

*Special Edition*

**Self-Care**

**Guide for Direct Care**

**Essential**

**& Frontline**

**Workers**



# THE DIMENSIONS OF SELF-CARE

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The five different dimensions of self-care include physical, intellectual, social, spiritual, and emotional aspects. Incorporating activities from each dimension into your life means you'll be nourishing every aspect in your life and ultimately getting better at self-care.

## 01

PHYSICAL

Physical self-care involves your fitness and sleep habits. This area also includes how you manage stress, your dental/medical check-ups, and sexual health.

## 02

INTELLECTUAL

Intellectual self-care involves your personal growth, continuous pursuit for learning and education, engaging in new things, practicing mindfulness, and having a positive mindset.

## 03

SOCIAL

Social self-care involves having a supportive network of people you can turn to when you need uplifting, guidance, or someone to talk to. Social connection helps create a sense of belonging and acceptance.

## 04

SPIRITUAL

Spiritual self-care involves the beliefs and values that help guide your life. This includes practices that help nourish your soul, seek understanding, and explore your spiritual life.

## 05

EMOTIONAL

Emotional self-care involves awareness of your feelings and emotions, dealing with stress positively, and cultivating a sense of compassion, kindness, and love for ourselves and others.

# The Benefits of Staying Hydrated





**FEELING**

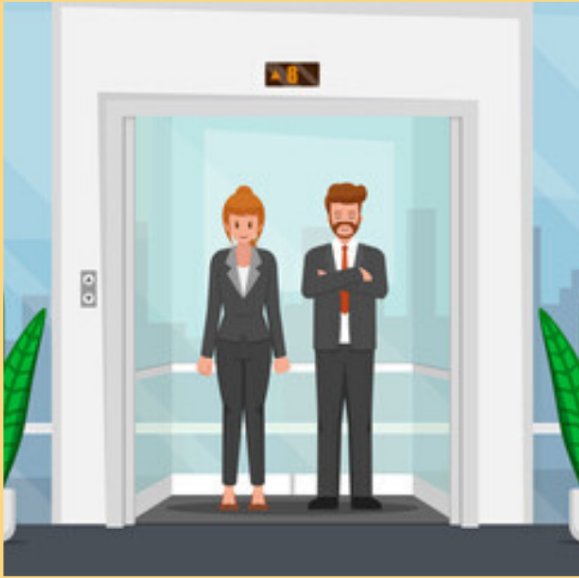
**STRESSED?**

**WE'RE YOU  
HERE FOR YOU**

Call or text: 313-488-HOPE | Available 24/7

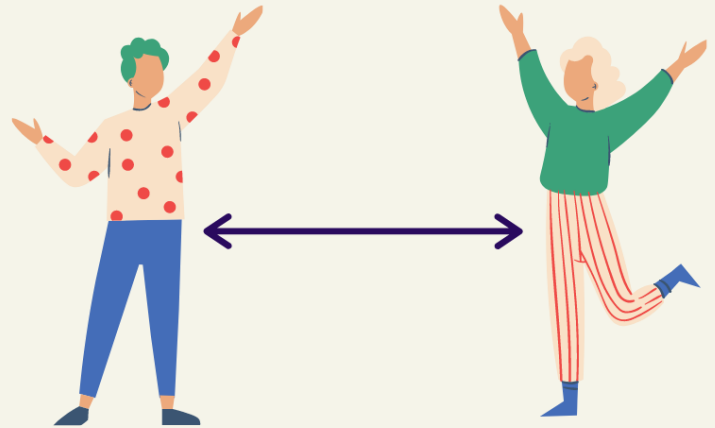
[REACHUSDetroit.org](https://REACHUSDetroit.org)

# SOCIAL DISTANCING GUIDELINES



## ELEVATOR ETIQUETTE

Please observe CDC guidelines for physical distancing



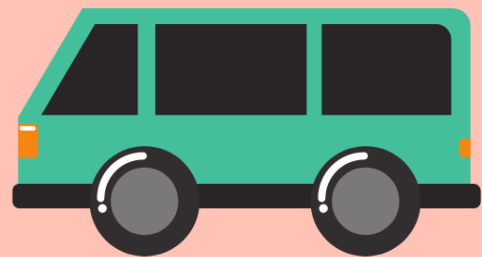
## MAINTAIN PHYSICAL DISTANCING

Maintain a distance of at least 6 feet between yourself and anyone who is coughing or sneezing.



## VISITATION

Schedule appointments in advance so the home is prepared before visitor arrival. All visitors should wear PPE.



## TRANSPORTATION

Limit, schedule and rotate community outings to comply with social distancing.



# Coping with COVID



**Talk to people you trust about your feelings.**

**Maintain a healthy lifestyle by keeping a proper diet, sleeping, exercising, and socializing with loved ones by email and phone.**



**Don't use alcohol, smoking, or other drugs to deal with your emotions. If you feel overwhelmed, talk to your doctor, therapist or call DWIHN's 24/7 HelpLine at 800-241-4949.**

**Get the facts. Don't believe everything you hear or read. Find a credible source you can trust such as DWIHN or a local or state public health agency, and limit your screen time.**



**Find something that's a priority to you and spend time doing what makes you happy. i.e. gardening, meditating, yoga, reading, spirituality, arts and crafts, etc.**



# COVID-19

Protect yourself and loved ones

Help prevent the spread of respiratory diseases like COVID-19

## + WASH YOUR HANDS

Wash your hands with soap and warm water regularly.



## + COVER A COUGH OR SNEEZE

Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



## + DON'T TOUCH

Avoid touching eyes, nose or mouth, especially with unwashed hands.



## + KEEP YOUR DISTANCE

Avoid close contact with people who are sick.



## + STAY HOME

If you experience respiratory symptoms like a cough or fever, stay home.



## + GET HELP

If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



# COVID-19

## WHEN TO SEE A DOCTOR



The Center for Disease Control does not recommend wearing a mask if you are not sick. If you are experiencing severe respiratory symptoms, call 911 immediately.



- **Evaluate your symptoms**
- **Contact your Primary Care Physician first**



**If your Doctor is unavailable, call these hotlines**

- **Ascension: 833-978-0649**
- **Beaumont: 800-592-4784**
- **DMC: 888-DMC-3370**



- **Have a cough**
- **Fever over 100.4**
- **Shortness of breath**



# COVID-19

## TIPS ON SOCIAL DISTANCING



Social distancing is a strategy to limit the spread of COVID-19, the disease caused by the coronavirus. This is a conscious effort to reduce contact between people to slow down the spread of the virus.



- **Stay home, rest**
- **Take a walk, play games with family**
- **Call a friend or family member**
- **Use hand sanitizer**
- **Wash hands frequently for 20 seconds**
- **Fist bump instead of shaking hands**
- **Stay at least 6 feet away**



- **Gather with groups of 10 or more**
- **Flu like symptoms, stay home and call your doctor**

**Spring  
2020**



# **Persons Point of View**

**Editor-In-Chief  
Michael Shaw**

**Telemedicine**

**Reflections**

**Census and Voting**

**Nicole G.**



# Persons Points of View Bulletin

## DWIHN COVID-19 INFORMATION LINE (313) 989-9333

COVID-19 testing is now available to anyone. To find an appropriate testing location, call the Michigan Coronavirus Hotline at 1-888-535-6136 or visit [www.michigan.gov/coronavirustest](http://www.michigan.gov/coronavirustest).

Michigan legislature plans to use Cares Act funding to provide \$120 million for direct care workers, providing an additional \$2/hour from now through September and \$125 million in day care subsidies to help reduce child care costs. For more coronavirus funding updates, click [here](#).



### 2020 Census

Take the census online at [my2020census.gov](http://my2020census.gov), by questionnaire through the mail or by calling @ (844) 330-2020.



### Save the Date

EVOLVE, DWIHN's Quarterly Member Meeting, takes place July 29 10:30am-12:00pm online. Click [here](#) to RSVP. The link will be sent via email to all who register.



### Your Right!

Next Michigan Primary Election, Aug 4. Next U.S. Presidential Election Nov 3. More info [Michigan.gov/sos](http://Michigan.gov/sos) Exercise your right to vote.

## DWIHN Cares...

If you need assistance, have questions or concerns, reach out to our Customer Service team at 313-833-2500. Rights issues can be addressed with the DWIHN Office of Recipient Rights at (888)-339-5595.



LISTEN TO AND LEARN HOW TO

# COPE WITH COVID-19

AT DWIHN WE'RE WORKING TO SUPPORT OUR COMMUNITY THROUGH THE PANDEMIC. OUR GOAL IS TO HELP YOU AND YOUR FAMILY STAY HEALTHY AND GET THE CARE YOU NEED.

FOR MORE INFORMATION, CALL THE DWIHN INFORMATION LINE  
313-989-9333.

## REMEMBER!

If you need help, or know anyone who needs assistance, always remember our 24-hour HelpLine access number: 800-241-4949



# COPE WITH COVID-19

AT DWIHN WE'RE WORKING TO SUPPORT OUR COMMUNITY THROUGH THE PANDEMIC. OUR GOAL IS TO HELP YOU AND YOUR FAMILY STAY HEALTHY AND GET THE CARE YOU NEED.

WATCH FOR DWIHN ANNOUNCEMENTS VIA TEXT FROM  
408-290-5811

## REMEMBER!

If you need help, or know anyone who needs assistance, always remember our 24-hour HelpLine access number: 800-241-4949



## GUIDE TO COVID-19 SYMPTOMS AND PREVENTION



LOSS OF SENSES



FEVER



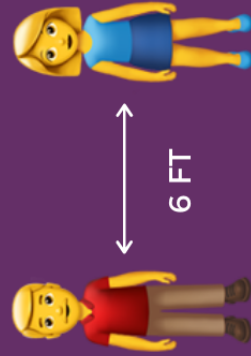
COUGH



SHORTNESS OF  
BREATH



CALL YOUR DOCTOR  
IMMEDIATELY IF  
SYMPTOMS APPEAR



PRACTICE  
SOCIAL DISTANCING



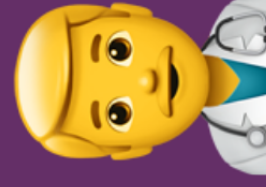
STAY HOME IF  
SICK



COVER MOUTH AND  
NOSE

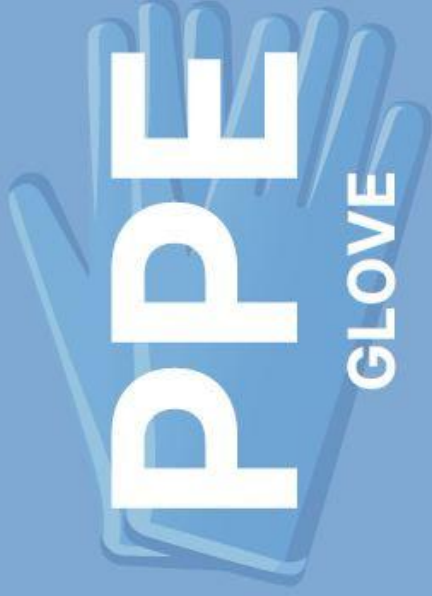


WASH HANDS  
FREQUENTLY



CALL YOUR DOCTOR  
IMMEDIATELY IF  
SYMPTOMS APPEAR

AVOID TOUCHING YOUR EYES, NOSE AND MOUTH  
VISIT [CDC.GOV](https://www.cdc.gov) FOR MORE INFORMATION



## GUIDELINES

GLOVES SHOULD FIT SNUG, EXTENDED TO WRIST

KEEP HANDS AWAY FROM FACE

LIMIT TOUCHED SURFACES

CHANGE WHEN TORN OR HEAVILY CONTAMINATED

DISCARD IN THE TRASH

WASH HANDS OR SANITIZE BETWEEN CHANGES

**\* DON'T TOUCH ANYTHING WITH YOUR GLOVES THAT YOU'LL  
BE TOUCHING LATER**



## USAGE

## GUIDELINES

PUT OVER FACE, COVER MOUTH AND NOSE

FIT SNUG TO FACE BELOW CHIN

DON'T REUSE A SINGLE-USE MASK

DISCARD IN THE TRASH

WASH HANDS OR SANITIZE BETWEEN CHANGES

**\* DON'T PULL THE MASK OFF FROM THE FRONT OR WEAR IT UNDER YOUR CHIN**





**Your Primary Care Doctor, Supports Coordinator, or Case Manager are your partners in helping to understand your health needs.**

The goal of this partnership is to:

- Help you navigate your medical and mental health care by providing resources that address your health care needs.
- Provide follow up appointments with the appropriate health care specialists
- Direct you to care if your condition worsens

If you do not have a doctor, your health plan can assist you. If you need behavioral health help, please call our 24/7 HelpLine 800-241-4949.

Detroit  
Wayne  
Integrated  
Health  
Network



**CALL OR SEE  
YOUR  
HEALTHCARE  
PROFESSIONAL**

**GO TO  
URGENT  
CARE**

**GO TO  
EMERGENCY  
OR CALL 911**

**24-Hour Access  
Center  
800-241-4949**



**Address**

707 W. Milwaukee St  
Detroit, MI 48202  
313-833-2500



**Customer Service**  
888-490-9698  
**Recipient Rights**  
888-339-5595  
**TTY/TDD**  
800-630-1044

The Detroit Wayne Integrated Health Network is a healthcare safety net organization that provides access to a full array of integrated services that facilitate individuals to maximize their level of function and create opportunities for quality of life.



[www.dwihn.org](http://www.dwihn.org)



**WHEN SHOULD I  
SEEK HELP?**



## GO TO URGENT CARE

### ***Need care but can wait a few hours***

You should go to Urgent Care when your condition is not life threatening but needs prompt attention and your healthcare professional may not be available to see you. You should seek urgent care when:

- The offices are closed
- Your healthcare professional could not see you the same day
- You are told to go to Urgent Care
- You do not have a primary care doctor

## CALL OR SEE YOUR HEALTHCARE PROFESSIONAL

### ***Need care but can wait a day or two***

Contact them when you need treatment for conditions you feel are not immediately dangerous. These health issues can be taken care of when your healthcare professional is in the office. Examples you may want to contact your healthcare professional about include:

- Preventive care
- Routine screenings
- Immunizations
- Managing chronic conditions

Healthcare

Professional: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_



## GO TO EMERGENCY OR CALL 911

### ***Need care now and cannot wait***

An emergency means healthcare is needed immediately and waiting may be dangerous. Some examples are:

- Trouble breathing
- Chest pains
- Fainting
- Uncontrolled bleeding
- At risk of hurting yourself or someone else
- Fainting
- Serious pain
- Severe injury

Emergency care is always available 24 hours a day, 7 days a week. If you have an emergency, go to the nearest Emergency Department or call 911 for help.





**HERE TO TALK. HERE TO HELP.**

**Detroit Wayne Integrated Health Network**

707 W. Milwaukee St.

Detroit, MI 48202

[www.dwihn.org](http://www.dwihn.org)

**24-Hour Crisis Information and Referral**

800-241-4949

TDD/TTY: 866-870-2599

**Customer Service**

888-490-9698 or 313-833-3232

TDD/TTY: 800-630-1044

Fax: 313-833-2217 or 313-833-4280

**Recipient Rights Office**

888-339-5595

TDD/TTY: 888-339-5588



**@DetroitWayneIHN**