

City of Oak Park



COVID-19 Coronavirus Information Toolkit

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Summary

Updated May 11, 2020

With the signing of Executive Order 2020-77, Governor Gretchen Whitmer has again extended Michigan's "Stay Home, Stay Safe" order through Thursday, May 28, 2020 at 11:59pm. This means that non-essential travel and activities will continue to be prohibited during this time. This new order also allows manufacturing workers, including those at Michigan's Big 3 auto companies, to resume work on Monday, May 11 as part of the MI Safe Start Plan.

The extension of this stay-at-home order is an affirmation that social distancing, self-quarantining, and limiting travel is working for us. Collectively, we are slowing the spread of the COVID-19 virus, flattening the curve, and saving lives – even if it may not feel like it. Now is not the time to let up on our mitigation strategies. Instead, we need to double down.

As such, the City of Oak Park will continue to keep City buildings closed to the public for as long as the "Stay Home" order is in place. This means that all in-person activities, events, classes, and rentals affiliated with the City will be postponed or cancelled during this time, including Board and Commission meetings.

For as long as the closure of City Hall persists, we ask that residents utilize our online payment options or the City's dropbox. We are committed to lessening the stress and inconvenience this pandemic is having on our residents, so we will continue to waive online transaction fees, suspend all late fees and penalties, and halt all water shutoffs.

Still, residents should know that the City's essential functions such as those that fall within the Public Safety and Public Works Departments will continue to be fully operational.

As this is a rapidly-evolving situation, with critical updates happening daily or even hourly, we encourage our residents to continue to stay tuned to the City's social media pages and website for the most pertinent and accurate local coverage.

Together, we can stop the spread of the COVID-19 coronavirus.

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Current Status Of The COVID-19 Coronavirus In Michigan

View the Governor's new "Stay Home, Stay Safe" Executive Order here:
www.michigan.gov/whitmer/0,9309,7-387-90499_90705-528460--,00.html

As this is a fast-developing situation in our Metro Detroit community and across the state, new reports are made available daily by officials at the State of Michigan. For the most accurate and up-to-date look at confirmed coronavirus cases in our state, check out the link below:

www.michigan.gov/coronavirus/0,9753,7-406-98163_98173---,00.html

At the time that this document was updated, the total number of confirmed cases was 51,915, with 4,915 deaths being reported. A more detailed report of the confirmed cases in Michigan can be seen below.

Confirmed COVID-19 Cases by Jurisdiction updated 5/18/2020

County	Confirmed Cases	Reported Deaths
Alcona	6	1
Allegan	186	2
Alpena	91	9
Antrim	11	
Arenac	31	1
Baraga	1	
Barry	57	1
Bay	248	16
Benzie	4	
Berrien	528	30
Branch	95	2
Calhoun	304	18
Cass	60	2
Charlevoix	14	1
Cheboygan	19	1
Chippewa	2	
Clare	15	2
Clinton	135	10
Crawford	57	4
Delta	14	2
Detroit City	10368	1260
Dickinson	5	2
Eaton	165	6
Emmet	21	2
Genesee	1869	231
Gladwin	17	1
Gogebic	5	1
Grand Traverse	23	5
Gratiot	49	4
Hillsdale	167	23
Houghton	2	
Huron	44	1
Ingham	649	23
Ionia	119	3
Iosco	59	8
Isabella	62	7
Jackson	415	26
Kalamazoo	719	42
Kalkaska	17	2
Kent	2868	56
Lake	3	
Lapeer	180	30
Leelanau	10	
Lenawee	136	3
Livingston	386	25
Luce	2	

Mackinac	6	
Macomb	6357	740
Manistee	11	
Marquette	52	10
Mason	27	
Mecosta	18	2
Menominee	8	
Midland	71	8
Missaukee	16	1
Monroe	433	18
Montcalm	55	1
Montmorency	5	
Muskegon	513	24
Newaygo	50	
Oakland	8050	913
Oceana	54	2
Ogemaw	17	
Osceola	10	
Oscoda	5	1
Otsego	99	10
Ottawa	558	24
Presque Isle	11	
Roscommon	21	
Saginaw	930	99
Sanilac	39	5
Schoolcraft	4	
Shiawassee	227	20
St Clair	407	31
St Joseph	87	1
Tuscola	172	19
Van Buren	115	6
Washtenaw	1245	89
Wayne	8760	966
Wexford	11	2
MDOC*	3051	57
FCI**	118	3
Unknown	2	
Out of State	62	
Grand Total	51915	4915

What To Do If You Think You Have COVID-19

1. Stay Home and Call a Health Care Provider

Unless it is an emergency, to reduce your risk of catching or spreading the illness, stay home if you feel sick, even if your symptoms are mild. Do not go to work, school, or public places, and avoid public transportation.

If your symptoms are severe, or you feel like you need medical care, call before you go to a doctor's office, urgent care center, or emergency room. Describe your symptoms over the phone.

If you have a medical emergency, call 911 and tell the dispatcher about your symptoms and recent travel history.

2. Answer Questions to Determine Your Risk

When you call a health care facility, you will be asked about your risks for COVID-19. Risk factors include recent travel to certain countries or areas of the U.S., or exposure to an infected person.

For instance, some hospitals or clinics are asking the following:

- Have you had close contact with someone diagnosed with COVID-19, the disease caused by the new coronavirus? (Close contact means having been within 6 feet of that person for an extended time, or being exposed to their cough or sneeze.)
- Do you have a fever, a cough or difficulty breathing?
- Has a public health officer said you were potentially exposed to COVID-19?

3. Follow Your Health Care Provider's Instructions

Based on your answers to these questions, the care provider will provide instructions over the phone. You will be told if you need to be evaluated, and if so, what to do next. Based on your risk for COVID-19, your health care provider may recommend that you:

- Continue to monitor your health and call back if you develop a fever or respiratory symptoms.
- Stay home and await further instructions.
- Report to a designated medical care facility for evaluation and treatment. It's best to go alone to your appointment. Do not bring children or other family members unless you need assistance.
- Go to a clinic or emergency department if you have more severe symptoms, such as higher fever and severe shortness of breath.

4. Practice Hand Hygiene and Respiratory Etiquette

If you do leave your home to go to a care facility, wear a mask so your coughs and sneezes are less likely to infect others. (Masks are NOT recommended for healthy people in the general population.)

Wash your hands thoroughly (for at least 20 seconds) after sneezing, blowing your nose, coughing or using the bathroom, and before preparing or eating food.

If you cough or sneeze, do so into the bend of your elbow, not your hand. Or use a tissue, and then throw it away immediately afterward.

At home, clean often-touched surfaces such as doors and doorknobs, cabinet handles, bathroom hardware, tabletops, phones, tablets and keyboards regularly with disinfectant.

5. Stay Calm

The possibility of having a contagious illness is scary, but doctors, nurses and other caregivers are learning more about COVID-19 every day. They are working together with national and international agencies to identify and provide care to patients while avoiding spread of the illness in the community.

Source:

www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-what-if-i-feel-sick

What We Can Do To Prevent The Spread Of COVID-19

Take steps to protect yourself

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Take steps to protect others

Stay home if you're sick

- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds.

Wear a facemask if you are sick

- *If you are sick:* You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office.
- *If you are NOT sick:* You do not need to wear a facemask unless you are caring for someone who is sick.

Clean and disinfect

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

COVID-19 Coronavirus

Protect Yourself And Others!

Take steps to protect yourself:



Wash your hands often!

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place.



Avoid close contact!

Avoid close contact with people who are sick at all times, and remember to practice good social distancing.

Take steps to protect others:



Stay home if you're sick!

If you have any symptoms at all related to COVID-19, stay home and self-isolate for at least two weeks.



Cover coughs and sneezes!

Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.



Wear a facemask if you're sick!

You should wear a facemask when you are around other people and before you enter a healthcare provider's office.



Clean and disinfect!

Clean and disinfect surfaces and frequently-touched items daily. This includes tables, doorknobs, light switches, and countertops.



Hotlines To Call For More Information

Michigan Department of Health and Human Services

COVID-19 Hotline

(888) 535-6136

COVID19@michigan.gov

Hours:

7 days a week from 8am to 5pm

Oakland County Health Department

Nurse-On-Call

(800) 848-5533

noc@oakgov.com

Hours:

Monday to Friday, 8am to 8pm

Saturday to Sunday, 9am to 5pm

United Way

Call: 2-1-1

As always, United Way's 2-1-1 helpline is available by phone, text, or live chat 24 hours a day to connect people with the resources they need in times of crisis.

www.unitedwaysem.org/covid-19-toolkit



Get Connected. Get Help.™

➡ **If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call a hospital or your healthcare provider for medical advice.** ⬅

Ascension Providence, Southfield

16001 West 9 Mile Road, Southfield, MI 48075

(248) 849-3000

<https://healthcare.ascension.org/Specialty-Care/Coronavirus>

Beaumont, Royal Oak

3601 West 13 Mile Road, Royal Oak, MI 48073

(248) 898-5000

<https://www.beaumont.org/health-wellness/coronavirus>

Notice From The Department of Public Safety

Department of Public Safety
13800 Oak Park Blvd
Oak Park, MI 48237
Emergency: Dial 9-1-1
Non-emergencies: (248) 691-7520

The Department of Public Safety seeks to promote safety through citizen outreach. The City participates in both police and fire mutual aid, which provides additional assistance to and from surrounding communities in the event of a major emergency or a shortage of equipment or personnel.

Notice:

In the interest of the health and safety of the community and our Public Safety Officers during the COVID-19 coronavirus outbreak, the Department of Public Safety has implemented telephone reporting for the following types of events:

- Frauds
- Larceny from Vehicles
- Malicious Destruction of Property
- Lost Property
- Unlawfully Driving Away of an Automobile

We are asking that if you've been the victim of one of these crimes, please call our dispatch center at (248) 691-7520 to report these crimes instead of coming in to the Public Safety Department. As always, never hesitate to call 9-1-1 if you witness a crime in action or if you feel you are in immediate danger.

Thank you.



Mortgage Assistance

Mortgage help is available from both Fannie Mae and Freddie Mac during this ongoing COVID-19 coronavirus situation. In fact, they each have set up their own respective COVID-19 resource webpages, found below:

Fannie Mae

www.knowyouroptions.com/covid19assistance

Freddie Mac

www.freddiemac.com/about/covid-19.html

During this stressful time, keep in mind mortgage servicers would rather work with existing customers (even if they cannot currently make payments) than start collection or foreclosure proceedings. Here are steps you should take if you can't afford your home loan payments:

1. Talk to your lender or mortgage servicer
2. Be prepared to repay what you owe
3. File for unemployment if applicable

Source:

www.bankrate.com/mortgages/mortgage-lenders-offer-help-to-borrowers-affected-by-coronavirus

Child Care Assistance

If you cannot afford child care, payment assistance is available from the Michigan Department of Health and Human Services. Use MI Bridges to apply for assistance, check your eligibility status, and manage your account.

MI Bridges

www.michigan.gov/mdhhs/0,5885,7-339-71547_73804---,00.html

Parents: If you are looking for quality child care, visit Great Start to Quality for information and resources to assist you.

Great Start to Quality

www.greatstarttoquality.org

Food Pantries

Gleaners Food Bank of Southeastern Michigan

2131 Beaufait St
Detroit, MI 48207
Phone: (866) GLEANER (453-2637)
www.gcfb.org

Hours:
Monday-Friday: 6am - 5pm
Saturday: 8am - 4pm

Forgotten Harvest

21800 Greenfield Rd
Oak Park, MI 48237
Phone: (248) 967-1500
www.forgottenharvest.org

Hours:
Monday-Friday: 8am - 4:30pm
Saturday: 8am - 4pm

Focus Hope - Westside Food Center

1300 Oakman Blvd
Detroit, MI 48238
Phone: (313) 494-5500
www.focushope.edu

Hours:
Monday-Thursday: 8am - 4pm
Friday: 8am - 12pm

Yad Ezra

2850 West 11 Mile Rd
Berkley, MI 48072
Phone: (248) 548-3663
www.yadezra.org

Hours:
Monday/Wednesday: 10am - 12pm
Tuesday/Thursday: 6pm - 8pm
Sunday: 12pm - 2pm

Lighthouse of Michigan - Pontiac Food Pantry

46156 Woodward Ave
Pontiac MI 48342
Phone: (248) 920-6000
www.lighthousemi.org

Hours:
Monday-Friday: 9:30am - 3pm
Closed on weekends

Oak Park Gifting Little Pantry

23400 Seneca St
Oak Park, MI 48237
www.facebook.com/pg/OakParkGiftingPantry

Contact Rutth and Greg Markarian
for more information:
bambi9042000@yahoo.com

For a full list of local food pantries: www.foodpantries.org/ci/mi-detroit

Travel Restrictions

Travelers from Countries with Widespread Sustained (Ongoing) Transmission Arriving in the United States

Depending on your travel history, you will be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice).

Countries that have a Level 3 Travel Health Notice(widespread, ongoing transmission):

- China
- Europe: Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, United Kingdom
- Iran
- Malaysia
- South Korea

Source:

www.cdc.gov/coronavirus/2019-ncov/travelers/after-travel-precautions.html

Coronavirus and Travel in the United States

CDC does not generally issue advisories or restrictions for travel within the United States. However, cases of coronavirus disease (COVID-19) have been reported in many states, and some areas are experiencing community spread of the disease. Crowded travel settings, like airports, may increase chances of getting COVID-19, if there are other travelers with coronavirus infection. There are several things you should consider when deciding whether it is safe for you to travel.

Things to consider before travel:

Is COVID-19 spreading in the area where you're going?

- If COVID-19 is spreading at your destination, but not where you live, you may be more likely to get infected if you travel there than if you stay home. If you have questions about your destination, you should check your destination's local health department website for more information.

Will you or your travel companion(s) be in close contact with others during your trip?

- Your risk of exposure to respiratory viruses like coronavirus may increase in crowded settings, particularly closed-in settings with little air circulation. This may include settings such as conferences, public events (like concerts and sporting events), religious gatherings, public spaces (like movie theaters and shopping malls), and public transportation (like buses, metro, trains).

Are you or your travel companion(s) more likely to get severe illness if you get COVID-19?

- People at higher risk for severe disease are older adults and people of any age with serious chronic medical conditions (such as heart disease, lung disease, or diabetes). CDC recommends that travelers at higher risk for COVID-19 complications avoid all cruise travel and nonessential air travel.

Do you have a plan for taking time off from work or school, in case you are told to stay home for 14 days for self-monitoring or if you get sick with COVID-19?

- If you have close contact with someone with COVID-19 during travel, you may be asked to stay home to self-monitor and avoid contact with others for up to 14 days after travel. If you become sick with COVID-19, you may be unable to go to work or school until you're considered noninfectious.

Do you live with someone who is older or has a serious, chronic medical condition?

- If you get sick with COVID-19 upon your return from travel, your household contacts may be at risk of infection. Household contacts who are older adults or persons of any age with severe chronic medical conditions are at higher risk for severe illness from COVID-19.

Is COVID-19 spreading where I live when I return from travel?

- Consider the risk of passing COVID-19 to others during travel, particularly if you will be in close contact with people who are older adults or have severe chronic health condition. These people are at higher risk of getting very sick. If your symptoms are mild or you don't have a fever, you may not realize you are infectious.

Depending on your unique circumstances, you may choose to delay or cancel your plans. If you do decide to travel, be sure to take steps to help prevent getting and spreading COVID-19 and other respiratory diseases during travel.

Source:

www.cdc.gov/coronavirus/2019-ncov/travelers/travel-in-the-us.html

Government Resources And Toolkits

Federal - Hotline (800) 232-4636

Centers for Disease Control and Prevention Coronavirus Webpage
www.cdc.gov/coronavirus/2019-nCoV/index.html

White House - 15 Days to Slow the Spread
www.whitehouse.gov/articles/15-days-slow-spread

White House - Opening Up American Again
www.whitehouse.gov/openingamerica

State - Hotline (888) 535-6136

State of Michigan Coronavirus Webpage
www.michigan.gov/coronavirus

County - Hotline (800) 848-5533

Oakland County Coronavirus Webpage
www.oakgov.com/covid/Pages/default.aspx

Oakland County General Public Toolkit
www.oakgov.com/health/information/covid-19/PublishingImages/Pages/general-public/COVID-19%20General%20Public%20Toolkit.pdf

Oakland County Business Toolkit
www.oakgov.com/health/information/covid-19/PublishingImages/Pages/businesses/COVID-19%20Business%20Toolkit.pdf

Oakland County School Toolkit
www.oakgov.com/health/information/covid-19/Documents/COVID-19%20School%20Toolkit2.pdf

Oakland County Childcare Toolkit
www.oakgov.com/health/information/covid-19/PublishingImages/Pages/schools-childcare/COVID-19%20Childcare%20Toolkit.pdf

Oakland County Faith-Based Organizations Toolkit
www.oakgov.com/health/information/covid-19/Documents/COVID-19%20faith-based%20Toolkit.pdf

School District Resources

According to Michigan Governor Gretchen Whitmer's Executive Order No. 2020-35, all K-12 school buildings are ordered to close for the remainder of the school year unless restrictions are lifted.

"My number one priority right now is protecting Michigan families from the spread of COVID-19. For the sake of our students, their families, and the more than 100,000 teachers and staff in our state, I have made the difficult decision to close our school facilities for the remainder of the school year," Governor Whitmer said.

For a list of FAQs regarding the closure of Michigan public schools, visit this link: www.michigan.gov/coronavirus/0,9753,7-406-98178_98455-525503--,00.html

Michigan Department of Education

For the full list of communications and memos from the Michigan Department of Education regarding the COVID-19 coronavirus situation, please visit the link below:

www.michigan.gov/mde/0,4615,7-140-37818_53456---,00.html



Oak Park School District

Food Assistance Program



FREE OAK PARK SCHOOLS FEED OUR KIDS PROGRAM MEALS

Curbside Pick Up at Schools - 10:30 AM - 12:30 PM
Weekdays from Tuesday, March 17th - Friday, April 3rd outside the Main Entrance

Oak Park	Oak Park	Oak Park
Preparatory Academy	Freshman Institute	High School
23261 Scotia Road	22180 Parklawn Street	13701 Oak Park Blvd
Oak Park, MI 48237	Oak Park, MI 48237	Oak Park, MI 48237

Pick Up at School Bus Stop - 11:00 AM - 12:00 PM
Weekdays from Tuesday, March 17th - Friday, April 3rd

Greenfield & 7 Mile	Greenfield & Fenkell	Greenfield & Joy
Greenfield & 6 Mile	Greenfield & Schoolcraft	Joy & Southfield

- Breakfast and lunch meals will be provided for each day of the week in take-home bags.
- Children do not need to be present for parents to pick up meals and adults may pick up meals for children who are not their own.
- This free food program is available to ANY child ages 18 and under; it is not limited to Oak Park residents or students.
- Meals must be removed from the pick-up sites. They can NOT be eaten onsite.
- Entry into the schools is strictly prohibited.

For more information, please contact Aric Wienclaw at awiencl@oakparkschools.org or Steve Barr at sbarr@oakparkschools.org.

Oak Park School District Coronavirus Webpage:
www.oakparkschools.org/coronavirus-information

Ferndale School District

Food Assistance Program

Free Breakfast and Lunch Available During Closure

- All children are welcome

Starting Tuesday, March 17, we will be serving both breakfast and lunch for students or families to take home Monday-Friday. On Friday, breakfast and lunch for Saturday and Sunday will also be available for pick-up.

Site:

Drive thru-pick up style will be available at

- [Ferndale High School](#)
- [Ferndale Upper Elementary](#)
- [University High School](#)
- [Tri-County Educational Center](#)

Food pick-up will be in the student drop off circle at each building from 10:00 a.m. until noon.

18 years old and under eat for free

- Children do not need to be present for a parent to pick up their meals.
- Children do not need to be enrolled in Ferndale Public Schools.

Menus will have assorted choices, examples include: Assorted Deli Sandwiches, Salads, and Yogurt parfaits.

Questions?

Carrie Hall, Director of Dining
(248) 586-8703 or carrie.hall@ferndaleschools.org.

Carrie Hall, Director of Dining
(248) 586-8703 or carrie.hall@ferndaleschools.org.

Ferndale School District Coronavirus Webpage:
www.ferndaleschools.org/district/health

Berkley School District

Food Assistance Program



New meal distribution schedule:

- **Tuesday, March 24:** Everything remains the same
- **Wednesday, March 25:** We will distribute two days worth of meals (breakfast and lunch per child, per day)
- **Friday, March 27:** We will distribute three days worth of meals, as usual
- **Monday, March 30:** The three day a week schedule continues
 - On Mondays and Wednesdays, families will pick up two days worth of meals
 - On Fridays, families will pick up three days worth of meals

Meal distribution times (no changes):

- 11 am - 1 pm and 4-6 pm
- Both meals will be available during both time slots. There is no need to come twice.
- Meals will be distributed in a grab-and-go style pick up
- Families will take both meals per child at the same time
- The meals (1 breakfast and 1 lunch) are available to any child in the community, no questions asked

Meal distribution sites (no changes):

- Anderson Middle School (3205 Catalpa, Berkley, MI). Pick up at the back parking lot door (behind the building).
- Norup International School (14450 Manhattan, Oak Park, MI). Pick up at the multi-purpose room doors.

We hope you are staying home, staying safe and staying healthy. If you need additional assistance for food for your family, we encourage you to reach out to [Gleaners Food Bank](#), [Forgotten Harvest](#), [Yad Ezra](#) and [Lighthouse Food Pantry](#).

For more information, please contact Deputy Superintendent of Finance, Facilities, and Operations Lawrence Gallagher at (248) 837-8028.

Berkley School District Coronavirus Webpage:
www.berkleyschools.org/about/covid-19

Activities For Children To Do At Home

The novel coronavirus has forced many parents across the country to stay home from work with their children. This has left many parents struggling to find activities to keep kids active and occupied during this time where they're not only home from school, but also forced to stay inside for the most part.

Below is a list of ideas for indoor activities provided by Deseret News, a newspaper published in Salt Lake City, Utah.

Learn at home

- Scholastic published an online resource that offers day-to-day projects to keep children reading, thinking, and growing during the self-quarantine.
- "Even when schools are closed, you can keep the learning going with these special cross-curricular journeys," the program's website reads. "Every day includes four separate learning experiences, each built around a thrilling, meaningful story or video. Kids can do them on their own, with their families, or with their teachers. Just find your grade level and let the learning begin!"

Create a schedule

- The Khan Academy created a template for a schedule parents can use to help their children stay focused and learn at the same time. The schedule begins with breakfast and getting ready (much like a traditional day) and then jumping into online learning. From there, work in some recess and reading time before taking a break and allowing for a snack. Give your child some writing practice, lunch and then some time with the family before sending them off to bed.
- The cool news about the Khan Academy schedules is that there are multiple schedules for different ages, too. It begins with schedules for those in preschool, kindergarten, and first and second grade. It also includes schedules adapted for those in grades three to five, six to nine and 10 to 12, which includes some SAT prep information.

Encourage a routine

- Creating a routine for your child is one of the best things you can do during a self-quarantine, according to Time magazine. One idea might be to create a screen time routine. Create a set time every day where children can use their screens. That way, they don't become too focused on it.

- According to Time magazine: "Follow through when the scheduled time for screens is over, and don't leave TV on as background noise. If the house feels too quiet, turn on some music instead. Outside of the scheduled time block, only use screens when you (the parent) chooses it because you need it. Save screens for big moments, like when you have a conference call or dinner prep isn't going well."

Embrace sticker books

- You can find sticker books at department stores that will keep children entertained for hours. It requires some concentration and focus from children, so it is more than just a fun activity, according to Reviewed.com (via USA Today).

Work on puzzles

- Puzzles require brain power and critical thinking to put the pieces together. Buying a large puzzle to put together as a family over the coming weeks could be a good way to bond during the quarantine, according to Reviewed.com (via USA Today).

Bring in art supplies

- Painting? Drawing? Coloring? All of these are options if you buy the right supplies. Art supplies will help children and parents work together for fun. Like picture books, art work requires focus and concentration, too. While your child is out of school, this will certainly help them stay energized and educated, according to Reviewed.com (via USA Today).

Let them help with cooking

- Need help cooking dinner or lunch? Enlist the child. Maybe you won't want to do this if the child is sick. But if they're healthy and you're healthy, teach them how to build their own lunches and dinner, according to Reviewed.com (via USA Today).

Grab a tablet

- The tablet could have a lot of games and educational apps for you to use to help your child learn. Maybe institute "tablet hours" where your child needs to stay on the tablet to learn a second language or play a memory-based game, according to Reviewed.com(via USA Today).

Write letters

- You can't go out to see people. You want to keep your child indoors. But you want them to keep in contact. One idea might be to encourage your child to write letters to their friends, relatives and family members. This allows them to practice their writing skills and gives them a chance to stay in contact with people.

Don't worry

- Look, your children are going to be home with you for a foreseeable future. Don't worry if you schedule a Netflix day or a movie marathon. Maybe you only have half a day of education. That's fine too.

- "Of course even with the most perfectly planned schedule, you will still have days when you just can't muster the energy to come up with even the simplest activity and instead let them watch another episode of their favorite show," according to Time magazine. "That's O.K too. Do what you need to do to get through that day. You'll have your routine to go back to the next day. And the one after that, too."

Source:

www.deseret.com/platform/amp/entertainment/2020/3/16/21181147/coronavirus-covid19-quarantine-parents-kids-children-activities-learn-school

Suggestions from Library and Recreation

For suggestions on how to stay busy and have fun from the staff members at the Oak Park Library and the Oak Park Recreation Department, be sure to follow their Facebook pages:

www.facebook.com/OakParkLibrary

www.facebook.com/OakParkRecreation



Activities For Seniors To Do At Home

1. Complete a puzzle

Puzzles are fun at any age. But seniors get even more benefits out of dusting off that old jigsaw. Studies show that solving jigsaw puzzles can keep seniors' minds sharp and can target the parts of the brain that deteriorate through neurological diseases like Alzheimer's. Plus, they're quite affordable, so you can pick up several at a time and stow them away for later.

2. Watch old home movies

Sometimes it's nice to take a stroll down memory lane. But seniors don't always feel up to talking. That's what makes home movies so special. They capture our most cherished memories and allow us to play them back whenever we want. Watching home movies reminds seniors that they're loved and lifts their spirits. To go above and beyond, you can even digitize those old home movies so your loved one can watch them whenever they want.

3. Learn a new skill together

We've never been believed that you can't teach an old dog new tricks. In fact, we believe that continuous learning is important and that most seniors are every bit as sharp as they were when they were young. To keep those cognitive abilities up (and to get some great bonding time) try learning something new together. There are thousands of tutorials on sites like YouTube that teach everything from knitting to basic home repair. If you're interested in something a bit more academic, you can even take free classes online together.

4. Swap stories

We sometimes forget that our loved ones had rich, full lives before us. Take a breather and let your family member tell you about their favorite memories. You'll be amazed at how much just sitting and listening to them means.

5. Cook

Nutrition matters more and more as we get older. According to the World Health Organization, seniors are especially at risk of malnutrition. While we can't force them to eat healthy when we're not around, cooking with them is a great way to establish healthy habits. Find some quick and easy recipes online and adapt them to how your senior eats.

6. Play board and card games

Let's face it, board games are just flat-out fun. Break out your copy of Monopoly or snag a deck of cards for a fun, easy way to spend some time with the special senior in your life. You'll get to have fun and make some truly amazing memories in the process. What's not to love?

7. Try chair exercises

We could all use a little more exercise in our lives. However, it isn't always easy for seniors to get up and work out, especially if they have mobility issues. Chair exercises are the perfect solution. Check out some quick and easy exercises that anyone can do regardless of age or mobility.

Source:

www.seacarehomecare.com/resources/7-fun-indoor-activities-for-seniors-and-caregivers-to-enjoy



Metro Detroit Activities To Do

1. Play a game of "**Social Distancing Bingo**" courtesy of the Ferndale Downtown Development Authority.

Link: www.downtownferndale.com

2. Support a local **small business** by ordering online, buying a gift card, or picking up takeout.

Link: www.cbsnews.com/news/coronavirus-crisis-help-small-businesses

3. Catch a performance by the **Detroit Symphony Orchestra** online.

Link: www.youtube.com/detroitsymphony

4. Participate in an interactive science demonstration from the **Michigan Science Center**.

Link: www.mi-sci.org/echo

5. Enjoy the **Detroit Institute of Arts'** collection from home.

Link: www.dia.org/art/collection/dia-collection

6. **Try something new**, sharpen an existing skill, or just be enriched at Michigan Online.

Link: www.online.umich.edu

7. **Explore The Henry Ford's venues**, programs, and collections.

Link: www.thehenryford.org

8. **Give blood** by making an appointment at RedCrossBlood.org, the Red Cross Blood Donor app, or calling (800) RED-CROSS.

Link: www.redcrossblood.org

9. Hold a **virtual food drive** via Gleaners Community Food Bank.

Link: www.gcfb.org/give-food/virtual-food-drives

10. **Take a hike** at a local park.

Link: www.michigan.org/hiking

Source:

www.craigslist.com/events/10-things-you-can-do-weekend-march-20-22

Business Resources

There are several resources available to assist small business owners during this ongoing COVID-19 crisis. Oakland County One Stop Shop has a resource page with many tools and suggestions as well as links to available resources. One suggestion is to take advantage of this downtime to work on setting up or updating your website, marketing your business, create social media accounts, or even explore other ways to deliver your products. Make sure you are communicating all updates to your customers.

Oakland County One Stop Shop:

www.oakgov.com/advantageoakland/business/OneStopShop/Pages/OSSBC-Coronavirus-Resources.aspx

The Michigan Economic Development Corporation also has prepared a webpage which lists available resources for business owners. Please visit their page to find the latest resources for businesses of all sizes.

Michigan Economic Development Corporation:

www.michiganbusiness.org/covid19

While our entire City Hall campus is closed, **we are still open for business**. If you need assistance, please reach out to Economic Development and Communications Director Kimberly Marrone at kmarrone@oakparkmi.gov.

For updates from the City of Oak Park on information and resources for businesses during this crisis, please visit our dedicated webpage on this topic: www.oakparkmi.gov/departments/community_and_economic_development/covid19_resources.php

For food service businesses that are impacted by the Governor's Executive Order to close, the City of Oak Park will temporarily allow one sign up to 32 square feet in size to let customers know if they offer carryout, delivery, etc.

- The sign must comply with all zoning ordinance and property maintenance code provisions.

- Signs are allowed until April 5th, but that date may be extended.

- Business must be open to the public during this time to be allowed the additional temporary sign.

- The sign must be located on the business premise.

- No application needed.

- No fee.

Open Local Restaurants

Updated April 6, 2020

Restaurant	Comments	Phone	Website
9 Oaks Grill	Carryout, delivery within 1-3 mile radius with charge and adjusted hours: 8 a.m. - 3 p.m.	(248)544-5556	
Alaska Fish and Chicken	Carryout and delivery through Door Dash, adjusted hours 10 a.m. - 10 p.m.	(248)556-0000	
A Taste of Orient	Carryout only, adjusted hours noon- 8 p.m.	(248)546-6800	
Bread Basket Deli	Carryout, delivery through GrubHub and Postmates adjusted hours: 10a.m. -8p.m. Monday to Saturday, curbside pickup with call ahead	(248) 968-0022	https://originalbreadbasketdeli.com/
Buena Fe Restaurant	Carryout and Delivery within 1-2 miles, hours adjusted 11:30 a.m. -8 p.m.	(248)220-3032	https://www.mexicanrestaurantoakpark.com/
BurgerIm	Carryout and Delivery through: Chow now, Grubhub, Postmates and Door Dash hours adjusted: noon - 8 p.m.	(248)607-3930	https://burgerim.com/
Captain Jay's Fish and Chips	Carryout, drive thru	(248)206-7898	http://www.captainjays.net/
China City	Online ordering or call, curbside pickup, Door Dash and Uber Eats	(248)547-4663	http://www.gochinacity.com/
Coolidge Café	Carryout only adjusted hours 7 a.m. to 3 p.m.	(248)541-5929	https://coolidgecafe1.com/
Dave's Gourmet	Pickup, delivery, curb side pickup and adjusted hours: 4 p.m. - 9 p.m.	(248) 238-9287	https://davesgourmetkosher.com/
Davison Coney Island	Carryout	(248) 548-4768	http://davisonconeyisland.com/
Dominos Pizza	Pickup and Delivery	(248)543-3800	
Dunkin' Donuts	Carryout, Drive thru	(248) 967-6288	
Eddie's Gourmet	Carryout, curbside pickup and local only delivery	(248)968-4060	
Ernie's Market	Carryout only	(248)541-9703	https://www.erniessandwichshop.com/
Golden Bowl Oak Park	Unknown no Answer	(248)398-5502	https://www.goldenbowl oakpark.com/
Happy's Pizza	Carryout and delivery	(248)543-8888	https://www.happypizza.com/
Hungry Howie's Pizza	Carryout and delivery	(248)545-4010	https://www.hungryhowies.com/store/hungry-howies-00041
Jade Palace Chinese Restaurant	Carryout and delivery hours vary	(248)545-8088	http://go2jadepalace.weebly.com/
KFC	Carryout only, Grub Hub	(248)547-0616	
Kravings	Online ordering, curbside pickup, free delivery within one mile radius, delivery within 6 mile radius at discounted rate, hours are adjusted as follows: Sunday Noon - 8 p.m., Monday-Wednesday 11 a.m. - 8 p.m., Thursday 11 a.m. - 10 p.m. and Friday 9 a.m. - 3 p.m.	(248)967-1161	https://www.kravingsdetroit.com/

LaMarra	Delivery through Door dash and Uber eats, Pickup	(248) 968-0008	https://www.lamarraoakpark.com/
Little Ceasers Pizza -Coolidge	Pickup and Delivery	(248)547-0600	www.littleceasers.com
Little Ceasers Pizza - 9 Mile Road	Pickup , delivery and drive thru	(248)542-6866	
McDonald's - Greenfield near 8 Mile	Drive thru, delivery uber eats and door dash	(248) 968-5149	
McDonald's - Greenfield near 11 Mile	Drive thru, delivery uber eats and door dash	(248) 808-6756	
Mookey's Beans and Greens	Carryout only	(248) 967-4008	
Motor City Soul Food	Carryout only	(248)968-4444	
New Sands Restaurant	Currently not open	(248)850-7788	http://www.mynewsands.com/contact-us.html
Papa's Pizza and Bar B Que	Pickup and Delivery	(248)677-7777	
Pik Nik Basket	Carryout and Grub Hub	(248) 268-4132	
Pita Café	Carryout only	(248)968-2225	https://www.thepitacafe.com/
Pit Stop Famous BarBQue	Closed	(248) 965-3653	
Pizza Square	Carryout and delivery, online ordering	(248)547-4414	https://www.eatpizzasquare.com/
Popeye's Louisiana Chicken	left message	(248) 721-8566	https://www.popeyes.com/store-locator/store/restaurant_84162
Royal Grill	Unkown no answer	(248)544-5556	
Sahara Restaurant and Grill	Carryout and delivery through Door Dash and Uber Eats hours adjusted to 11a.m. -11p.m.	(248)399-7744	http://newsahara.com/
Scotia Stop	Adjusted hours Mon-Fri 9 a.m. - 10 p.m., Sat.-Sun. 10 a.m. - 8 p.m.	(248)545-1123	
Subway	Unknown no answer	(248)584-1837	
Sukhotai	Carryout	(248) 968-9495	https://www.sukhothai-oakpark.com/
Taco Bell	Drive thru only, adjusted opening time of 10 a.m.	(248) 967-2074	
Tai Fai	Closed until April 5th	(248)336-9622	https://www.taifairestaurant.com/
Tim Horton's	No answer	(248)399-1367	
Tubby's Subs	Carryout and deliver through Door Dash, Postmates, Grubhub, and Uber Eats	(248)336-3300	https://www.tubbys.com/locations
White Castle	Drive Thru, curbside pickup and delivery options available		https://order.whitecastle.com/OrderNow/home
Wings Gardens	Closed till April 1st	(248)544-1021	

**For the most up-to-date compilation of these businesses, please view this link:
www.bit.ly/OPCOVIDBizList**

Open Local Markets

Updated April 6, 2020

Name	Information	Phone
ALDI	Remaining Open	no local number
Dollar Tree	Closing early, hours 8 a.m. - 8 p.m.	(248)677-9534
Family Dollar	No answer at store	(248)399-7721
Glory Market	Remaining open may close a little early 9 p.m. - 9:30 p.m.	(248)554-2220
K & F Market	Remaining open will close on Sundays only	(248)399-2375
Kroger	Remaining open	no local number
New Northend Market	Remaining open	(248)398-6742
Oak Park Fruit Market	Remaining Open	(248)542-4463
Oak Park Market	Remaining open	(248)850-7788
One Stop Kosher Food Market	Opening one hour early 7 a.m. -9:30 p.m.	(248)569-5000
Pairs Food	Remaining open	(248)547-8330
Sav A Lot	Closing permanently Saturday March 21	
Scotia Stop	Adjusted hours Mon-Fri 9 a.m. - 10 p.m., Sat.-Sun. 10 a.m. - 8 p.m.	(248)545-1123

For the most up-to-date compilation of these businesses, please view this link:
www.bit.ly/OPCOVIDBizList

Open Local Pharmacies

Updated April 6, 2020

Name	Information	Phone
CVS	Normal hours - Free delivery, pickup, drive thru	(248)547-8230
Good Health Pharmacy	Normal hours - Pickup, delivery	(248)541-0600
Lincoln Pharmacy	Normal hours - Pickup, delivery	(248)543-7848
Oak Park Pharmacy	No Answer	(248)582-8807
Pure Point Pharmacy	No answer	(248)677-3410
Rite Aid	No answer	(248) 968-2383
Walgreens	Normal hours, pickup, drive thru	(248)548-4251

For the most up-to-date compilation of these businesses, please view this link:
www.bit.ly/OPCOVIDBizList

How To Help Others During This Crisis

Some groups will feel this public health crisis more than others, including older people, workers who can't call in sick, and those who can't pay for quality health care or don't have access to it.

The most important action individuals can take is to stop the spread of the virus by washing their hands correctly, practicing "social distancing," and quarantining themselves if they are sick, public health officials say.

Beyond those measures, here are some other steps for directing resources where they're needed most:

How to help others during the coronavirus pandemic

First, wash your hands properly and practice social distancing

Then:

- ☒ Get medical supplies shipped to where they're needed most
- ☒ Volunteer with Meals on Wheels
- ☒ Donate money to reputable nonprofits
- ☒ Support your local food bank
- ☒ Give blood
- ☒ Help people experiencing homelessness

Source: MarketWatch reporting

Source:

www.marketwatch.com/story/everyone-is-a-responder-in-this-crisis-heres-where-you-can-donate-and-volunteer-2020-03-15

OAKLAND COUNTY COVID-19 DRIVE THROUGH TESTING SERVICES

Oakland County in partnership with Honor Community Health offers COVID-19 drive through testing by appointment only.

CORONAVIRUS
COVID-19

NO COST COVID-19 TESTING

WHEN: 9:00 AM - 5:00 PM • Monday - Friday

WHERE: 1200 N Telegraph, County Complex, follow the drive-up testing signs to:

Large parking lot behind the Medical Examiners Facility
(Building 28 E)

WHO:

- 18 years or older
- People with symptoms
- Workers without symptoms:
 - Health care workers
 - First responders
 - Essential workers
(any worker still leaving the home for in-person work)

Appointment is required: Call 1-800-848-5533, Nurse on Call.

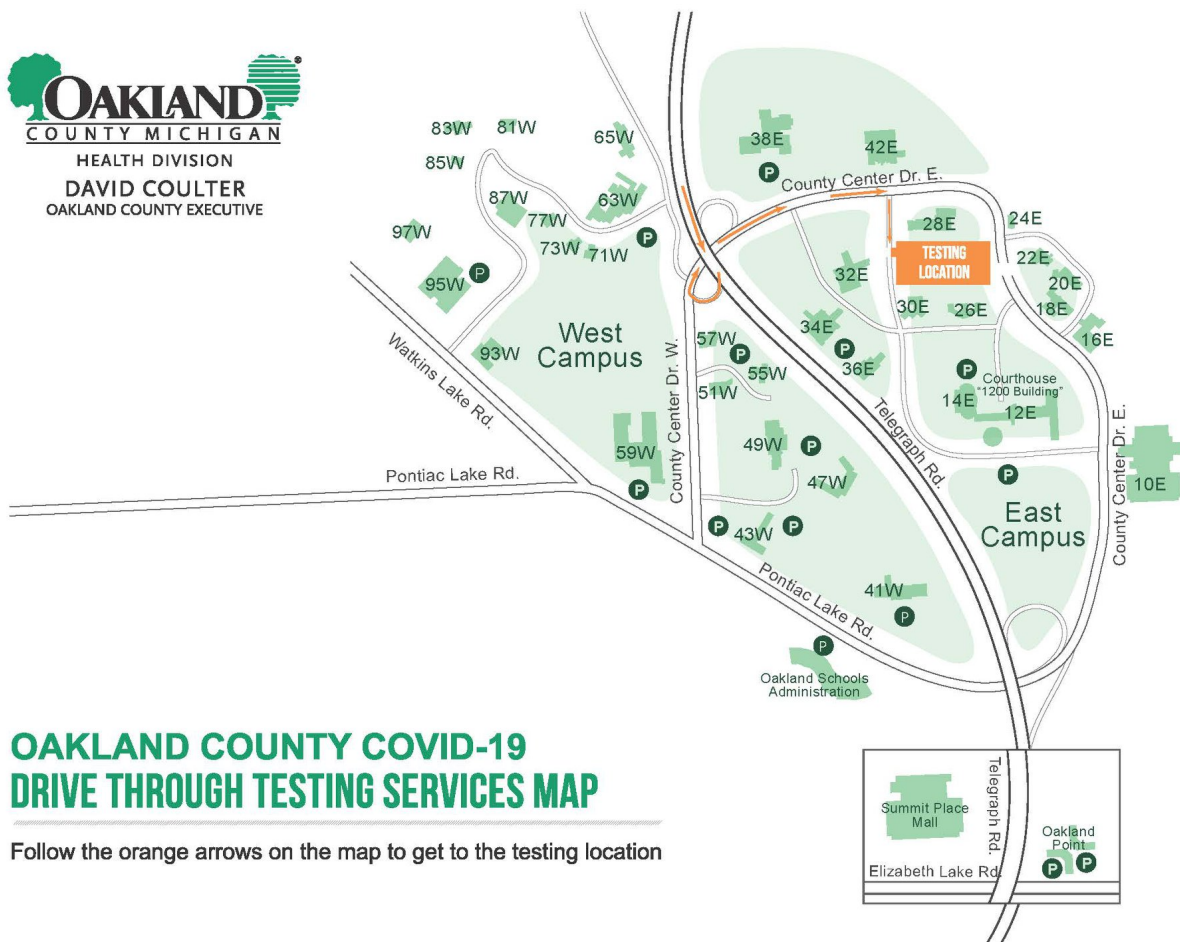


NURSE ON CALL PUBLIC HEALTH INFORMATION
800.848.5533 NOC@OAKGOV.COM
OAKGOV.COM/HEALTH



The Oakland County Health Division will not deny participation in its programs based on race, sex, sexual orientation, gender identity, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.

4/21/20



OAKLAND COUNTY COVID-19 DRIVE THROUGH TESTING SERVICES MAP

Follow the orange arrows on the map to get to the testing location