

**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](#)

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

[COVID-19 information for Michigan](#)

[COVID-19 MDHHS Fact Sheet](#)

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

[Barry County United Way COVID-19 Resources](#)

[Barry Eaton Health Department COVID-19 Resources](#)

[Barry County Chamber of Commerce](#)

[Barry County Commission on Aging](#)

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

[USCIS Public Charge](#)

[COVID-19 & Pregnancy Information](#)

[CDC Information on Pregnancy & Breastfeeding](#)

[Proper Hand Hygiene/Washing Video](#)



## Financial/Economic Security Resources

### 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

### State Mandate on Evictions

Governor Whitmer has signed an executive order [putting a temporary suspension on evictions](#) in the state of Michigan. This will stay in effect until April 17

### 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

## Food/Nutrition Resources

### Meet Up / Eat Up - [school nutrition](#)

An interactive map that shows places in Michigan students can get food for free.

### Grocery Store Special Hours:

Walmart- Senior Hours every Tuesday 6:00am-7:00am (3/24 through 4/28)

Meijer- 8am-10pm, all week: All customers welcome.

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7am-8am, Mondays & Wednesdays: This time is reserved for essential service workers and Meijer Team Members.

7am-8am Tuesdays & Thursdays: This time is reserved for senior citizens and customers with chronic health conditions.

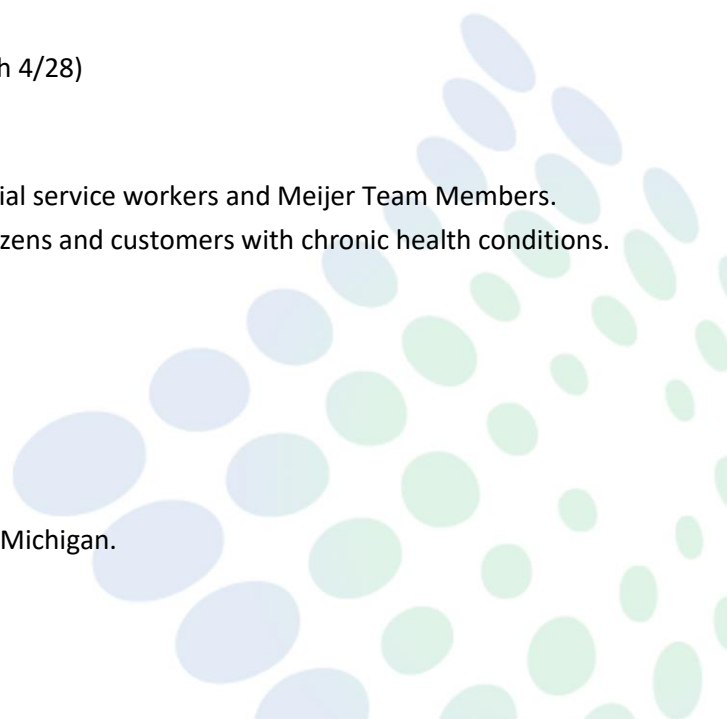
### Wednesday Food Distribution

First Methodist Church – [distribution](#)

Hastings, every Wednesday, 9:00am

### Access of West MI

List of the changing hours/availability of [local food pantries](#) in West Michigan.



## Government Policy Resources

### Stay Home Stay Safe Order

Gov. Gretchen Whitmer issued [a 'stay home, stay safe' executive order](#) on Monday morning for all Michigan residents starting at 12:01 a.m. on Tuesday, March 24 until April 30 at 11:59 p.m. You will still be able to leave your home for essential duties to sustain life.

### Tax Filing

[The Treasury Secretary announced that](#) the deadline to file 2019 federal income taxes has been delayed until July 15, 2020. In addition, the deadline for federal estimated income tax payments for 2020, which was previously April 15, 2020, has also been delayed until July 15, 2020.

### SNAP Benefits Important Update

Households not yet receiving the [maximum amount of SNAP benefits](#) for their household size will receive an additional amount on their EBT card, up to that maximum amount. This is only for households not yet at the maximum amount for their family size. March supplemental funds will be provided today, March 30th. April additional amounts will be received the day after the regular disbursement.

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### Federal Government Stimulus package and COVID-19 Info

[Federal Government information](#) on Coronavirus, Aid, Relief and Economic Security (CARES) Act which was passed March 25 and includes stimulus checks for some families.

## 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

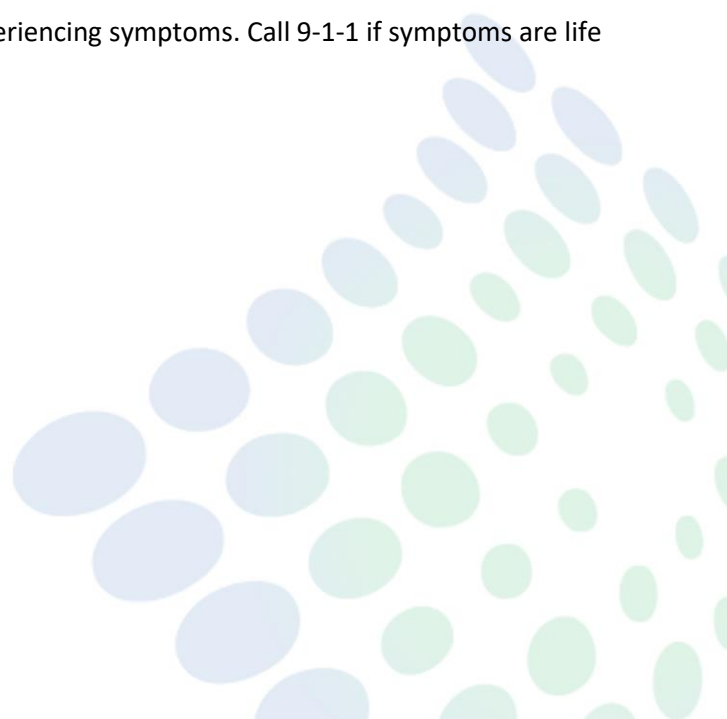
[FREE for anyone—do not have to be a member](#)

### 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



## 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:

- 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.

## **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

