



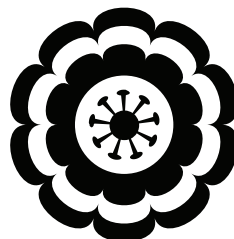
2020 General meetings at a glance: April 6 | June 1 | August 3 | October 5 | December 7

Mott Park Neighborhood goal: Neat Street Spring Clean Up

We appreciate volunteers. Please practice social distancing and wear gloves to spruce up your curbside, other Mott Park streets, and the parkways from litter and debris. Happy springtime!

Hello neighbors!

by Nena Woodall, MPNA President



Spring is here and so are the great plans and visions that are on going in Mott Park!

This year our team with everyone's help will be working on making some great changes to our park and we will also be partnering with surrounding neighborhoods.

MPNA is working on grants to redo the tennis courts and to make more improvements to the playground.

We have reached out to the Flint Art Project to help with the tennis courts and also the tunnel. We are planning to do a few clean ups along some of the streets in our neighborhood that are needing some TLC from the neighbors and to partner with surrounding neighborhoods for clean ups along Flushing Rd. and the 6th Ward.

I also want to make a call out to ALL of our neighbors. Please remember that we are all part of this neighborhood and this city and we all need

to do our part in making this a great place to live not only for ourselves, but for our children and our older neighbors. They did the work before us and we need to work for our future generations. Please be kind, please be respectful, and please do your part! It helps us stay strong and united and helps to keep our streets clean, safe, and beautiful for all to enjoy. Thank you to all who already do help and to those who are willing to help in the future. It does take us all to make a difference .



Mott Park T-shirts

We have officially been able to get a link for T-shirts. These T-shirts have the infamous rocket ship representing Mott Park and will be available online. The sales from these T-shirts will help us raise money to make the improvements to the tennis courts and the park. You can find them at <https://tspr.ng/c/i-survived-the-rocket-mott-p>

Have a bright idea for Mott Park?

Attend a meeting.

Start a project.

You'll be glad you did!



Executive committee board members

President Nena Woodall
810-771-5714 | mottpark@gmail.com

Vice President Chad Schlosser
810-771-5714 | mottpark@gmail.com

Treasurer Arther Mance
810-771-5714 | treasurer@mottpark.org

Secretary Joanne Paul
810-771-5714 | secretary@mottpark.org

Standing committees

Neighborhood Revitalization
Ginny Braun 810-444-7566
revitalization@mottpark.org

Chad Schlosser

Neighborhood Watch Vacant

Parks and Playground Vacant

Activities and Events Vacant

If interested in helping out on any committees please contact us at
MottPark@gmail.com or 810-771-5714



Did you know?

As a resident of Mott Park you are a member of the Mott Park Neighborhood Association. Attend a meeting, help a neighbor, pick up litter. We are all neighbors building a stronger community. Make a difference and volunteer today!

Are you a writer and would like to write an article or maybe share some of your work with the neighborhood? Contact us at MottPark@gmail.com or call 810-771-5714

Clean and Green

Good day neighbors, we have applied for a grant with the Genesee County Land Bank for the Clean and Green program. Through this initiative in past years we were able to maintain over 35 vacant properties and/or empty lots in Mott Park. This program has helped us to fight against blight in our area and we look forward to being able to continue that fight. If approved we will be recruiting a few mowers to help maintain these lots. Each mower is required to use their own equipment to maintain their lots and sign a release of liability form. If this is something you may be interested in please contact us at mottpark@gmail.com. We are limited on the amount of lots we can service so being a part of this program is on a first come bases. In addition to that the Land Bank offers Adopt-a-Lot programs if you are interested in adopting a Land Bank lot. The lots can be used for gardening, a pop up park, picnic area, etc. More information and forms can be found on the Genesee County Land Bank's website at www.thelandbank.org.

Another resource we have in the city is the Neighborhood Engagement Hub (NEH). This center has a free computer lab and a meeting space. Also there is a community board that list job opportunities, events, and programs that may be beneficial to residents. On this same property there is a tool shed that allows residents to borrow lawn equipment to maintain personal property. Residents can borrow anything from weed whips to zero turn mowers (after taking a short training for the zero turn mowers). The tools are for personal use (not commercial use) and community clean up projects. The NEH is located at 3216 Martin Luther King Avenue, Flint. The hours of operation are 9:00 am - 5:00 pm Monday - Friday and 10:00 am - 2:00 pm on Saturday. Their contact information is 810-620-1299 and www.neighborhoodengagementhub.org.

Spring Forward!

by Dr. Kathy Barton Brown



Spring is in the air... well almost! The temperature is getting warmer as we experience beautiful sunny days. Our minds turn toward rituals like deep cleaning inside and yard clean-up outside. We strive to get our house in tip top shape by purging old clothes, miscellaneous junk and non-essential items. How many times do we think about having the same rituals for our mental health? Do we clean out old grudges? Do we purge "stinking negative thinking"? Do we nurture and beautify our living relationships? Springtime is the perfect time to eliminate toxic relationships, toxic situations, and even deep seated self hating thoughts. It's the perfect time to start a new habit like exercising daily (even 15 minutes a day can make a difference), making a point to eat healthier meals, start a new hobby or read a new book weekly. Have you desired to go back to school or maybe travel or maybe put your spending on a diet? What would you like to see bloom in this season? Whatever the answer is, NOW is the time to spring forward and DO IT!! Wishing you sweet blooming success in your endeavors!



Flint Neighborhoods United (FNU) is a coalition of block clubs, neighborhood associations and crime watch groups who meet on the first Saturday of each month to share information and leverage their resources for positive change in the Greater Flint community. FNU's city-wide perspective helps neighborhood groups learn about other groups' concerns and initiatives, share ideas, and maybe join their efforts. FNU has three goals:

1. Improve communication among and between stakeholders at all levels.
2. Create and maintain an environment that supports safe and healthy neighborhoods

3. Re-establish a city-wide sense of community with a shared responsibility.

You always learn something new and meet someone new. Many Flint residents attend, even if not formally designated by their neighborhood. The meeting discusses neighborhood concerns and information to share. The March 4, 2020 meeting had a special guest (Congressman Dan Kildee) and a presentation (the interactive Flint Neighborhood Map project at <https://www.neighborhoodengagementhub.org/neighborhood-mapping-project>). I learned about the "Traffic Taming Task Force." Formed in October 2018, the Task Force launched an awareness campaign called Flint Driving Change. Signs encourage drivers to slow down, refrain from distracted driving, and watch for bicyclists... The signs also encourage bicyclists and pedestrians to take

precautions – wear reflective clothing, wear helmets while cycling and be mindful of traffic. The signs are available (first come, first served) to any neighborhood group that requests them. Signs should be placed on private property. Take the Traffic Taming survey for our zip code! The Task Force purchased a speed radar sign to rotate among neighborhoods throughout the year. The sign tracks traffic volume and speed and can be used for traffic calming, as well. Most recently the speed radar sign was placed on Cornelia Avenue, near Doyle-Ryder school. April is "Distracted Driving Month." Help end distracted driving by using an app: <https://www.enddd.org/end-distracted-driving/enddd-blog/driving-apps/>. The Traffic Taming Task Force will meet Monday, April 6 at Crim Foundation. Due to Flint Public Library renovation, the group will be meeting at the Masonic Temple at 9:30 am - 11:00 am on Saturday, April 4, 2020.

<https://www.flintneighborhoodsunited.org/who-we-are-what-we-do/>

Mott Park Recreation Area update

by Tom Saxton

2019 was an exciting year at the Mott Park Recreation Area with the completion of the Paddler's Landing, as well as many other improvements in the space. The Mott Park Recreation Association (MPRA) partnered with the Flint River Watershed Coalition, the Corridor Alliance, and several other organizations and individuals to help raise \$120,000.00 for construction of the landing which will allow for year around access for those wanting to enjoy the river by kayak or canoe. The landing will also provide a safe exit from the river for the annual Flint River Flotilla.

The disc golf course continued to be a huge positive in its second year. The MPRA course is gaining a reputation for being one of the best in our state and is

the host to two major annual tournaments. This year, the MPRA will be building additional tee and pin locations on several holes in order to enhance the course and provide more challenges for every skill level.

The annual Turkey Trot this past Thanksgiving had another great turnout. The positive energy that morning was fantastic! The longest continuous run race in Michigan remains a significant event on the Rec Area calendar. Other ideas for the Rec Area in the planning phase are more wayfinding signage, a picnic area, and the identification, and eventual eradication of invasive plant species. Feedback and other ideas from community members are always welcome.

It is important to recognize and thank our community volunteers who keep the space mowed and picked up. Our volunteers put in hundreds of hours a year to keep the Rec Area looking great. All the hard work they donate to our community should not be overlooked. The MPRA is the park adopter of the Rec Area. The non-profit organization mission is to maintain and enhance the Rec Area as a multi-use recreational space. The MPRA operates strictly on donations and grants from our community. The costs of maintenance and mowing add up and we welcome donations at all levels from individuals and groups. For more information, to donate, or to contact the MPRA please go to www.mpraa.net. Get out and enjoy the Mott Park Recreation Area in 2020!

MOTT PARK DUES

While everyone who lives or owns property in Mott Park is a member of the Mott Park Neighborhood Association and is welcome at all MPNA functions and events, members who give a federally, tax-deductible donation of at least \$15.00 are “dues-paying members”, who help the neighborhood in the following ways:

1. The MPNA functions on money from dues, gifts, donations and grants. A substantial portion of that comes from dues paid by members like you.
2. The bi-annual newsletter is printed with money from dues.
3. Your dues help pay for the MPNA neighborhood garage sale permit and advertising costs. The neighborhood garage sale brings in people

from all over to visit our sale and see what a great place Mott Park is.

4. The MPNA uses dues to provide food and entertainment for the entire neighborhood at the annual neighborhood picnic. This is a great event to help get to know your neighbors and reacquaint yourself with old friends.
5. The MPNA uses dues to help feed the many volunteers who turn out every year for the annual Mott Park spring cleanup.

There are six MPNA neighborhood meetings per year that provide neighbors with vital information on issues pertaining to living in Mott Park and in the City of Flint. Your dues help with providing refreshments and office supplies for these meetings.

Dues-paying members also receive these additional benefits:

- Dues-paying members have the satisfaction of knowing that they are supporting a neighborhood association that works for their benefit.
- Only dues-paying members have the privilege of voting in the MPNA elections. As a dues-paying member, you have a voice in who is running the association.
- Dues-paying members are entitled to a 30 word ad in the Service Guide section located in the newsletters and hosted at www.MottPark.org. Dues-paying members certainly make difference in our neighborhood!



**MOTT PARK
PRIDE**

Together let's make 2020 a great year for our neighborhood!

Please visit our dues and donations page at www.MottPark.org and donate via PayPal or mail your tax-deductible donation of at least \$15.00, payable to the Mott Park Neighborhood Association and drop it in the mail!

Mott Park Neighborhood Association / Attn: Treasurer
PO Box 4187 Flint, MI 48504



2020 MOTT PARK NEIGHBORHOOD ASSOCIATION DUES

Please fill this out and enclose with your check (please do not mail cash)

Name _____

Address _____

Phone _____

E-mail address _____

Amount enclosed _____

PARTICIPATING
MEMBER



How would you prefer to be notified of Mott Park events.

☐ by phone

☐ by email

MOTT PARK TREASURER'S REPORT

January 1, 2019 - December 31, 2019

Some Interesting Facts About Our Finances.

Become a participating member of Mott Park Neighborhood Association!

Everyone is a member of the neighborhood, but participating members are what helps bring events and newsletters, supports the gardens around the neighborhood, and fund any cost that is needed to help revitalize and beautify

our neighborhood.

We are asking for you to do your part by paying \$15 in dues every year.

You can conveniently pay this online by using the link at MottPark.org and donate via Paypal. You can also mail a check to:

MPNA, Attn: Treasurer
P.O. BOX 4187
Flint, MI 48504



Mott Park Chronicles

Mott Park Chronicle has been a great resource and read for former and new neighbors.

This was a book that was put

together by a neighbor and was gifted to MPNA to continue on. We have unfortunately not been able to get a reprint and we are currently working on how we can continue to have this great book of information and memories to continue on. Please be patient as we try to resolve this in the best way.

Mott Park 2019 Report		
Main checking	\$4,460.90	\$6,933.63
Grant Account	\$2,472.73	
Receipts - Income		
Donation of Dues	\$200.05	Total Receipts/ Income \$8,084.20
Community Foundation	\$940.00	
Business Donation	\$500.00	
Reimbursement	\$295.00	
Best Buy (adjustment)	\$72.80	
Amazon Smile	\$15.08	
Clean and Green Grant	\$5,600.00	
Fiduciary	\$461.27	
Disbursements - Expenses		
Grant Account	\$918.00	Total Disburse- ments/ Expenses \$8,793.00
Amazon	\$15.88	
Meetings	\$25.72	
Clean and Green Grant	\$5,724.49	
Mott Park Neighborhood Revital	\$188.01	
P.O. Box Fee	\$138.99	
Office Supplies / Tech	\$537.37	
Website Expense	\$65.00	
Newsletter Costs	\$280.00	
Call Fire	\$72.02	
Activities and Events	\$280.00	
Mott Park Cleanup	\$141.76	
Flint River Corridor Donation	\$108.11	
Fiduciary	\$419.59	
2020 Balance		\$6,224.83

Newsletter changes

We have made some changes to our format for the newsletter and everyone seems to like the information that we have been including. We have the new section of Meet your Neighbor where we let a neighbor tell us about themselves and what they do. Some have businesses and services right here and we want to share that information. If you know of someone or you are someone that would like to be in the next Meet your Neighbor section please e-mail us at Mottpark@gmail.com

We have also started including resources and events that are going on around our city. We have tried to vary what we find and make sure that we can showcase varying events and resources. If you know of something you would like to see listed please contact us at mottpark@gmail.com

Facebook

Mott Park has two official Facebook pages, one for information and resource and one is a closed group. These pages

are great resources and tools to help neighbors not only get information, but to connect and get help when they need it. We post our meetings on these pages via video or Facebook live. We are working on putting these on the website and we are trying to be more diligent about getting the website updated as much as we can.

Facebook pages:
Mott Park Neighborhood Association
Mott Park, Flint MI

MEET OUR NEIGHBORS



**MOTT PARK IS MADE UP OF
SOME PRETTY WONDERFUL
PEOPLE. EMAIL US ABOUT
YOURSELF OR ABOUT A
NEIGHBOR. OR TWO.
WE'D LOVE TO MEET YOU!**

MOTTPARK@GMAIL.COM

Editor's note:

You can visit Kelly and Don at the Not 2 Shabby Red Barn at 1142 East Maple Avenue, Flint 48507. You are guaranteed to find something for your home. Call 1-248 496-5904 before coming, Kelly just may be rearranging the barn's front porch or painting in the back.

MEET KELLY...

Hello Mott Park, my name is Kelly Williams and my story starts with meeting an amazing man in real estate and him showing me his "family's barn!" It was full of memories, treasures, and plain old junk! I instantly fell in love... with both of them!

In May 2008, Don, 4 kids, and I purchased the distressed Tudor on Norbert Street, it was going to be our second "flip!" Long story short, our adventures led us to moving during Thanksgiving weekend of 2008. We have been blessed with the best neighbors and the friendships are lifetime! We were still in the peak of our recession, real estate was tough, I was an admin for a friend in real estate, and Don had to continue with construction. In 2010, Don's wonderful parents suggested we open a "junk store" as I call it in "the barn!" Judy knew my love of antiques and decorating because of my Mom and this was the beginning of Not 2 Shabby! I continued in real estate, but worked endless hours to get the barn cleaned up. We had our first sale Labor Day weekend (closed Saturdays) and it was huge! So many had said they always wondered what was in this red barn. We were open Thursday, Friday, and Sundays for the next two years and I tried many things such as resale and consignment, it just wasn't my thing. In July of 2012 we made the decision to jump all in, I left my job and it has been quite a ride since! In 2015 we launched Shabby Sundays at the Barn, a small pop up market for local vendors to show off their vintage and hand crafted wares. We went through great learning curves with this event. They have grown tremendously and we now have two a year, spring and fall. In 2017 we offered Ladies Night Out at the Barn... let your hair down and enjoy wine with our vendors of all kinds! One thing I have learned, you just have to roll with the tide, things are ever changing and that is what keeps it fresh.

I have always enjoyed re-doing furniture, curb side shopping is one of my faves... so the thought of repurposing was just the next step and realizing our next generation of Greenies were appreciating good furniture. Giving worn out vintage pieces new life with paint just made sense. My painting business, repurposed pieces, as well as antiques are now what adorn the Barn. Don's carpentry skills can bring nearly any piece a second chance and he can't pass up any curb side shopping. Don still continues to sell real estate, but supports and helps any time I need it. I am very fortunate that he loves junk as much as I do! This brought us to our next branch of business... we redo kitchens together. We are able to bring the next level to a repurposed kitchen - cabinetry painting, counter tops, back splash, trim, etc. It's one stop shopping and it's what keeps us busy in the winter months when the Barn is closed up. I also keep busy in my dungeon workshop to fill my studio (A.K.A. a spare bedroom) fondly called Not 2 Shabby Too. We host on-line sales and virtual pop up sales in the off season. We hope one day to have the barn going full time, it just hasn't been God's plans of yet. Until then, we will continue on with this amazing roller coaster ride we call life! Thank you for the honor of sharing our story. **Kelly Williams**
Not 2 Shabby Red Barn

Genesee County Resources


PART 1: LOOK FOR PART 2
IN FALL/WINTER 2020

ADVOCACY		
Disability Network	M-F: 9-4:45	742-1800
Valley Area Agency on Aging	M-F: 8-5	239-7671
Priority Children	M-F: 9-5	234-5007
Communication Access Center for the Deaf and Hard of Hearing, Sign Language Interpreter Source		239-3112
CLOTHING & SOME BABY FURNITURE		
Carriage Town Ministries	M-F: 8-5	233-8787
Heartbeat (baby clothing & furniture)	M-F: 10-2:45	232-3101
Bristol Road Church of Christ	Tue: 10:30-12:30	238-9004
Baby clothing. ONLY for 48507, 48519, 48529 areas		
Greater Flint Outreach Center	F: 9-12	767-4064
LOVE Inc. (intake & referral)	M, T: 9-4, W: 9-3	235-4990
Eastside Mission (clothing ONLY)	T- Th: 9:30-12:30	767-5312
Catholic Charities Community Closet	M-F: 1-4	265-7025
COUNSELING		
Genesee Health System - mental health services 420 W. Fifth Ave.	M-F: 8am-5pm	257-3740
Catholic Charities	M-Th: 8:30-8; F: 8-4:30	232-9950
Consumer Services		237-0799
Easterseals (children)		238-0475
Hope Network		232-2766
Oakland Psychological		
Grand Blanc		695-0055
Flint		732-0560
TTI (Treatment & Training Innovations)		232-6081
EMPLOYMENT		
Michigan Works Career Alliance	M-F: 8:30-5	233-5974
Job Corps (ages 16-24)	M-F: 8-5	232-9102
Mott Comm. College Workforce Education Center		232-2555
TRANSPORTATION		
Jewish Community Services Highway to Health		767-5922
Mass Transportation Authority		767-0100
Your Ride – call for individual city number (Burton, Clio, Davison, Fenton, Flint East & West, Flushing, Grand Blanc, Mt. Morris, Otisville, Swartz Creek)		767-0100
Rides to Wellness		780-8946
FOOD LINES		
GCCARD (food distribution-bring bag)	M-F: 9-3	789-3746
Crossover Downtown (free food)	M-F: 10-2:30	234-2479
Greater Flint Outreach Center (bring your own bag)	Th: 9-12	767-4064
1938 S. Dort Highway		
G5200 Clio Rd. (old James Lumber Bldg.)	F: 9-12	
HELP Centers – free Water Crisis resources and food giveaway FlintCares.com/helpcenters (no eligibility requirements)		
FOOD: PANTRIES AND INTAKE CENTERS		
Food Bank of Eastern Michigan	M-F: 8-4:30, Sat 9-12	239-4441
Eastside Mission	T, Th: 9:30-12:30	767-5312
Bristol Road Church of Christ	Tue: 11am-1pm	238-4627
ONLY serves zip codes 48507, 48519, 48529		
Greater Flint Outreach Center		767-4064
LOVE Inc. (intake & referral)	M, T: 9-4, W: 9-3	235-4990
Outreach East	M,W: 10-3; T, Th: 1-6	653-7711
(Davison, Otisville, Goodrich ONLY)		
St. Mary Catholic Church	T: 1-2:30	232-4012
(Serving Parishioners & Neighborhood Residents)		
FOOD: SANDWICH PROGRAM		
Bread of Life 2608 Maplewood	M-F: 12-1	785-6911
My Brother's Keeper	M,W,Th,F: 11-12:30	234-1163
FOOD: PREPARED MEALS		
Carriage Town Ministries (optional religious service offered at 5pm, dinner at 5:30pm)	365 days/year	233-8787
North End Soup Kitchen	M-Sat: 4-5, Sun: 1-2	785-6911
Eastside Mission Hot Meal	M-Th: 9:30-12:30	767-5312
(neighborhood residents ONLY)		
First Presbyterian Church	Sun: 8am	234-8673
Salvation Army (Prepared Meals)	M-F	
Summer Only: Breakfast: 8:30-9:30; Lunch 11:30-1:30		789-4003
School Year: T-F Dinner: 4-5 (18 and Under)		
Center for Hope	M-Sat: 12-1; Sun 1:30-2:30	785-6911
GCCARD Meals on Wheels		235-3567
BRIDGE CARD		
SNAP Hotline – help applying for a Bridge Card		922-1781
WIC (WOMEN, INFANTS, CHILDREN)		
GCHD McCree Bldg. 630 S. Saginaw St. Suite 4		257-3612
GCHD Burton G-3373 S. Saginaw St.		742-2255

CAMPUS

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KEVIN KINGSBURY

Phone: 810.762.9721

Cell: 989.227.8591

E-mail: printing@kettering.edu

Service guide

Mott Park residents who have paid the annual MPNA dues are eligible to place an ad in the service guide. Please limit your posting to about 20 words. Please note that the MPNA does not endorse any service/vendor listed.

Bed and Breakfast

Knob Hill Bed and Breakfast is a beautiful 1920s home located at 1105 South Drive in Flint. Call Diana Phillips at 810-424-3888, email knobhillbnb@gmail.com or visit www.knobhillbedandbreakfast.com

Home Remodeling

Repairs on ALL aspects of your home Remodeling on ALL aspects of your home. For reviews and information visit www.robertshomeremodeling.com Call Bo at 810-620-9314

Notary Public

Call Julie Simmons at 810-820-5731

Realtors

Ginny Braun with Berkshire Hathaway HomeServices Michigan Real Estate at 810-444-7566 if no answer call 810-606-0102 or email ginnybraun@bhhsmi.com

Scott D. Shaker of Re/Max Grande Realty at 810-695-4111 or www.isellhomesfast.com with 15 years of short sale and foreclosure experience.

Window & Gutter Cleaning

Quality Window Cleaning, 30 years experience, Mott Park resident for 25 years. Call Frank at 810-234-2897

Light up Mott Park!
Turn your porch lights on.



Coronavirus disease 2019 (COVID-19) and you

What is coronavirus disease 2019?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can I get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the world. Risk of infection from the virus that causes COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19.

Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

The current list of global locations with cases of COVID-19 is available on CDC's web page at <https://www.cdc.gov/coronavirus/2019-ncov/locations-confirmed-cases.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of:

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



CS 314937-H 03/06/2020

For more information: www.cdc.gov/COVID19

