



Message from

Stephanie A. Young

Precinct Delegate 324/Rosemont Block Captain/RPIA 2020 President

There continues to be a great deal of uncertainty around what to expect during the COVID-19 health emergency. The one thing to be certain of – **we, as a community, are stronger together.** Accurate and current information is at the core of keeping one another safe and healthy. Please see the following and share with your neighbors, family and friends.

What Information Should You Trust About COVID-19

- Unfortunately, there is a lot of misinformation about COVID-19 running rampant, particularly on social media. You should fact check and research the sources of information found on social media **before** forwarding and sharing with others.
- Visit the Centers for Disease Control and Prevention website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Visit the State of Michigan website: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- Visit the City of Detroit website: <https://detroitmi.gov/departments/detroit-health-department>
- Sign-up with the Department of Homeland Security to receive email, text and telephone information at <https://detroitmi.gov/departments/homeland-security-emergency-management-detroit/community-messaging-system>. Please share this information far and wide. This messaging system will be used for emergencies beyond COVID-19. Homeland Security has asked for the community's help to encourage Detroiters to register.

What You Need To Do To Prevent The Rapid Spread of COVID-19

- Wash your hands with warm soapy water for at least 20 seconds – frequently throughout the day and avoid large crowds.
- Clean and sanitize frequently touched surfaces and devices, including but not limited to: cell phones, door knobs/handles, car door handles and steering wheels, remote controls, toilet handles, etc.
- Use hand sanitizer with at least 60% alcohol when unable to wash hands.
- Cover mouth and nose when coughing/sneezing with a tissue or arm sleeve.
- DWSD has partnered with Wayne Metro to offer water restoration assistance. Contact Wayne Metro at 313.386.9727 if your water is currently shut-off or you have a shut-off notice.

What To Do If You Develop Symptoms of COVID-19

- Know what the primary symptoms are: cough, fever and shortness of breath.
- Self-quarantine and contact your primary care physician if you have these symptoms. If you do not have a primary care physician, contact the City of Detroit Health Department for advice on next steps, hotline number is 313.876.4000 and email address is dhdoutbreak@detroitmi.gov.

Additional information available at www.rosedalepark.org

Do I have COVID-19, the flu or a cold?

Symptoms	Coronavirus	Cold	Flu
Sore throat	Sometimes	Common	Common
Cough	Common	Common	Common
Sneezing	—	Common	Sometimes
Fever	Common	—	Common
Body aches	Sometimes	Mild	Common
Tiredness	Sometimes	Mild	Common
Headache	—	—	Common
Runny/stuffy nose	—	Common	Sometimes
Nausea	—	—	Sometimes
Shortness of breath	In severe cases	—	—

Source: World Health Organization and U.S. Centers for Disease Control and Prevention, via Cleveland Clinic

Please be reminded, COVID-19 is a new disease. The **19** stands for the year it was discovered in China. <https://www.newscientist.com/term/covid-19/>. It didn't receive the name, COVID-19, until February. That being said, there is no way to know everything about something so new. This information is not intended to diagnose anyone, but to hopefully relieve some anxiety around any symptoms you or a loved one might be experiencing, that **currently** have not been associated with COVID-19. Example: My son has severe allergies and sneezes regularly. Sneezing is not one of the identified symptoms of COVID-19; neither are running nose, headache and nausea.

We are stronger together!

Additional information available at www.rosedalepark.org