

What's the status of COVID-19?

The COVID-19 pandemic began in 2019 and continues to pose a threat, especially to the Hispanic community due to high-risk factors such as diabetes, high blood pressure, obesity and more. This brochure will help guide you if you become infected, provide information on where to access test kits, information about vaccines for adults and children, boosters, where to get masks, treatment options, mental health services and transportation services offered by MDHHS Migrant Program Unit.

Where and how to get tested?

Contact your local health department or your community health center for test kits.

If you have insurance or Medicaid, you may be able to receive free tests. Contact your pharmacy for more information.

Find additional testing information:



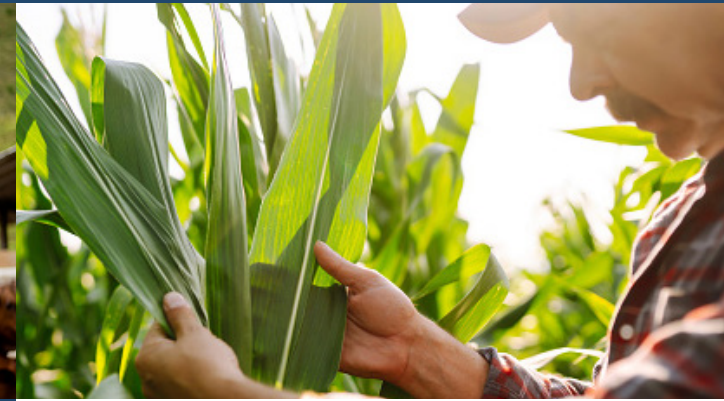
Learn how to use a self test:



Help keep yourself and your family safe and protected from COVID-19.

The Michigan Department of Health and Human Services will not exclude from participation in, deny benefits of, or discriminate against any individual or group because of race, sex, religion, age, national origin, color, height, weight, marital status, partisan considerations, or a disability or genetic information that is unrelated to the person's eligibility.

For more information or questions regarding this brochure, call **1-833-SIAYUDA (1-833-742-9832)**.



Stay Healthy, Stay Safe.

Farmworkers' guide to navigating COVID-19



Masking recommendations

The use of masks is no longer required in most settings. However, masks can help protect you and others from COVID-19.

Masks are recommended when:

- » You have been exposed.
- » You have symptoms.

Masks are available at MDHHS offices. If you need masks, call **1-833-SI-AYUDA** to locate the MDHHS office closest to you.

COVID-19 vaccines

The COVID-19 vaccines available in the United States are effective at protecting people from getting seriously ill, being hospitalized and dying. Millions of people have received COVID-19 vaccines under the most intense safety monitoring in U.S. history, and the vaccines are both safe and effective. As with other vaccine-preventable diseases, you are protected best when you stay up to date with the recommended vaccinations. Talk to a provider about COVID-19 vaccines and their safety.

Learn about the safety of COVID-19 vaccines:



COVID-19 isolation guidelines

If you test positive for COVID-19, **stay home for at least five days and isolate from others in your home.**

You are **likely most infectious during these first five days.**

- » If you had no symptoms, you may end isolation after day five.

- » If you have symptoms and they are improving, you may end isolation after day five if you are fever-free for 24 hours without the use of fever-reducing medication.
- » If you have symptoms and they are not improving, continue to isolate until symptoms begin to improve and you are fever-free for 24 hours without the use of fever-reducing medication.

Even after symptoms resolve, continue masking for the next 10 days following fever reduction.

Treatment for COVID-19

If you test positive for COVID-19 and are at high risk for becoming very ill or hospitalized, antiviral medications may help prevent your symptoms from becoming worse. Antivirals are prescribed after a person has tested positive for COVID-19 and within five days of symptom onset.

Talk to your health care provider about whether you are eligible for antiviral medications, and if not, what other medications you could take. For assistance locating COVID-19 therapeutics, call **1-800-232-0233, TTY 1-888-720-7489**. Available in 100 languages.

Explore treatment options:



Vaccinating your child

COVID-19 vaccines prevent children from getting seriously sick and continue to protect children against severe disease and hospitalization. There is no way to tell

in advance how a child will be affected by COVID-19. Talk to a health care provider to see what age-appropriate COVID-19 vaccine your child is eligible for.

Learn more about vaccines for children:



Mental health resources

COVID-19 can be stressful. If you feel like you need mental health support, please contact your local Community Mental Health (CMH) or the Stay Well program.

The Stay Well program provides emotional support to Michiganders who have experienced mental health impacts from the COVID-19 pandemic. Everyone's been touched by the pandemic in some way. Stay Well was created to help promote resilience and healing. To access the program, go to **Michigan.gov/StayWell**.

Locate your local CMH:



Transportation services

If you need assistance with transportation to a medical appointment, contact your local MDHHS caseworker to arrange transportation services.

If you do not know who your caseworker is, please contact **1-833-SI-AYUDA 1-833-742-9832**.