

KEEPING CALM & CARRYING ON



INLIVIAN
HOUSING REDEFINED

TIPS TO PROTECT YOURSELF FROM COVID-19

- Wash your hands often with soap and water for at least 20 seconds
- Use a hand sanitizer that contains at least 60% alcohol
- Avoid close contact with people who are sick
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
- Clean and disinfect frequently touched surfaces daily
- Practice social distancing (six feet apart)
- Isolate yourself as much as possible
- Drink plenty of fluids
- Eat foods that will boost your immune system
- Only go to the store when it is necessary
- Wear cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies)

For more information go to:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>





15 FOODS TO HELP BOOST YOUR IMMUNE SYSTEM

- Citrus Fruits
- Red Bell Peppers
- Broccoli
- Garlic
- Ginger
- Spinach
- Yogurt
- Almonds
- Tumeric
- Green Tea
- Papaya
- Kiwi
- Poultry
- Sunflower Seeds
- Shellfish

For more information go to:

<https://www.healthline.com/health/food-nutrition/foods-that-boost-the-immune-system>



HOW TO MAKE A HOMEMADE FACE COVERING

Materials

- Coffee Filter
- Two Hair Ties or Rubber Bands
- Bandana
- Scissors

Steps

1. Cut the coffee filter in half
2. Fold the bandana in half
3. Put one half of the coffee filter in the middle of the bandana
4. Fold the bandana into thirds, so that the top fold into the middle and the bottom folds over the top
5. Put a hair tie on each end of the bandana (hair ties should be six inches apart)
6. Fold the ends of the bandana inward over the hair ties
7. Then place over your mouth and spread out the bandana to cover your mouth

For more information and ways to make face coverings go to:
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



HOW TO MAKE A HOMEMADE FACE COVERING

Materials

- Shirt
- Scissors
- Writing Utensil

Steps

1. Measure five inches starting from the bottom of the shirt (should be lower to mid stomach area)
2. Mark it with a writing utensil
3. Cut the shirt from one side to the other (Shirt should be 7-8 inches wide)
4. Take the bottom part of the shirt, measure and mark a centimeter from the top and bottom
5. Now you will cut a rectangle out of the shirt
6. Start at the bottom mark and cut five inches across
7. Cut up the distance from your bottom mark to your top mark
8. Cut back across through your top mark
9. You should have a rectangle in the shirt
10. Cut the middle of the top and bottom cloth thin strip to create mask strings
11. Now place mask over your mouth and tie the top and bottom strings behind your hair

For more information and ways to make face coverings go to:

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>



HOW TO MAKE HAND SANITIZER AT HOME

Ingredients

- 3/4 cup of isopropyl or rubbing alcohol (99 percent)
- 1/4 cup of aloe vera gel (to help keep your hands smooth and to counteract the harshness of the alcohol)
- 10 drops of essential oil, such as lavender oil, or you can use lemon juice instead

Directions

- Pour all ingredients into a bowl, ideally one with a pouring spout like a glass measuring container
- Mix with a spoon and then beat with a whisk to turn the sanitizer into a gel
- Put in an empty container and label it hand sanitizer

For more information go to:

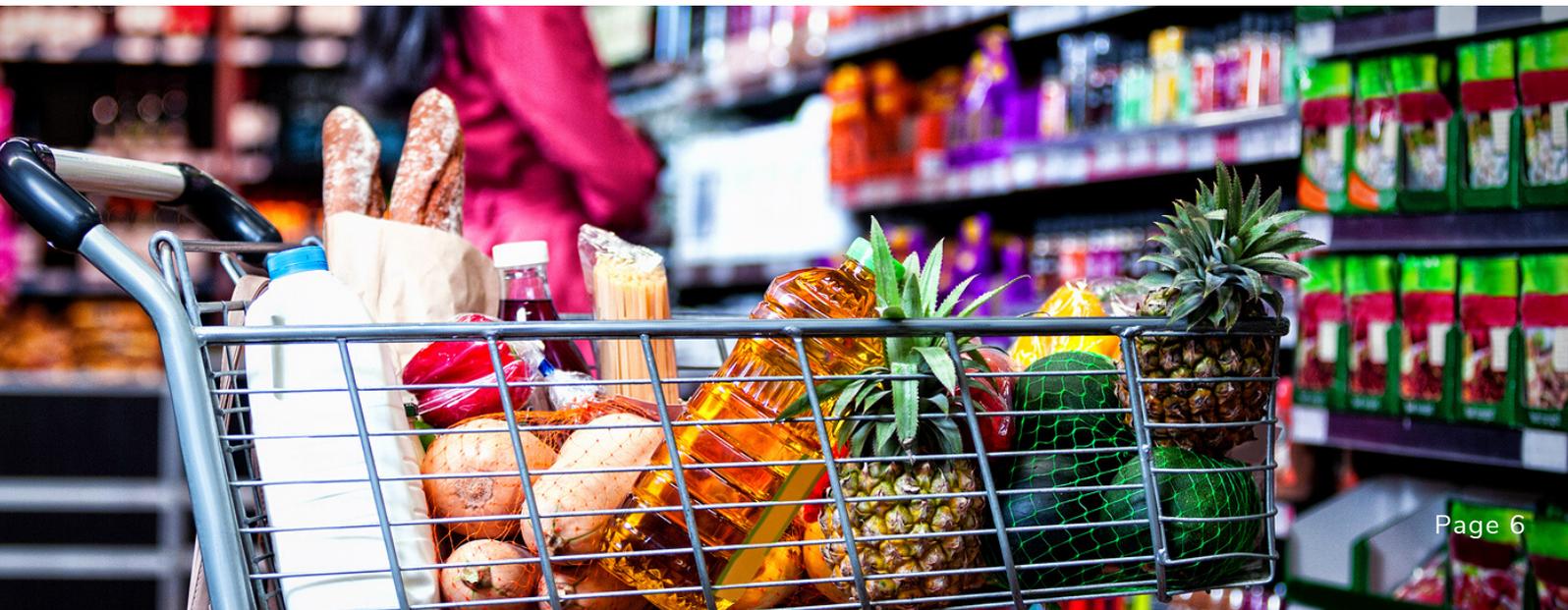
<https://www.healthline.com/health/how-to-make-hand-sanitizer#how-to-make>

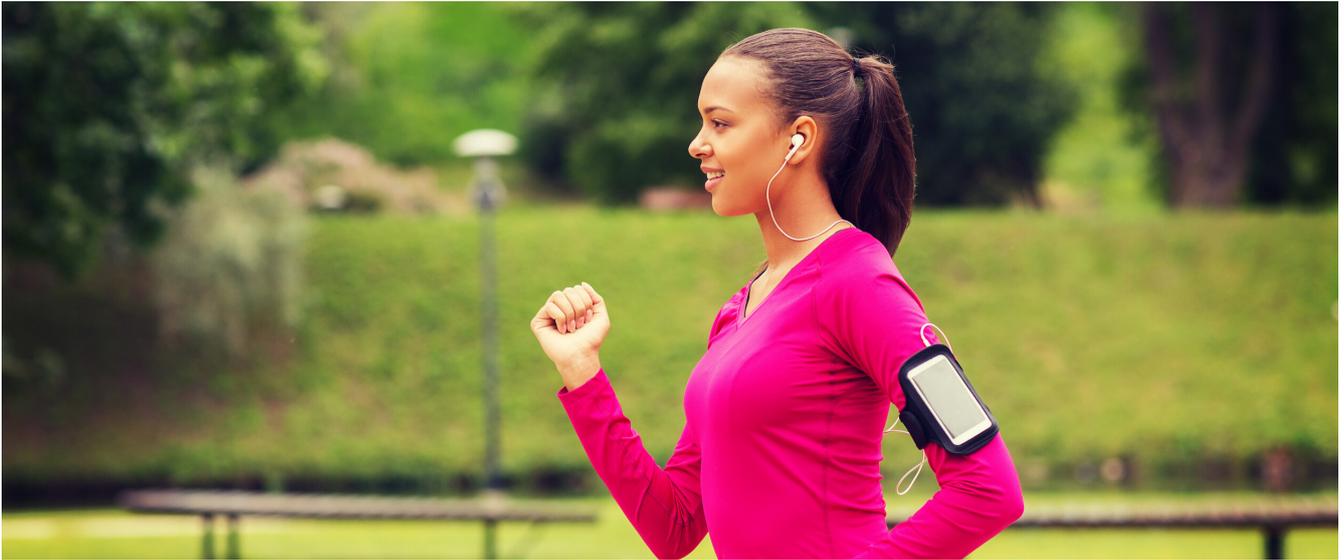
TIPS ON GROCERY SHOPPING

- Try to limit your trips to the grocery store to once a week
- If you can, buy two to three weeks of food
- Practice social distance (six feet apart)
- Wipe down the your shopping kart with a disinfectant wipe before use
- If possible go grocery shopping early in the morning or at night to avoid crowds
- Immediately wash your hands for 20 seconds after you return from the store
- Wipe down your counters and surfaces with disinfectant after you put up your groceries
- Wipe down boxes and can goods with disinfectant or soap and water
- Wash all vegetables before eating
- Then re-wash your hands for 20 seconds

For more information go to:

<https://www.washingtonpost.com/news/voraciously/wp/2020/03/19/grocery-shopping-during>





THINGS YOU CAN AND CAN'T DO DURING A STAY AT HOME ORDER

Can

- Go to the grocery store
- Go to the convenience store
- Go to a warehouse store
- Go to the pharmacy
- Visiting a health care professional for medical services (call first)
- Go to a restaurant for take-out or drive thru
- Care for or support a friend or family member
- Be in nature for exercise – (use social distance)
- Walk your pets
- Help someone to get necessary supplies
- Receive deliveries
- Go to work if it is an essential service

Can't

- Go to work unless you are providing essential services
- Visit friends and family if there is no urgent need
- Visit loved ones in the hospital, nursing home, skilled nursing facility or another residential care facility, except for limited exceptions
- Travel except for essential travel and activities

For more information go to:

<https://www.ncdhhs.gov/news/press-releases/governor-cooper-announces-statewide-stay-home-order-until-april-29>

15 THINGS TO DO WHILE STUCK INSIDE

Exercise

Watch Movies

Puzzles

Learn a New Language

Play Board Games

Video Chat with Friends/Family

Write Stories

Think of Business Ideas

Learn a New Skill

Find New Shows to Watch

Read Books

Play Cards

Meditate

Catch up on Sleep

Create a Vision Board

For more information go to:

<https://www.apartmenttherapy.com/fun-things-to-do-at-home-35003444>

SENIOR HOURS FOR GROCERY SHOPPING

Many local stores have started dedicating their first hour of operation; in some cases those with underlying health conditions to minimize exposure to COVID-19 while shopping. The list below is some of the stores who have special hours for seniors and people with underlying health issues. This is not a full list of stores; we encourage you to look up special hours for the store you need if it is not below:

Dollar General - Preferred hours for seniors, daily, 8a until 9a

Target - Tuesdays and Wednesdays, are open an hour early for elderly or others who have underlying health conditions

Walmart - Tuesdays, customers aged 60+ is open an hour early for seniors. It starts Tuesday, March 24, through April 28

Harris Teeter - 6-8 a.m. Monday and Thursday for ages 60+ . ExpressLane Online Shopping pick-up times from 9 a.m. to 2 p.m. for seniors only every Thursday

Fresh Market - The first shopping hour of each day is for seniors “and other individuals most at risk. The new store hours are 8 a.m. to 9 p.m.

Carlie C’s IGA - Seniors age 60+ special shopping hour is each Sunday from 7-8 a.m. Like most larger chains, the store also offers online shopping with curbside or home delivery. Visit their website to see store locations

Publix - Publix is designating Tuesday and Wednesday mornings from 7 to 8 a.m. for seniors 65+

Costco - Costco is designating Tuesdays and Thursdays, 8-9 a.m., for members who are 60+

Lowes Foods - Lowes Foods is dedicating 7 to 8 a.m. every Tuesday and Wednesday as shopping hours for seniors and others who are vulnerable to the virus. T (This has been updated to reflect a correction of days from Lowes Foods.)

Food Lion - Customers 60+ and those who are immunocompromised can shop from 7 to 8 a.m. on Mondays and Wednesday.

Sam’s Club - Sam’s offers early shopping hours every Tuesday and Thursday from 7 to 9 a.m. for seniors and those with disabilities or compromised immune systems

Aldi - Special shopping hours for seniors 8:30-9:30 a.m. Tuesday and Thursday

For more information go to:

<https://www.newsobserver.com/news/coronavirus/article241328996.html>



MEALS FOR FAMILIES IN NEED

These organizations are providing families with groceries and meals during the day to help families out during the COVID-19 pandemic. Here are some organizations that are helping during this difficult time period. Make sure you call or go to the website to find pick up times.

Charlotte Mecklenburg School (CMS) - CMS has a list of schools and time periods you can pick up meals for your children. Children must be present to receive the meal. Go to www.cms.k12.nc.us to find the list of schools.

Loaves and Fishes - Provides groceries to individuals and families in Mecklenburg County through food pantry locations. Call 704-523-4333 for a referral to a pantry location.

Second Harvest Food Bank of Metrolina - Provides food assistance through its partner agency network. Call 704-376-1785 for more information.

Feeding the Carolinas - Provides a two-state network of food banks to individuals and families in need. Call 336-365-3450 for a list of food banks.

For more information go to:

<https://www.wsocvtv.com/news/local/food-banks-soup-kitchens-helping-people-affected-by-covid-19-outbreak/5FTHDTUQCBEKJA3IZTGPMFNJ6A/>



SOME ORGANIZATIONS THAT ARE HIRING AT THIS TIME

Walmart:
www.walmart.com

Harris Teeter:
www.harristeeter.com

Autobell Car Wash:
www.autobell.com

Lowe's:
www.lowes.com

Home Depot:
www.homedepot.com

Amazon:
www.amazon.com

Metrolina Greenhouses:
www.metrolinagreenhouses.com

NC Works:
www.ncworks.gov

CVS
www.cvs.com

For more information go to:

<https://www.fox46charlotte.com/news/hundreds-of-job-openings-in-charlotte-area-despite-covid-19>

ADDITIONAL RESOURCES

FREE INTERNET

Spectrum is offering free Wi-Fi and broadband access up to 100 Mbps to any household with K-12 and/or college students that does not already have Spectrum. Installation fees will be waived for these households. To enroll, call 1-844-488-8395.

ADULT AND FAMILY & CHILDREN'S MEDICAID

Customers can apply online using ePASS (<https://www.nc.gov/services/e-pass>). After the application has been submitted online, a DSS employee will reach out to complete the interview by telephone.

LOW INCOME ENERGY ASSISTANCE PROGRAM (LIEAP)

Customers can apply online through ePASS at <https://epass.nc.gov/CitizenPortal> or complete a mail-in application. To receive a mail-in application, call 704-336-3000.

MECKLENBURG TRANSPORTATION SERVICES (MTS)

For transportation scheduling, call 704-336-4547.

SENIOR CONGREGATE NUTRITION PROGRAM (SCNP)

Senior Congregate Nutrition Program (SCNP) is delivering meals to food insecure customers. For confirmation on a food delivery, call 704-432-1111.

CENTER FOR COMMUNITY TRANSITIONS

The Center for Community Transitions has a small team to direct and inform clients and refer them to emergency basic needs. Networking clients will still be able to sign in and receive gift cards and bus passes. For Formerly Incarcerated Transitions (FIT) clients, They are taking precautionary measures and shifting to virtual support via telephone, text and email. (704) 374-0762

CHRIST RESURRECTION CHURCH MEALS FOR SENIORS

Monday - Friday 12:00 - 1:00 - Christ Resurrection Church: 4527 Freedom Drive (Senior citizens can be signed up for preference - on their website: christresurrectionchurch.org or call 704-398-3244 and a meal will be reserved)



FREE FINANCIAL ADVICE

Common Wealth Charlotte (CWC) has established a “COVID-19 Financial Question” system. This system is designed specifically for low-income wage earners having concerns about current (or impending) financial hardship due to loss of income from end of employment, voluntary or mandatory quarantines or other hardships caused by COVID-19. Access to the system is easy:

Text the word “finances” to 474747

The sender will receive a text response with a link to complete a short “COVID-19 Financial Question” form. That form will be returned to a queue CWC has set up, and our Advanced Financial, Education and Loan Administration teams and trained volunteers will respond with a phone call to address the question, offer relevant guidance if possible, and make referrals to other appropriate agencies as necessary.

The CWC will do their best to expedite return contact and to provide some basic information on issues people may face. CWC will field many “what if I cannot” questions, including:

- pay my mortgage?
- make my car payment?
- pay my rent?
- feed my family?
- pay my utility bill?
- pay my credit card?
- pay my income taxes?

CWC also has answers and guidance for those and other basic questions.

For more information go to:
<https://www.commonwealthcharlotte.org>



NUMBERS TO CALL IF YOU ARE IN NEED OF HELP

Experiencing a domestic violence,
sexual assault, or parenting crisis?

Call: 908-771-4673

Experiencing emotional distress or
feeling suicidal?

Call: 1-800-273-8255

Dealing with teen dating violence?

Text LOVEIS to 22522

Need food assistance and information
regarding shelters?

Call 2-1-1

For more information go to:
<https://www.mecknc.gov/news/Pages/COVID-19-Toolkit.aspx>

INLIVIAN FREQUENTLY ASKED QUESTIONS

We know that you may have a lot of questions during this time. INLIVIAN is doing everything possible to prepare for and anticipate your needs. We appreciate your flexibility and patience during this time.

1. If I have a maintenance concern, how will it be addressed?

A: Currently we are working under emergency protocol and we will strive to complete only emergency service requests in a timely manner. Routine service requests will be suspended. Our maintenance service call center number is 1-800-770-1235.

2. If I lose my job, how will I get my rent reduced?

A: If your income level changes, please contact your Management Office. For management office contact information go to: <http://inlivian.com/administrative-contact-info/>. If you are in the Housing Choice Voucher Program contact your Housing Specialist by phone or email you may get that information here <http://inlivian.com/housing-specialist-contact-list/>.

3. I have a Housing Choice Voucher and I'm looking for housing. Will I be able to move-in once I find a home?

A: Yes. Please contact your Housing Specialist and provide the appropriate information by email or phone. Go to <http://inlivian.com/housing-specialist-contact-list/> for Housing Specialists' contact information.

4. I'm a housing provider (Landlord) in the Housing Choice Voucher Program, how will I get paid?

A: Our normal process is to post payments through direct deposit monthly. This process will continue and your Housing Assistance Payments will be in your account by the 2nd of each month. Please use our Landlord Portal to review your statement. Go to <http://inlivian.com/hcv-landlord-portal/>.

5. What should I do if I think I have contracted COVID-19?

A: Please follow the recommendations of the Center for Disease Control and Mecklenburg County Health Department.

6. I am a housing resident, how can I pay my rent?

A: You can pay rent through the Rent Cafe or visit your nearest Money Gram location.



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