

# WELCOME TRAVELERS & RETURNING RESIDENTS

## STAY HOME. STAY SAFE. SAVE LIVES.

If you choose to travel to your seasonal home or return home from travel please abide by the following to help lower the risk of spreading COVID-19 in northern Michigan:

1. If you are sick, stay home.
2. If you have symptoms of COVID-19, contact your care provider for assistance.
3. All individuals traveling to seasonal homes or returning home from winter homes in other states should **self-quarantine for 14 days** upon arrival to your destination.
4. Following the 14-day self-quarantine period, please **obey the governor's "Stay Home, Stay Safe"** order and do not go out unless it's absolutely necessary.
5. ALL residents should adhere to the Governor's "Stay Home, Stay Safe" order and only venture out to obtain essential supplies and services when absolutely necessary.

The increased population to the northern Michigan area puts a substantial strain on our communities as travelers seek supplies such as groceries and toiletries, as well as potentially needing health care in the event they become sick. During this public health crisis, many rural communities may not be equipped with personnel, supplies, or resources for a surge in population.

### SELF-QUARANTINE MEANS:

- TAKE PRECAUTIONS AS THOUGH YOU MAY HAVE THE VIRUS
- STAY AT HOME
- DO NOT INTERACT WITH THE PUBLIC
- DO NOT HAVE VISITORS
- MAINTAIN 6' DISTANCE FROM OTHERS IN YOUR HOUSEHOLD
- DO NOT SHARE ITEMS LIKE TOWELS AND UTENSILS
- ASK FOR HELP WITH GROCERY NEEDS FROM OTHERS OR HAVE THEM DELIVERED



# Community Resources



Community Connections is a FREE program offering connections to community resources for adults, children and families. Community Health Workers in your local health department will help you access community resources. Please call:

**1-833-674-2159**

Grand Traverse Regional HUB serving Grand Traverse, Benzie, and Leelanau.



Get Connected. Get Help.™

If you need assistance finding food, paying housing bills, or other essential services, go to 211.org or dial 211 to speak with a community resource specialist in your area who will help with:

- food and nutrition programs
- shelter, housing and utilities assistance
- employment and education
- health care, vaccination and health epidemic information
- support groups for individuals with mental illnesses or special needs
- a safe, confidential path out of physical and/or emotional domestic abuse
- emergency information/disaster relief
- services for veterans
- addiction prevention and rehabilitation programs

**Benzie County:** <https://bit.ly/BNZMutualAid>

A community resource guide.

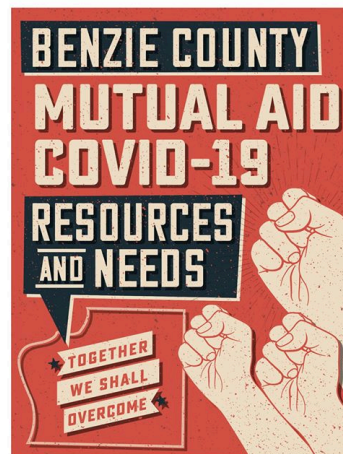
You can place your grocery order with Benzie Bus and they will deliver it, or get curbside pickup.

**Leelanau County:**

Check local grocery stores for delivery and pick up options.

**Restaurants:**

<https://www.diningatadistance.com/traverse-city>



Go online for this 16-page resource guide - **updated daily!**

[bit.ly/BenzieCOVID19](https://bit.ly/BenzieCOVID19)

for Benzie Co. resources for the COVID-19 pandemic:

- Quarantine Support & Delivery Services
- Restaurants & Food Banks
- Food & Financial Support
- (Un)employment Issues
- How To Help/Volunteer
- Neighborhood Support Groups
- Regional & State Resources
- + More Local Resources

## COVID-19

*Protect yourself and others*

Local Hotline Numbers:

231-882-2197 BLDHD  
 231-935-0951 Munson TC  
 231-642-5292 NMHSI-Testing Site  
 888-535-6136 MDHHS

- Wash your hands often with soap and warm water for 20 seconds. If not available, use hand sanitizer.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a tissue or upper sleeve when coughing or sneezing
- Avoid contact with people who are sick
- If you are sick, stay home and avoid contact with others.
- Replace handshakes with a friendly wave from 6 feet away.
- Stay at least 6 feet away from others when in a public setting.

**If you think you may have been in close contact with someone who has COVID-19, call the health department at 882-2197 and leave a message for the nurse.**