

**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 Ludington Hospital Triage Tent Information](#)

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

[Spectrum Health symptoms and prevention flier](#)

[COVID-19 information for Mason, Oceana, and Lake Counties District Health Department #10](#)

[Ludington and Scottville Area Chamber of Commerce](#)

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

[COVID-19 information for Michigan](#)

[COVID-19 MDHHS Fact Sheet](#)

[USCIS Public Charge](#)

[COVID-19 & Pregnancy Information](#)

[CDC Information on Pregnancy & Breastfeeding](#)

[Proper Hand Hygiene/Washing Video](#)



## **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**

[Unemployment Toolkit](#) to help navigate the process in order to receive benefits.

## **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**

[United Way](#) of Mason County 2-1-1, Mason County Family Link, Lakeshore Employer Resource Network  
231.843.8593

[Ludington Area Senior Center](#) – phone support only 231.845.6841

[Scottville Area Senior Center](#) – phone support only 231.757.4705; all in-home services and medical transportation are cancelled

## **Food/Nutrition Resources**







## Restaurants offering take-out (not including fast food):

### Mason County

Applebee's	Hungry Howie's	Emerson Lake Inn
Blu Moon	Jimmy Johns	Sportsman's
Ludington Pub	Big Apple Bagels	House of Flavors
Jamesport Brewing	El Rancho	SandBar
Ludington Bay Brewing	Chief John's	Table 14
Mancino's	Fourth Ward Market	Old Hamlin
Chuck Wagon	Luciano's	Brenda's Harbor Cafe
Scotty's	The Grand Hotel	Thai Mango
Hunan Garden	China Buffet	Little Ceasar's
Pizza Hut	Timber's	Culver's
Q Smokehouse	Brenda's Burgers	North Country Cafe
KFC		

### Oceana County

Brown Bear  
Big Hart Brewing Company  
Open Hearth  
Hart Pizza  
La Prohadita  
La Fiesta  
BC Pizza  
Antler Bar  
Kristi's Pour House

### Lake County

Chase Creek Smokehouse  
Barski's  
Club 37  
Pompeii's Pizza  
Natahka  
Natahka South



## 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](#)

### **Free Yoga App**

Free for all until May, [free for students and teachers](#) until July

### **Planet Fitness**

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

[Fitness Blender](#) - offers free workout videos and includes a wide variety of options to choose from based on skill level and minimal to no equipment necessary.

### **M. Wellness and Nutrition – Stay Twisted**

- Online fitness videos

### [Chalkheadz Fitness Center](#)

- Fitness challenges for kids

### [Northstar Fitness/Ludington Cross Fit](#)

- Virtual online fitness classes

### [Flipstar Gymnastics](#)

## Educational Resources

### **Grand Rapids Public Library**

[GRPL is closed](#), but they have many online 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

[Audible – free books](#)

[Free NASA site](#). Learn about the Kelly brothers, twin astronauts.

[Free yoga classes](#)

[Grand Rapids Public Museum](#)

[Brookfield Zoo – free virtual learning](#)

[Georgia Aquarium – free virtual learning](#)

[Mason County District Library](#)

[Hart Public Library](#)

[Pathfinder Public Library](#)

[Libby – free online library books](#)

[Recorded Books \(RB\) – free online digital books](#)

## 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:

- If you are calling to schedule a COVID-19 screening, press 1.
- 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.

## **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!

## **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.

## **Places of Worship**

Many places of worship are livestreaming their services. Contact your place of worship for information.

## **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

