



We want to send a special thanks to individuals, organizations, foundations for their help and support during this time.


CONNECT WITH US:

 www.facebook.com/metcalfeParkcommunitybridges

 www.instagram.com/metcalfePark2020

 www.metcalfeParkbridges.org

 **3624 West North Avenue, Milwaukee, WI 53208**

 **(414) 616-1688**

FOND DU LAC & NORTH PLAN:

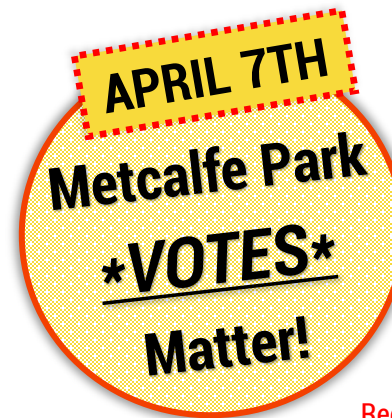
No one knows your neighborhood as much as you, and we need your guidance on what the future of the area should look like. Please visit the link below to take the Fond du Lac and North Area Community Survey and encourage your neighbors to do the same.

Your responses will help us to develop the recommendations in the Fond du Lac and North Area Comprehensive Plan. The survey has about 30 questions and will likely take less than 10 minutes to complete.

The survey will be available until April 13, 2020.

<https://city.milwaukee.gov/FondyNorth>

THANK YOU!



Register to vote online until **March 30th!**
Visit myvote.gov.wi

METCALFE PARK

COMMUNITY RESOURCE GUIDE

SPRING 2020

Page 2-5: COVID-19 Update

Page 6-9: Community Resources Available NOW

Page 10-12: From Your Neighbors

URGENT COVID-19 UPDATE

What To Do if You Are Sick



Call your doctor: If you think you have been exposed to COVID-19 and develop a fever and symptoms, such as cough or difficulty breathing, call your healthcare provider for medical advice.

Steps to help prevent the spread of COVID-19 if you are sick

Follow the steps below: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

If you have public health questions about COVID-19, you can submit them as a comment online at <https://bit.ly/2UyrXBd>, and we'll answer them.



Stay home except to get medical care

- **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **Avoid public transportation:** Avoid using public transportation, ride-sharing, or taxis.



Separate yourself from other people in your home, this is known as home isolation

- **Stay away from others:** As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.
- **Limit contact with pets & animals:** You should restrict contact with pets and other animals, just like you would around other people.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.

FROM YOUR NEIGHBORS:

WE ARE HERE FOR YOU!



We are currently accepting donations for: food, supplies, gift cards, curriculum etc. If you or your family needs assistance, please complete the **Metcalfe Park Mutual Aid Survey** online so we can stay connected, and try to get you what you need. Once we receive the items, we will drop them off to your door.

If you need assistance or help to complete the survey call **Melody McCurtis** at **414-488-5582**.

Fill out Needs Survey online here:

<https://bit.ly/2xiXfEv>

You can also go on our Facebook page to access the survey:

www.facebook.com/metcalfeparkcommunitybridges



FROM YOUR NEIGHBORS:

Metcalfe Park Votes Matter!

The deadline to register online to vote has been extended until March 30th! Visit myvote.wi.gov to get registered, and to vote from home.

If you are registered, you can request an absentee ballot by April 2nd at:

<https://myvote.wi.gov/en-us/VoteAbsentee>



COUNT US TOO! CENSUS 2020



Complete the 2020 census at:

my2020census.gov



Call ahead before visiting your doctor

- **Call ahead:** If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



Wear a facemask if you are sick

- **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider's office.
- **If you are caring for others:** If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask. Visitors, other than caregivers, are not recommended.



Cover your coughs and sneezes

- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often

- **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water:** Soap and water are the best option, especially if hands are visibly dirty.
- **Avoid touching:** Avoid touching your eyes, nose, and mouth with unwashed hands.

URGENT COVID-19 UPDATE

COVID-19 FACT SHEET :

SYMPTOMS OF COVID-19, FLU AND COLD

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHE'S	SNEEZE	FATIGUE	DIARRHOEA
COVID-19										
FLU										
COLD										

FREQUENTLY SOMETIMES LITTLE RARE NOT

@SIOUXSIEW @XTOTL thespinoff.co.nz SOURCE: WHO, CDC CC-BY-SA
FOR THE LATEST INFO PLEASE SEE who.int or health.govt.nz 20 MARCH 2020

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately**. Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

RESOURCES AVAILABLE NOW:

HEALTH & WELLNESS:

• HELPLINES

SAMHSA's National Helpline: Call 1-800-662-4357
SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline:
Call 1-800-985-5990 or text TalkWithUs to 66746

• Take the following steps to cope with a disaster:

- ⇒ **Take care of your body** – Try to eat healthy well-balanced meals, exercise regularly, and get plenty of sleep. Avoid alcohol, tobacco, and other drugs.
- ⇒ **Connect with others** – Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships, and build a strong support system.
- ⇒ **Take breaks** – Make time to unwind and remind yourself that strong feelings will fade. Try taking in deep breaths. Try to do activities you usually enjoy.
- ⇒ **Stay informed** – When you feel that you are missing information, you may become more stressed or nervous. Watch, listen to, or read the news for updates from health officials. Be aware that there may be rumors during a crisis, especially on social media. Always check your sources and turn to reliable sources of information like your local government authorities.
- ⇒ **Avoid too much exposure to news** – Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly. Try to do enjoyable activities and return to normal life as much as possible and check for updates between breaks.
- ⇒ **Seek help when needed** – If distress impacts activities of your daily life for several days or weeks, talk to a clergy member, counselor, or doctor, or contact the SAMHSA helpline at 1-800-985-5990.

RESOURCES AVAILABLE NOW:

CHILDREN EDUCATION:

FUN AND FREE WAYS TO LEARN FROM HOME

MATH:

Prodigy
play.prodigygame.com



Khan Academy
www.khanacademy.org

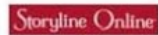


READING:

Squiggle Park
www.squigglepark.com



Storyline
www.storylineonline.net/



SCIENCE:

Mystery Doug
mysterydoug.com



National Geographic
kids.nationalgeographic.com



WRITING:

Typing Club
www.typingclub.com



SOCIAL STUDIES:

History for Kids
www.historyforkids.net



THAT FUN TEACHER

MPS is offering food and homework packet pickup. The closest location is North Division, 1011 W. Center St. They are open from 11am-1pm.

URGENT COVID-19 UPDATE

SHOPPING TIPS:

WATCH WHAT YOU TOUCH



Disinfect cart and basket handles

Sanitize or use disinfectant wipes to clean cart and basket handles before use.

WASH YOUR HANDS



Don't forget the soap

Wash your hands with soap for at least 20 seconds.

SHARING IS CARING



Be fair, please share

Stockpiling can mean someone may not be able to buy what they desperately need.

PERSONAL HYGIENE



Don't spread germs

Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Don't forget to wash your hands afterward.

SOCIAL DISTANCING



Keep a personal radius

Staying six feet away from others, even in the checkout line, does not make you unfriendly, it makes you considerate.

LIMIT NONESSENTIAL OUTINGS



Consider others

If you or someone you know is more vulnerable, take precautions. Outings, even to a grocery store, could put them at risk. You may bring home more than just groceries.



WISCONSIN DEPARTMENT
of HEALTH SERVICES
P-02620D (03/2020)
www.dhs.wisconsin.gov/covid-19

Stores with Senior-only hours:

- * Pick 'n Save: 6-8am daily
- * Metro Market: 6-8am daily
- * Dollar General: 8-9am daily
- * Aldi: 8-9am, Tues. & Thurs.
- * Walmart: 6-7am, Tuesdays
- * Target: 7-8am, Tuesdays
- * Meijer: 7-8am, Tues. & Thurs.

RESOURCES AVAILABLE NOW:

FOOD/HOT MEALS:

- **WestCare Food Pantry**
335 W. Wright St., Wednesdays, 1pm until food is out
Doors open 12:45pm
- **Milwaukee Public Schools**
MPS will distribute a packaged breakfast and lunch at 20 sites across the city Monday through Friday from 11am-1pm.
North Division High School: 1011 W. Center St.
Washington High School: 2525 N. Sherman Blvd.
Douglas Middle School: 3620 N. 18th St .
- **MacCanon Brown Homeless Sanctuary**
2461 W. Center St., food distribution, Tuesdays and Thursdays from 11am-1pm, distribution is out of the back door.
- **COA Youth & Family Centers**
2320 W. Burleigh St., Wednesday 3-6pm, Saturday 9am-12pm.
- **Hunger Task Force, Inc.**
Check www.hungertaskforce.org for locations across the city
- **Silver Spring Neighborhood Center Emergency Food Pantry**
Giving out a 3-day supply of emergency food to seniors from any zip code on Fridays from 11am to 2pm.
For information, call **414-463-7950**
- **Feeding America Eastern Wisconsin Food Pantry**
1700 W. Fond du Lac Ave., Milwaukee; (414) 931-7400
- **Boys and Girls Club**
Offering free pick-up lunches and dinners for Milwaukee children. For a list of locations and times visit:
www.bgcmilwaukee.org/meal-continuation-program
- **Jewish Community Pantry**
2900 W. Center St., Call Ahead: (414) 252-2241
Community Pantry Day is on Thursdays from 9am-12pm
Pantry is open based on number of volunteers available.

RESOURCES AVAILABLE NOW:

HOME ASSISTANCE:

- **Energy Assistance:** 414-270-4653 or 211
- **Homeowner's Help Hotline:** 1-888-995-4673
- **Eviction Defense Project:** 414-278-7722
- **Call 211** to be connected to relief services in Milwaukee, including food pantries and emergency housing in your zip code. You can also text your zip code to TXT-211
- To file a complaint about a fair housing violation, or a mortgage "rescue" scam, please call the Metropolitan Milwaukee Fair Housing Council at (414) 278-1240
- Spectrum is offering free 60 days of **internet** to households.
<https://www.spectrum.com/browse/content/spectrum-internet-assist>

JOB ASSISTANCE:

- **Filing for unemployment benefits is a two-step process:**
 1. First, complete the initial claim application. Sign up at my.unemployment.wisconsin.gov
 2. Then file a weekly claim certification for each week you want an unemployment benefit payment. The weekly claim certification triggers the payment for each week. Apply for payment at the end of the week.
- **Register with Wisconsin Job Service**
No unemployment benefits will be paid until you register with Wisconsin Job Service:
<https://jobcenterofwisconsin.com/Login.aspx>
You must be fully registered with Wisconsin Job Service within 14 days of applying for unemployment benefits. Failure to fully register by the deadline will result in a suspension of benefits, according to the DWD.
You won't receive benefits until the registration is complete.