

## COVID-19 Prevention Tips

As the governor's orders expire and we begin a phased re-opening of our local economy, we want to share the information that can help you to stay safe and protect your family and community from the spread of COVID-19.

**Safer at Home** – Avoid rushing back into public settings, continue to stay at home as much as possible. Even as restrictions ease, please continue protecting yourself as we monitor for any increased exposure risk in our area.

**Social Distancing** – Since the virus could spread by individuals without symptoms, continue practicing social distancing and keep your contact family and close friends that you know well. Avoid contact with those who may be exposed to COVID-19 in their work or the community.

**Face Coverings & Hand Washing** – Wear a mask when you go out unless a health condition makes that difficult. Use hand sanitizer when you are out and wash your hands when you return home. Avoid touching your face.

**Older Adults and High-Risk Individuals** – It is especially important that older adults and those with higher risk of illness take extra precautions to stay safe. You may want to continue to limit contact with grandkids if they have exposure to others in the community.

## Free COVID-19 Testing

Free COVID-19 testing is available in Novi, Pontiac, and Southfield. Contact the Oakland County **Nurse on Call at 1-800-848-5533** to make an appointment.

### Who qualifies for free testing?

- Any resident of Oakland County 18 years or older

## Community Resources

We are in this together. Help is always available. The county's COVID website has the most up-to-date information for these community resources.

### [OAKGOV.COM/COVID/HELP](https://oakgov.com/covid/help)

- General COVID-19 information
- Food assistance & meal deliveries for seniors
- Health-related resources
- Mental health & suicide prevention
- Childcare resources for essential workers
- Safety & abuse assistance
- Household & utilities assistance
- Legal & Court resources
- Unemployment Insurance information



**Nurse on Call**  
1-800-848-5533  
noc@oakgov.com

COVID-19 Website  
**OakGov.com/COVID**

**Help Hotline**  
248-858-1000  
hotline@oakgov.com