



PONTIAC

COMMUNITY FOUNDATION

PONTIAC COVID-19 EMERGENCY RESPONSE

pontiaccommunityfoundation.org/coronavirus

CURRENT COMMUNITY RESOURCES AVAILABLE:

Oakland County Sheriff's Office Non-Emergency Number: 248-858-4950 Option 8

Have another need? Call (248) 600-9541 and leave a message.

<p>Variety Feeds c/o Oakland Sheriff's Office 110 E. Pike St. Drive Thru Grocery Pickup Saturday – 12:00-2:00pm</p>	<p>Baldwin Center – 212 Baldwin Ave Bagged Lunches Mon/Wed/Fri – 10:45-1:00pm</p>
<p>Micah 6/Sprout – 580 W. Huron St. Produce Boxes Available Monday/Wednesday – 4-7pm Saturday Delivery (248) 221-7500</p>	<p>Lighthouse – 46156 Woodward Ave Food Boxes Available by Request Call (248) 920-6000 Monday-Friday</p>
<p>Dream Center of Pontiac Woodside Bible Church – 830 Auburn Rd. Meals and Drive Thru Food Pantry Monday-Friday – 10:00-11:00am</p>	<p>All Saints Church – 171 W. Pike St. Community Breakfast Saturday 8:00-10:00am</p>
<p>Pontiac Youth Rec – 825 Golf Drive Meals and Snacks available for those age 18 and under Monday-Friday – 4:00-5:00pm</p>	<p>Meals on Wheels available for Pickup Bowen Center (52 Bagley St.) 12-1pm Ruth Peterson Center (990 Josyln) 5-6pm Monday-Friday</p>
<p>Pontiac Schools will begin delivering meals via School Buses on Wednesday, March 16. Stay tuned for more information.</p>	<p>Meet up and Eat up c/o OLHSA will re-activate for the next few weeks. Locations and times are forthcoming.</p>
<p>Avondale Elementary and Middle School Drive-up Meals Monday-Friday – 9am-11am; 12pm-1pm</p>	<p>Waterford Schools: Riverside Elementary, Mason Middle School, Crary Campus Monday-Friday – 11am-1pm</p>

COVID-19 FREQUENTLY ASKED QUESTIONS

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What is coronavirus?

Coronavirus, also known as COVID-19, is a respiratory illness that is spread from person to person

How is it spread?

It is thought to spread between people in close contact through respiratory droplets when an infected person coughs or sneezes. It may also be spread through touching a contaminated surface and then touching your mouth, nose or eyes.

What are the symptoms of coronavirus?

Fever, cough (usually dry), and shortness of breath.

What will happen if I get coronavirus?

Many people will experience mild to moderate cold or flu like symptoms and will recover within 2-3 weeks. Some patients, especially those with weaker immune systems, may have life-threatening complications such as pneumonia in both lungs, multi-organ failure and in some cases death.

Who is at risk for serious complications?

Certain people are at higher risk of becoming sicker or seriously ill with COVID-19 including: Older adults. People with serious chronic medical conditions such as heart disease, diabetes, and lung disease.

It is important to remember that stigma and discrimination occur when people associate an infectious disease, with a population or nationality. COVID-19 does not target people from specific populations, ethnicities, or racial backgrounds.

How can I protect myself?

Stay home if you are sick, even just a little.

Wash your hands often, for 20 seconds, with soap and water. Hand sanitizer is less effective, but can be used if washing isn't available.

Cover your mouth and nose when coughing or sneezing, or cough/sneeze into your elbow.

Avoid touching your eyes, nose, and mouth.

Practice "social distancing" - this means reducing the total number of people we come into contact with to slow the spread of germs through a community.

What is social distancing?

A great example of social distancing is the closure of public schools. This greatly reduces the number of people coming into contact with each other. Other examples include:

Working from home if possible

Avoid busy public places, or visit as infrequently as possible (e.g., go to the grocery store once every week instead of every 2 days)

Avoid any non-essential travel via airplanes or public transit

Cancel any nonessential social plans (including playdates, visiting family and friends, bible study, etc.)

Replace face to face contact with phone or video calls, virtual meetups, connecting on the internet or through photos