

# Blue Cross Blue Shield of Michigan COVID-19 Diverse Communities Toolkit

Please visit [MIBluesPerspectives.com](https://www.mibluesperspectives.com) for more health tips and information.

Blue Cross Blue Shield of Michigan was founded on a tradition of affordable, quality health care for everyone, improving the present, investing in the future and supporting Michigan communities. Because of the racial and economic inequities embedded in our country's systems, the effects of the coronavirus are compounded for African-American, Latino, Asian, and indigenous communities, as well as other population groups.

We recognize that information and education can help prevent people from getting and spreading the virus and decrease the number of those who succumb to it. Blue Cross Blue Shield of Michigan has created this toolkit as a resource to help diverse communities address health, economic and other impacts disproportionately affecting communities of color.



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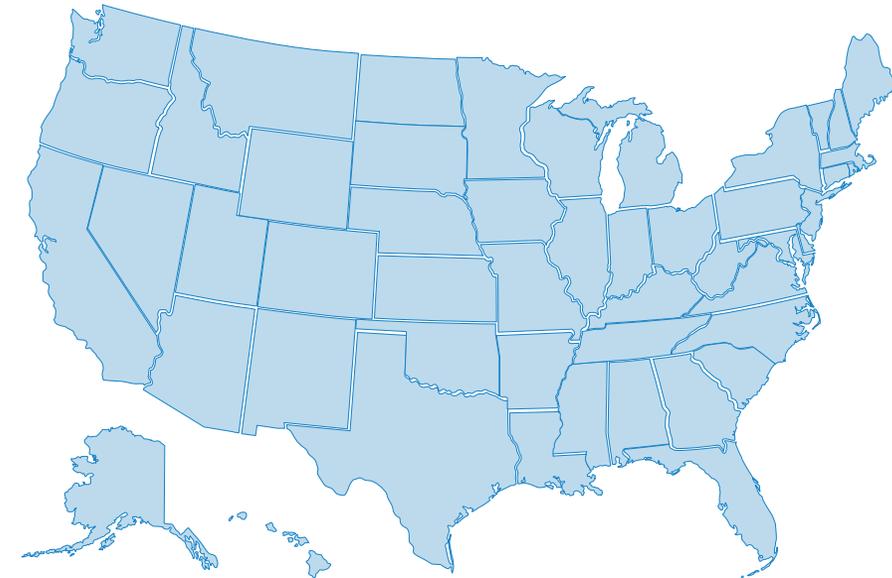
## What is COVID-19?

Coronavirus disease 2019, also known as COVID-19, is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus first identified during an investigation into an outbreak in Wuhan, China, in December 2019.

COVID-19 is an infectious disease that the Centers for Disease Control and Prevention, state and local health departments, as well as health care organizations across the world, are actively monitoring. There are:

- **More than 3.5 million confirmed cases worldwide, as of May 8, 2020**
- **More than 1.1 million confirmed cases in the U.S., as of May 8, 2020**

Current statistics can be found [here](#).



# What are the symptoms of COVID-19?

COVID-19 symptoms range from asymptomatic to mild disease with nonspecific upper respiratory symptoms, such as fever and cough.

Most common symptoms are mild and begin gradually. These symptoms include:

- |                    |   |
|--------------------|---|
| Fever              | Runny nose                                  |
| Tiredness          | Sore throat                                 |
| Dry cough or cough | Diarrhea                                    |
| Aches and pains    | Shortness of breath or difficulty breathing |
| Nasal congestion   |   |

Or at least two of these symptoms:

- |                              |                            |
|------------------------------|----------------------------|
| Chills                       | Headache                   |
| Repeated shaking with chills | Sore throat                |
| Muscle pain                  | New loss of taste or smell |



Some people become infected but don't develop any symptoms and don't feel unwell.



Older people, and those with underlying medical problems, such as high blood pressure, heart problems or diabetes, are more likely to develop serious illness.



People with fever, cough and difficulty breathing should seek medical attention.



More severe cases progress to pneumonia, respiratory failure and septic shock.

## Protect yourself

People can help protect themselves from respiratory illness with everyday preventive actions.



Avoid any close contact with people who are sick.



Avoid touching your eyes, nose and mouth with unwashed hands.



Wash your hands often with soap and water for at least 20 seconds.



Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water aren't available.

## Food

For good health, eat a variety of foods from each food group every day. Eat plenty of vegetables, low-fat dairy products, whole grains, dry beans, eggs and lean selections of meat and fish. Limit or avoid foods high in saturated fats, trans fats, salt and added sugar.

### [PantryNet.org](https://www.pantrynet.org)

Search for food pantry by ZIP code and radius.

### [Michigan Department of Education, Food Service Program](https://www.michigan.gov/education)

Search for “pick up” meal sites by county, city or ZIP code.

### [Feeding America](https://www.feedingamerica.org)

Search for food bank by ZIP code and state.

### [Meals on Wheels](https://www.mealsonwheels.org)

Search for a Meals on Wheels provider by ZIP code.

### [MDHHS Food Assistance Program](https://www.mdhhs.gov)

Apply for state issued food assistance and other programs.

## Disinfecting and cleaning

Clean and disinfect high-touch surfaces daily in household common areas, such as tables, chairs, doorknobs, light switches, phones, tablets, touch screens, remote controls, keyboards, handles, desks, toilets and sinks.

### [How to Stay Safe While Grocery Shopping and Ordering Takeout](https://www.cdc.gov)

### [How to Self-Quarantine During the Coronavirus Outbreak](https://www.cdc.gov)

### [CDC Cleaning and Disinfection for Households](https://www.cdc.gov)

## Health and wellness

During this global pandemic, we want to remind you of the importance of health and wellness through the active pursuit of activities, choices and lifestyles that lead to a state of holistic health. In this section, you'll find links to help you enroll in a health care plan and information on federal resources, a list of regional health departments and an interactive statewide map of county health departments that list testing sites.

[CDC.gov/coronavirus](https://www.cdc.gov/coronavirus)  
([CDC.gov/coronavirus en español](https://www.cdc.gov/coronavirus/en-espanol))

- Centers for Disease Control and Prevention
- Centros para el Control y la Prevención de Enfermedades

[Michigan.gov/coronavirus](https://www.michigan.gov/coronavirus)  
([Michigan.gov/coronavirus en español](https://www.michigan.gov/coronavirus/en-espanol))

- Michigan.gov resources and assistance
- Michigan.gov recursos y asistencia

[MI Bridges assistance program](#)  
([MI Bridges assistance programa en español](#))

[mibluccrosscomplete.com/covid-19](https://mibluccrosscomplete.com/covid-19)

[Health care.gov](https://www.healthcare.gov)

- Apply for health care coverage through the Affordable Care Act, a.k.a. Obama Care.
- Apply for health care coverage, food assistance, cash assistance, daycare assistance and state emergency relief.
- Solicita beneficios, administra su caso y encuentra recursos.

[MDHHS Local Health Department Interactive Map](#)

For testing sites and up-to-date information, click on a county to see the local health department that serves your area.

[Detroit Health Department](#)

[Wayne County Department of Health, Veterans & Community Wellness](#)

[Oakland County Health Division](#)

[Macomb County Health Department](#)

[Genesee County Health Department](#)

[Kent County Health Department](#)

[Ingham County Health Department](#)

[Kalamazoo County Health & Community Services Department](#)

[Public Health – Muskegon County](#)

## Federal and state support

As part of the Coronavirus Aid, Relief and Economic Security (CARES) Act, Americans will be receiving economic impact payments (stimulus checks) to provide some financial relief during the COVID-19 pandemic. Signed into law March 27, the CARES Act includes a one-time direct payment of \$1,200 for most adults, plus an additional \$500 for every child age 16 and younger. In addition, temporary changes to unemployment insurance:

- Expand eligibility for unemployment benefits.
- Extend the benefit period up to 39 weeks.

### [IRS.gov Economic Impact Payment Status](#)

Check the status of your Coronavirus Tax Relief, Economic Impact payment.

### [IRS.gov Tax Refund Status](#)

Check the status of your tax refund.

### [Michigan Unemployment Insurance Agency \(UIA\)](#)

Apply for unemployment benefits.

## Technology

While we can't replace the value of face-to-face interactions, we need to be flexible and think creatively in these circumstances by utilizing technology. Examples:

- Schedule video get-togethers with family and friends.
- Cook with your children by video phone calls.
- Equip older people with technology and teach them how to use it.

Here are several technology resources that can help.

### [MDE Affordable Home Internet Options](#)

Search affordable low-cost internet options.

### [Access from AT&T](#)

Search affordable internet services.

### [Internet Essentials from Comcast](#)

Search affordable high-speed internet options.

### [Free Conference Call](#)

Free video conferencing and screen-sharing tool.

### [Zoom Conference Call Service Tool](#)

Free video conferencing and screen-sharing tool.

### [Microsoft Teams](#)

Free video conferencing and screen-sharing tool.

### [GoToMeeting](#)

Free video conferencing and screen-sharing tool.

### [AT&T PREPAID](#)

Search affordable options for prepaid high-speed data and unlimited talk and text services.

### [Cricket Wireless](#)

Search affordable options for mobile phone services.

## Get up and get moving!

Integrate up to 30 minutes of exercise into your daily routine. You can achieve this in increments of 10 minutes each (always consult your doctor before beginning a new exercise routine). Check out the links below to learn other ways to stay active while home.



## Drink plenty of water.

Staying hydrated is essential to better health.

### [American Heart Association Fitness Basics](#)

Join free live virtual and prerecorded workouts.

### [MSU Extension Remote Learning and Resources](#)

Search multiple resources for free and low-cost online courses and educational resources for school age children.

### [Stay Physically Active During Covid-19](#)

The current times can be stressful. Click on any of the following links to learn about ways to reduce stress and stay positive.

[MIBluesPerspectives.com](https://www.mibluesperspectives.com)

Get up-to-date information about COVID-19.

[Detroit Wayne Integrated Health Network](https://www.detroitwayneintegratedhealthnetwork.com)

Resources for navigating health and wellness.

[Mental Health Foundation of West Michigan](https://www.mentalhealthfoundation.org)

Resources for navigating your mental health during quarantine.

[Substance Abuse and Mental Health Services Administration](https://www.substanceabuseandmentalhealthservices.com)

Resources for navigating substance abuse and mental health.

[GRYPHON Place](https://www.gryphonplace.org)

Resources for suicide prevention, 24/7 helpline, The Gatekeeper Program, and more.

[CDC Stress & Coping](https://www.cdc.gov/stress)

Information on how to respond to stress, coping techniques and more.

[University of Michigan Depression & Managing Stress during the COVID-19 Pandemic](https://www.umich.edu/depression)

Information on how to keep stress levels low, maintain perspective and more.



[MDHHS Minority Health Information on COVID-19](#)

[NAACP National Coronavirus Information and Resources](#)

[NAACP Greater Grand Rapids Branch COVID-19 Resource Guide](#)

[Detroit Branch NAACP](#)

[National Urban League](#)

[Unidos US](#)

[Michigan dial 2-1-1](#)

