option allows customers to have orders left at their door during a designated time frame.
- Can make notes to aid in selection of your items
- Can "chat" with shopper via in app text while they shop
- Good variety of items
- Can request Shipt shopper add items via chat while shopping
- The "On Sale Today" category lists items that are on sale that day. Each item in the category is marked as either "On Sale" or "BOGO" with the original price crossed out and the sale price next to it.
- Taking advantage of deals, such as \$5 off your order if you buy five items in a specific category, and shopping in the "On Sale Today" category can more than make up for the cost of membership.

Con's

- Charges a service fee
- More Expensive. Item prices may vary from in-store prices in your area. Prices may be higher than in-store prices to cover the cost of personal shopping. Does not accept coupon or loyalty card.
- Minimum \$35 order required \$7 flat delivery fee for orders under \$35
- Shipt encourages tipping. You can tip right through the app by choosing one of its suggestions or entering your own amount.

*** Shoppers will need to verify within each website that their address is within the delivery area.

Instacart (Delivery) through Instacart.com or Instacart app

Aldi- Three Rivers, Coldwater

Meijer -Sturgis, Three Rivers

Instacart lets you shop from local grocery stores online, then sends a "personal shopper" to fulfill and deliver your order to you the same day. This personal shopper goes to the store, picks up everything on your list, and then drives it to you in their own car.

Delivery costs: Delivery is free for your first order. You do not need to be a member to shop with Instacart. However, if you sign up for Instacart Express (starting at \$99 for the year or \$9.99 if you do it by the month) you'll get free delivery for orders that are more than \$35. Same-day delivery for non-Express members starts at \$3.99 for orders more than \$35.

It is suggested to tip \$5 or 20 percent of the total bill (whichever is higher), or more with everything going on right now, if you are in the position to do so.

To get started, create an **Instacart** account, which requires an email and password. Once that's ready, visit the **Instacart grocery** website or download the **Instacart grocery** app. Put in your zip code to determine participating stores.

Pro's

- Delivered to your home. "Leave at my door Deliver" option allows customers to have orders left at their door during a designated time frame.
- Can make notes to aid in selection of your items
- Can "chat" with shopper via in app text while they shop
- Good variety of items
- Can monitor your cart total
- At checkout, customers can select a delivery time. Instacart can deliver in as little as one hour. A customer can also schedule for a later date up to seven days in advance.
- Can add/change items on order up until about an hour before shopping begins
- Can request Instacart shopper add items via chat while shopping

*** Shoppers will need to verify within each website that their address is within the delivery area.

Con's

- Charges a service fee
- More Expensive. Item prices may vary from in-store prices in your area. Prices may be higher than in-store prices to cover the cost of personal shopping. Does not accept coupon or loyalty card
- An item you order needs to be replaced, & the replacement has a different price, will not be charged more.
- Minimum \$35 order required for free delivery
- Instacart encourages tipping. You can tip right through the app by choosing one of its suggestions or entering your own amount.

Grocery Pickup Options

Meijer.com (Pickup or Home Delivery) through Meijer.com

Three Rivers, Sturgis, Coldwater

To get started, create a **Meijer.com account** on their website. Once you are logged in, put in your address for home delivery or zip code for pickup. Grocery ordering cannot be completed through the Meijer app, only through their website. Once you have placed all items in the cart, day and time slots available will appear to choose from.

A Shipt Shopper will complete the shopping for your order through Meijer.com. A Shipt membership is not required, however, Meijer charges \$9.95 for delivery and pickup is free for orders \$50 or more. (there may be a \$4.95 fee charged for orders less than \$50.)

If pickup is chosen, you will pick a one hour window for pickup time. The Shipt shopper will text you and let you know approximately what time the order will be ready.

Pro's

- Delivered to your home. "Leave at my door Deliver" option allows customers to have orders left at their door during a designated time frame.
- Can make notes to aid in selection of your items
- Shipt shopper will text you while shopping
- Can decide on substitution options bytexting the Shipt shopper
- Can request Shipt shopper add items via chat while shopping
- Can take advantage of Meijer sales and prices
- Mperks can be applied to orders through Meijer.com

Con's

- Charges a service fee of \$9.95 for delivery or pickup is free for orders \$50 or more
- Tipping is encouraged for your Shipt shopper. Tips can be given with cash in person or through the Meijer website after the order is completed
- No paper receipt—sent through email

Walmart (Curbside Grocery Pickup) through walmart .com or walmart app

Sturgis, Coldwater, Jonesville

Shop Walmart's food selection online or use the Walmart **Grocery App**.

To get started, create a **Walmart** account, which requires an email and password. Once that's ready, visit the **Walmart grocery** website or download the **Walmart grocery** app. Put in your zip code to determine the nearest **pick-up** location.

The first time slot is **8-9 a.m.** and the last pick up time is **7-8 p.m.** When you pull into Walmart, you will see signs and lanes directing you straight to the dedicated pickup area. Once you pull in, there is a specific phone number for you to call to let them know you are in the waiting area. You may also receive a message on the Walmart app asking which parking slot number you parked in and the color of your car.

Walmart store associates **do not accept tips** for Pickup services, but you can show your appreciation with a positive review on your customer survey after you receive your order.

Pro's

- No Service Fee—Pickup is always free
- Accepts EBT card
- Less Expensive- same prices as instore
- Can monitor your cart total
- If a substitution is made will substitute larger, more expensive item without changing price
- App and website are user friendly
- Can check in on mobile app so groceries are ready to load when you arrive
- Walmart store associates do not accept tips

Con's

- No Delivery— Groceries are placed in trunk at curbside pickup
- Can't use coupons
- No Paper receipt (email)
- **\$35 minimum purchase**
- Can't make notes to help choose your items



Need Additional Resources?

Food, utilities, domestic assault services, health services, etc.

Local Resources:

Branch County resources:

www.278safe.com

St. Joseph County resources:

www.sjchumanservices.com

Call 211

Hillsdale County resources:

www.greatstarthillsdale.com

Call 211

