**Important Information in dealing with Covid 19**

I have compiled information from various email resources I have received to pass on to those who may not be receiving information from an employer or other reliable sources. I hope these links will prove to be helpful as we contend with the challenges of Covid 19. As in previous emails, please contact us at the church if you have a need that we can fill – [mccdetroit@gmail.com](mailto:mccdetroit@gmail.com) - 248-399-7741 – mccdetroit.org.

*May your unfailing love be with us, Lord, even as we put our hope in you.* ***Psalm 33:22***

Rev. Roland

**Information on the importance of these measures:**

* [Watch this informative video](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4OTIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy55b3V0dWJlLmNvbS93YXRjaD92PWRTUXp0S1hSNmswJmZlYXR1cmU9ZW1iX3RpdGxlIn0.qa7jPPtp0q-1Up1iV2mgC7fcw6silbacAwC08peRy9Y/br/76244346756-l) from Vox on the importance and effectiveness of social distancing.
* [This Washington Post article](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4OTIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy53YXNoaW5ndG9ucG9zdC5jb20vZ3JhcGhpY3MvMjAyMC93b3JsZC9jb3JvbmEtc2ltdWxhdG9yLyJ9.b5kW5EnU34fDzXe9PW2dWTnf7fREOj62Jxl8gGRr9qE/br/76244346756-l) uses simulations to demonstrate how different degrees of social distancing help reduce the rate of infection and flatten the curve.

**Please remember to use these best practices:**

* 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. Cover all surfaces of your hands and rub them together until they feel dry.
* Avoid touching your eyes, nose, and mouth with unwashed hands.
* Avoid close contact especially with those who are sick
* When out in public, maintain at least 6 feet of 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.

**The following resources are available for ongoing updates and critical support during this period:**

* Centers for Disease Control and Prevention: [www.cdc.gov](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4OTIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy5jZGMuZ292LyJ9.isf9l-unAPS-xhM8yDr6TjVP51T1FFbGlRbb3aV0DrQ/br/76244346756-l)
* Michigan Department of Public Health: <https://www.michigan.gov/coronavirus>
* Oakland County Public Health Department (it is more comprehensive than Wayne or Macomb Counties sites): <https://www.oakgov.com/health/information/covid-19/Pages/default.aspx>
* Hospitals across the area have set up special hotlines for the coronavirus questions. Details on each are below:
  + Michigan Department of Health and Human Services - 888-535-6136
  + Ascension - 833-978-0649
  + Beaumont Health - 800-592-478
  + Henry Ford Health System - 313-874-7500
* Questions and Answers from the Michigan.gov website about tips for older adults and other preventative measures: <https://www.michigan.gov/coronavirus/0,9753,7-406-98178---,00.html>
* Resources for domestic violence victims during quarantine: [https://www.futureswithoutviolence.org/get-updates-information-covid-19/](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTQsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4OTIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy5mdXR1cmVzd2l0aG91dHZpb2xlbmNlLm9yZy9nZXQtdXBkYXRlcy1pbmZvcm1hdGlvbi1jb3ZpZC0xOS8ifQ.MNxTggA6VKyDTMay0tmX-0G0ySvXXO_OgLQeavfuwKo/br/76244346756-l)
* Information about unemployment benefits: <https://www.michigan.gov/coronavirus/0,9753,7-406-98158-522374--,00.html>
* The Detroit Water and Sewerage Department (DWSD) has a $25 Water Restoration Plan. If you know of anyone who has water service off in their Detroit home, please call 313-386-9727 on their behalf if they are unable to do so themselves. For more information, visit [www.detroitmi.gov/WaterRestart](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMDMsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMjAuMTkwNzg2NDEiLCJ1cmwiOiJodHRwOi8vd3d3LmRldHJvaXRtaS5nb3YvV2F0ZXJSZXN0YXJ0In0.pW0ig1kgXUEY9ejFfABtIsRPJIvM74tFoQRSE_FhM1M/br/76418822501-l).
* The Detroit Department of Transportation announced FARES WILL BE FREE for the duration of the Coronavirus outbreak.  For driver health safety, passengers will board and exit through the read doors only.
* Comcast is making internet faster and more accessible to people for the next two months with the "internet essentials" package now free for qualified low-income households; pausing data caps for 60 days giving all customers Unlimited data for no additional charge; and no disconnects or Late Fees. [Read more here](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTUsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4OTIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy53eHl6LmNvbS9uZXdzL25hdGlvbmFsL2Nvcm9uYXZpcnVzL2NvbWNhc3Qtb2ZmZXJpbmctaW50ZXJuZXQtZXNzZW50aWFscy1wYWNrYWdlLWZyZWUtZm9yLTYwLW1vbnRocy1kdXJpbmctY29yb25hdmlydXMtb3V0YnJlYWs_ZmJjbGlkPUl3QVIyaTd1U0txYXV5NVZSMkdESW9EQ1lJc1UxQ1IyUTNEdzh4dnd0UGFwTUVqcUFwYkpQSGF6aWZqbE0ifQ.EpMzjV7IVmdOzX3yOnE7yJGYH8NGOOgs1KUIYMj3v8Y/br/76244346756-l).
* Mental Health Management resources:
  + Advice from CDC: [https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTYsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4OTIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy5jZGMuZ292L2Nvcm9uYXZpcnVzLzIwMTktbmNvdi9wcmVwYXJlL21hbmFnaW5nLXN0cmVzcy1hbnhpZXR5Lmh0bWwifQ.K-cSNf1oAaGLPPW887f0cADtvEuFxny-8SW9VO7G9P4/br/76244346756-l)
  + Advice from Anxiety and Depression Association of America: [https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTcsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4OTIzMTEiLCJ1cmwiOiJodHRwczovL2FkYWEub3JnL2xlYXJuLWZyb20tdXMvZnJvbS10aGUtZXhwZXJ0cy9ibG9nLXBvc3RzL2NvbnN1bWVyL2NvdmlkLTE5LWxvY2tkb3duLWd1aWRlLWhvdy1tYW5hZ2UtYW54aWV0eS1hbmQifQ.8tEV1y7HMweO2Npn9nlDNC-iKgLWpFXiOUpjLLnK-1Y/br/76244346756-l)
  + Things to do during quarantine: [https://www.inquirer.com/health/coronavirus/what-to-do-philly-coronavirus-indoors-quarantine-fun-activities-online-workout-classes-happy-hour-20200316.html](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTgsInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4OTIzMTEiLCJ1cmwiOiJodHRwczovL3d3dy5pbnF1aXJlci5jb20vaGVhbHRoL2Nvcm9uYXZpcnVzL3doYXQtdG8tZG8tcGhpbGx5LWNvcm9uYXZpcnVzLWluZG9vcnMtcXVhcmFudGluZS1mdW4tYWN0aXZpdGllcy1vbmxpbmUtd29ya291dC1jbGFzc2VzLWhhcHB5LWhvdXItMjAyMDAzMTYuaHRtbCJ9.22ZTWw33Ny47vKcTNGDf76SIbS3g1GkcCVjOLovhag0/br/76244346756-l)
  + Kid friendly things to do during quarantine: [https://parade.com/1009774/stephanieosmanski/things-to-do-with-kids-during-coronavirus-quarantine/](https://lnks.gd/l/eyJhbGciOiJIUzI1NiJ9.eyJidWxsZXRpbl9saW5rX2lkIjoxMTksInVyaSI6ImJwMjpjbGljayIsImJ1bGxldGluX2lkIjoiMjAyMDAzMTcuMTg4OTIzMTEiLCJ1cmwiOiJodHRwczovL3BhcmFkZS5jb20vMTAwOTc3NC9zdGVwaGFuaWVvc21hbnNraS90aGluZ3MtdG8tZG8td2l0aC1raWRzLWR1cmluZy1jb3JvbmF2aXJ1cy1xdWFyYW50aW5lLyJ9.kgXjcp9_bxYzskuSsDwtkLjFPNWNbflkLyi8v5TzpnM/br/76244346756-l)

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| **Here are some tips to keep in mind as you will be using your computer more**.   1. Never assume all the links in a Google/Yahoo/Bing search are safe. 2. Think before you click anything: Nothing can substitute for simply approaching every link as if it is surely a virus unless you can verify it’s not. Even the blog link I put at the bottom of this email should create an immediate sense of caution. This very email could be an elaborate phishing ruse. 3. Hover over the link to be sure it’s actually going to the intended location. 4. Refuse to open attachments or click links from untrusted sources. 5. Verify attachments and links with an alternative communication form like text or phone. 6. Never transfer any kind of money or gift cards without verifying with the source. Use text, or phone call to verify, but never the email address making the request as it could be compromised. 7. Be extremely cautious when giving any personal or other information requested. 8. Keep your home workstations patched. The machine that your family uses could pose a threat. Turn on automatic updates for any workstation in your home environment that we do not manage for you. 9. Make sure antivirus (AV) is up to date. We take care of this on your work machine, but your home workstations are just as important during times like this. Check your AV subscriptions to make sure they haven’t expired and renew them if they have. 10. If possible, purchase and/or designate a machine as a “work machine.” This should help reinforce computing habits that otherwise might not be employed on a personal machine 11. Remove critical/confidential data from local machines. This is important particularly if those machines aren’t managed by Endsight since there’s no guarantee that those systems are patched or that they’re running an up to date AntiVirus application. Additionally, if those machines fail and the data is NOT backed up in the cloud (GSuite) then that data is lost. If it IS backed up in the cloud, you run the risk of having different versions of the same document in different places which can be disastrous 12. Make sure Mac users are leveraging Time Machine for backing up their computers to a local external hard drive 13. If using the public internet, leverage a [VPN](https://www.ipvanish.com/) solution to obscure and secure your online presence. IpVanish is something I use personally for this exact purpose   ***From Aaron Young – IT Specialist – Endsight Technology – Berkeley, CA*** |
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