

COVID-19 Community Resource Guide



Office of Congresswoman Kim Schrier, MD
Washington's 8th Congressional District

April 8, 2020 version



<https://schrier.house.gov/>

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A Message from Congresswoman Kim Schrier

Dear Friend,

The news of the coronavirus outbreak in our area has been distressing for many, including me, so I wanted to provide you with an update on where you can get information, and what you can do to protect yourself and your family. In this Resource Guide I have compiled a number of resources available to Washingtonians impacted by the recent COVID-19 outbreak. I have included information for business owners and workers who may experience difficulties in the days and weeks ahead. Please note that this is a general resource guide and the information within is not exhaustive. This guide is a compilation of existing federal, state, and county resources and is not intended to be the sole resource for those impacted by the COVID-19 outbreak. Because the situation is evolving, please check my website, <https://schrier.house.gov/coronavirus-outbreak> or call my office in Issaquah at 425-657-1001 for additional assistance.

I am continuing to monitor the situation of the COVID-19 outbreak in Washington state. As we get more information, my staff will keep this resource guide updated.

The best way to protect yourself and your family is to stay home and practice good hygiene habits. Wash your hands often, don't touch your face, cough into your elbow, give yourself distance from people who are sick, and if you think you are sick, stay home and CALL your doctor's office first.

I share many of your grievances about the availability and ease of testing. As frustrating as it may be to not know if your illness is from coronavirus or not, testing shouldn't change how most of us manage this illness. It may, however, change when you are able to return to work. And, of course, if you are a person at high risk or live with a person at high risk, the knowledge can help you be extra vigilant for worsening symptoms.

You can call my Issaquah office at 425-657-1001 if you have problems with a federal agency and need additional assistance. My staff and I are here to help.

Sincerely,

A handwritten signature in black ink that reads "Kim Schrier". The signature is fluid and cursive, with a large loop at the end.

Kim Schrier, M.D.

U.S. Representative, WA-08



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Quick Guide

Washington State's official COVID-19 site is <https://coronavirus.wa.gov/>. site provides links to official information from a wide range of trusted sources, including government and community services.

For an immediate, life-threatening emergency, call 911

Washington State Department of Health

1-800-525-0127; online at <https://www.doh.wa.gov/Emergencies/Coronavirus>

Multilingual Coronavirus Fact Sheets

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020/FactSheet>

Washington State Office of the Superintendent of Public Instruction (OSPI)

260-725-6000; online at <https://www.k12.wa.us/about-ospi/press-releases/novel-coronavirus-covid-19-guidance-resources>

White House Coronavirus Task Force

<https://www.coronavirus.gov/>

CDC

800-232-4636; online at <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Available in Spanish at <https://www.cdc.gov/spanish/>

King County Public Health

800-325-6165; online at <https://www.kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx>

Pierce County Health Department

253-798-6500; online at <https://www.tpchd.org/healthy-people/human-coronavirus>

Chelan-Douglas County Health Department

509-886-6400 or 509-886-6499 (after hours); online at <https://cdhd.wa.gov/>

Kittitas County Public Health Department

Direct COVID-19 questions and concerns to the Emergency Operation Center (EOC) at 509-933-7581; online at <https://www.co.kittitas.wa.us/response/202003-covid19/default.aspx>



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Current Situation in Washington as of April 7, 2020

On April 2, 2020 Governor Inslee extended the Stay Home, Stay Healthy emergency order through May 4. This order requires Washingtonians to stay home unless they need to pursue an essential activity; bans all gatherings for social, spiritual, and recreational purposes; closes all businesses except for essential businesses.

On April 6, 2020 Governor Inslee directed all K-12 public and private school buildings to remain closed from providing traditional, in-person instruction throughout the remainder of the 2019-2020 school year.

Washington state and many other parts of the country and the world are experiencing COVID-19 outbreaks. During this time, your life may be disrupted in a variety of ways. The state has taken action to prevent the spread of COVID-19 by prohibiting people from gathering, whether at school, work, or other settings.

It is important to keep distance from others as much as possible. If you must work, go to the grocery store, or get prescriptions, keep 6 feet of distance between you and others.

The Washington State Department of Health website posts regular updates including a county-by-county breakdown of confirmed cases. Visit DOH online at <https://www.doh.wa.gov/Emergencies/Coronavirus>.

Washington State's official COVID-19 site is <https://coronavirus.wa.gov/>. The site is maintained by the state Joint Information Center, which is part of the Washington State Emergency Operations Center operated out of Camp Murray. This site provides links to official information from a wide range of trusted sources, including government and community services.

Background on COVID-19

COVID-19 is a respiratory illness caused by a new, or "novel" coronavirus that was not identified in humans before December 2019. Coronaviruses are a large family of viruses that usually cause mild respiratory illnesses such as the common cold.

Most people will recover on their own, but some people can develop more serious complications, such as pneumonia, and require medical care or hospitalization. Older people and people with chronic illnesses are more likely to get very sick from COVID-19.

The novel coronavirus that causes COVID-19 is spreading from person to person and the number of cases detected in Washington, nationally, and in other countries is growing.

The risk of COVID-19 is not connected to race, ethnicity, or nationality. Stigma will not help to fight the illness. Seeking and sharing accurate information during a time of heightened concern is one of the best things we can do to keep rumors and misinformation from spreading. Get your information from trusted sources, like my office, the CDC, and your local Department of Health. Information evolves daily.



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How can I protect myself and others?

- Washing 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.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid close contact with people who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue in the trash and wash your hands.
- Clean and disinfect objects and surfaces.
- Stay home if you are sick. Stay home as much as possible. Follow Governor Inslee's Stay Home, Stay Healthy order.
- Stay six feet away from others.
- Follow recommendations from your local health department.

How can I take care of myself and loved ones during this time?

Getting plenty of rest, drinking fluids, eating healthy foods, and managing your stress may help you prevent getting COVID-19 and recover from it if you do.

If you smoke or vape, consider trying to quit. People who smoke or vape may be more likely to develop serious health complications from COVID-19. Smoking weakens the immune system, making it harder for your body to fight off viral infections.

Watch your children for symptoms of COVID-19. If your child shows symptoms of COVID-19, separate them from others immediately. If they have been at a childcare center recently, notify the center.

Set up a separate room for sick household members, and if you can make sure they have clean disposable facemasks to use. Clean the room regularly following the CDC guidelines found online at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>. Check in with family and friends who live alone—especially those with chronic diseases. If you live alone, ask your friends and family to check in with you if you become sick.

Stay connected to your loved ones over the phone, via text messages, email, or using video chat programs.

How does the coronavirus spread?

It is most commonly spread from an infected person to others through

- Droplets in the air from coughing or sneezing
- Close personal contact, such as touching or shaking hands
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands



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What are the symptoms?

Symptoms generally appear 2 to 14 days after exposure. They are similar to the flu or colds and may include

- Fever
- Cough
- Headache
- Runny nose
- Sore throat
- General feeling of being unwell

What should I do if I have symptoms or have been exposed?

Everyone should assume an illness with fever, cough, or shortness of breath could be COVID-19 and take steps to protect others in the community and household from the disease. People who are sick need to stay home. If they must be around other people, they should wear a mask. Call your healthcare provider or call before going to the emergency room. Additional resources and guidance are available online at

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/TestingforCOVID19>

Where can I get tested?

Visit the Department of Health website to find out how to get tested. Online at

<https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/TestingforCOVID19>



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Resources for Businesses and Workers

FEDERAL RESOURCES FOR BUSINESSES AND WORKERS

Federal Small Business Help

The Small Business Administration (SBA) can provide small business loans for those impacted by a COVID-19 outbreak. SBA may also be able to assist with export challenges by helping identify alternative markets or providing STEP vouchers to defray costs: <https://www.sba.gov/funding-programs/disaster-assistance>

- Economic Injury Disaster Loans: Available for nonprofits and small businesses for up to \$2M over 30 years. Interest rates are set at 3.75% for businesses and 2.75% for nonprofits. EIDL has a built-in 12 month deferment period. <https://disasterloan.sba.gov/ela/Information/EIDLloans>
- Paycheck Protection Program: Loan forgiveness program to incentivize businesses to keep employees on payroll. Businesses, including nonprofits can apply for funds to cover an 8-week period to pay payroll, related personnel costs, utilities, and mortgage/lease payments. There is a built-in 6-month deferment period. <https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/paycheck-protection-program-ppp>
- Existing SBA loans: Existing SBA loans, including 7a and 504 loans, will be covered by SBA for 6 months starting with payments due March 27. Businesses do not need to apply for this—it will be applied to your loan by your lender automatically.
- The SBA's Export Working Capital Program can help small businesses obtain working capital advances from lenders on export orders, export receivables or letters of credit. SBA's Senior International Credit Officers can work directly with an impacted company to explain the program and application process. Visit: <https://www.sba.gov/content/financing-your-small-business-exports-foreign-investments-or-projects-0>

CARES Act

U.S. Senate Committee on Small Business & Entrepreneurship Guide to the CARES Act online at <https://www.sbc.senate.gov/public/index.cfm/guide-to-the-cares-act>

U.S. House Committee on Ways and Means Guide to COVID-19 related Resources online at:

<https://waysandmeans.house.gov/media-center/press-releases/ways-and-means-committee-covid-19-resources>

CARES Act FAQs

What help is available for sole proprietors with no employees?

The CARES Act extends unemployment benefits, sick leave, paid leave, and tax credits for sole proprietors and self-employed people including gig economy workers and independent contractors. These benefits will be online at esd.wa.gov in mid-April.

I'm self-employed, applied for unemployment, and was denied automatically. Why?

Until the CARES Act took effect, self-employed people and independent contractors were not eligible for



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unemployment. If you applied for unemployment before mid-April, you will be automatically denied. Now that the CARES Act has expanded eligibility, the Washington State Employment Security Department is working hard to implement these new guidelines. Sign up for action alerts on their website so you know when the system is updated to re-apply.

Can start-ups that haven't opened yet access assistance?

Yes, if they have business-related expenses then they are eligible for SBA programs.

Can businesses who have already laid off employees now qualify for the Paycheck Protection Program if they bring employees back on?

Yes, the language in the bill says employers must hire back employees "quickly" to qualify for loan forgiveness. The details of how to interpret this language are still being worked out.

Will unemployment rates for businesses go up?

The Federal provisions in the CARES Act do not impact UI rates. Rates are evaluated in January of following year (next evaluation will be January 2021). The evaluation will take into account the broader economic situation while also keeping the unemployment funds robust enough to meet the need.

Between the Paycheck Protection and the EIDL programs, how do I know which one to apply for?

Every business needs to figure out their best options based on their circumstances. The Small Business Development Centers can provide free consulting services. Your most urgent expenses will help you determine which program is the best fit. Find a Small Business Development Center near you online at <https://www.sba.gov/local-assistance/>

If my employees are choosing not to work right now because they are concerned for their safety, can I still qualify for a loan?

Yes. If you have economic injury due to the coronavirus, then you qualify for EIDL loans. You should be able to demonstrate the anticipated revenue you're missing.

Families First Coronavirus Response Act (FFCRA)

FFCRA helps the United States combat the workplace effects of COVID-19 by reimbursing American private employers that have fewer than 500 employees with tax credits for the costs of providing employees with paid leave for specified reasons related to COVID-19. The law enables employers to keep their workers on their payrolls, while at the same time ensuring that workers are not forced to choose between their paychecks and the public health measures needed to combat the virus. Answers to common questions about FFCRA are available online at

<https://www.dol.gov/agencies/whd/pandemic/ffcra-questions>



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STATE RESOURCES FOR BUSINESSES AND WORKERS

Washington State Coronavirus Response | Business and Workers

The answer to many of your work-related or business-related questions will be found on Washington state's coronavirus response website at <https://coronavirus.wa.gov/business-workers>

Washington State Employment Security Department (ESD)

ESD has programs designed to help individuals and employers during this unprecedented time period. System upgrades are underway which will allow people to access critically needed unemployment assistance. 800-318-6022; online at <https://esd.wa.gov/newsroom/covid-19>

Working Washington Small Business Emergency Grants

<http://startup.choosewashingtonstate.com/covid-grants/>

Washington Small Business Development Center

free business advising <https://wsbdc.org/>

Washington State Department of Labor & Industries

360-902-5798; online at <https://www.lni.wa.gov/>

Washington State Office of the Insurance Commissioner

1-800-562-6900; online at <https://www.insurance.wa.gov/coronavirus-insurance-information-businesses>

- To be covered against any business losses due to a communicable disease, such as COVID-19, you would need to have purchased an additional endorsement to your policy.
- Contact your insurance agent or insurance company directly to find out if you already have this added coverage. If you don't have added coverage and would like to buy it, contact your insurance agent or company to see if it's available.

Washington State Department of Revenue

DOR is taking measures to provide relief to COVID-19 impacted businesses during the state of emergency (February 29, 2020, through the end of the state of emergency, yet to be determined). These actions address a broad range of taxes and programs: business and occupation tax, real estate excise tax assessments, leasehold excise tax, forest tax, and tax deferrals for biotechnology and medical device manufacturing. Answers to frequently asked questions, date extensions, and updates will be posted online at <https://dor.wa.gov/about/business-relief-during-covid-19-pandemic>.

Export Assistance for Businesses

- The Washington State Department of Commerce's Export Assistance Team division can help companies identify alternative markets and provide firms with STEP Vouchers to defray the costs of trade show or trade mission fees,



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airfare, interpreter and translation services, business matchmaking, export training programs and more. Visit: www.commerce.wa.gov/promoting-washington-state/export-assistance or contact the Export Assistance team at 206.256.6100.



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Federal Resources

CDC Coronavirus Information <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

FEMA Coronavirus Response <https://www.fema.gov/coronavirus>

CDC Coronavirus Information for Travel <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

State Department Travel Advisories <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>

Smart Traveler Enrollment Program (STEP) <https://step.state.gov/step/>

U.S. District Court Western District of Washington With some exceptions, the Seattle and Tacoma Courthouses will be closed to the public. The temporary closure is expected to last until mid-April and may be continued based on public health guidance. Below is a partial list of closure exceptions. For a full explanation of court operations, visit

<https://www.wawd.uscourts.gov/>

- All civil and criminal hearings and trial dates in these Courthouses scheduled to occur before June 1, 2020 are continued pending further order of the Court.
- All grand jury proceedings scheduled before June 1, 2020, are continued.
- The bankruptcy court will continue with scheduled non-evidentiary hearings telephonically as posted on the Bankruptcy Court's website at <http://www.wawb.uscourts.gov/>
- If you have a scheduled appointment or are otherwise required to appear at the courthouse but are denied entry you should proceed as follows:
 - If you are represented by an attorney, please contact your attorney;
 - If you are an attorney or pro se litigant and you are scheduled to appear in court before a judge, please contact that judge's chambers or courtroom deputy (see court websites at <https://www.wawd.uscourts.gov/judges> and <http://www.wawb.uscourts.gov/chambers-information>);
 - for all other matters or questions please contact the Clerk's office at 206-370-8400 (Seattle) or 253-882-3800 (Tacoma);
 - For questions related to bankruptcy court, please contact the Bankruptcy Court Clerk's office at 206-370-5200 (Seattle) or 253-882-3900 (Tacoma).

Health Insurance

You may still qualify to enroll in healthcare coverage. Check your eligibility online at

<https://www.healthcare.gov/screener/>

Department of State Passport Services Operations

Effective March 20, 2020 passport services will only be available for customers with a qualified life-or-death emergency and who need a passport for immediate international travel within 72 hours. To make an appointment at a passport



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agency or center for a life-or-death emergency, call 1-877-487-2778. Passport services updates will be posted online at <https://travel.state.gov/content/travel/en/traveladvisories/ea/passport-covid-19.html>

If you have an appointment with the IRS

The deadline to FILE and PAY federal income taxes is extended to July 15, 2020.

IRS Taxpayer Assistance Centers in Seattle, Tacoma, Everett, and Silverdale are closed to walk-in taxpayers. The IRS will be reaching out to anyone who had an appointment to help them find alternative avenues for the assistance they need. Most taxpayers can resolve their inquiries by visiting the IRS website or calling the IRS toll-free line 800-829-1040.

The IRS has also established a special section of their website focused on steps to help taxpayers businesses and others affected by the coronavirus, including several online resources to help taxpayers: <https://www.irs.gov/coronavirus>

Economic Impact Payments

The IRS will post all key information on [IRS.gov/coronavirus](https://www.irs.gov/coronavirus) as soon as it becomes available. The IRS will make about 60 million payments to Americans through direct deposit in mid-April. The IRS has direct deposit information for these individuals from their 2018 or 2019 tax returns. These deposits will include SSA beneficiaries who filed federal tax returns that included direct deposit information. Soon after, the IRS will make payments to SS beneficiaries who did not file tax returns in 2018 or 2019 and receive their Social Security benefits via direct deposit.

If the IRS does not have your direct deposit information, in the coming weeks, the U.S. Treasury Department plans to develop a web-based portal for individuals to provide their banking information to the IRS online, so that individuals can receive payments immediately as opposed to checks in the mail.

Paper checks for those without direct deposit information are expected to begin being mailed in early May. Order of payments will be prioritized based on adjusted gross income (AGI). Those with lowest AGI will receive payments first.

If you have an appointment with USCIS

USCIS offices will begin to reopen on May 4 unless the public closures are extended further. In the meantime, USCIS will provide limited emergency services. Please visit the USCIS Contact Center website for assistance with emergency services <https://www.uscis.gov/contactcenter>. Updates will be posted online at [uscis.gov/coronavirus](https://www.uscis.gov/coronavirus).

If you have an appointment with Social Security

Effective March 17, 2020 all local Social Security offices will be closed to the public for in-person services. Certain exceptions will be made for specific dire need situations. Visit Social Security's website for more information about local office closures and to see if your situation qualifies as a dire need: <https://www.ssa.gov/coronavirus/>



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If you have an appointment with CBP (Trusted Traveler Programs)

All CBP and TPP Enrollment Centers will suspend operations until at least May 1, 2020. Updates are available online at <https://ttp.dhs.gov/>.

If you have an appointment with the VA

Guidance from local VA medical facilities about their current operating status is available on each facility's website, which can be found through VA's facility locator tool: <https://www.va.gov/find-locations>

General updates and information are available here: www.va.gov/coronavirus

If you are experiencing difficulties with a federal agency, or have a question about a federal agency that is not addressed in this resource guide, please contact Congresswoman Schrier's office for assistance at 425-657-1001; online at <https://schrier.house.gov/>.



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Statewide Resources

Washington State's official COVID-19 site is <https://coronavirus.wa.gov/>. This site provides links to official information from a wide range of trusted sources, including government and community services.

Stay Home, Stay Healthy: What's open and closed? <https://coronavirus.wa.gov/whats-open-and-closed/>

Washington State Department of Health

If you have questions about what is happening in Washington, or how the virus is spread, please call 1-800-525-0127. Phone lines are currently staffed from 6 AM to 10 PM, seven days a week; online at <https://www.doh.wa.gov/Emergencies/Coronavirus>

Washington State Office of Superintendent of Public Instruction

260-725-6000; online at <https://www.k12.wa.us/about-ospi/press-releases/novel-coronavirus-covid-19-guidance-resources>

Governor's Office

360-902-4111; online at <https://www.governor.wa.gov/>

UW Medicine

206-520-5000; online at <https://www.uwmedicine.org/coronavirus>

Seattle Children's Hospital

206-987-2000; online at <https://www.seattlechildrens.org/patients-families/covid-19-novel-coronavirus/>

Washington Health Benefit Exchange

If your employment status has changed, you may be eligible for a special enrollment period. To see if you qualify, call customer support between 7:30 AM and 5:30 PM Monday through Friday at 1-855-923-4633 or visit <https://www.wahbexchange.org/>

Washington State Department of Social and Health Services <https://www.dshs.wa.gov/alert/covid-19-information>

Governor Inslee recently expanded eligibility for the Family Emergency Assistance Program to now include families without children. 1-800-865-7801; online at <https://www.dshs.wa.gov/alert/covid-19-information>



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Chelan County Resources

For general questions about COVID-19 or Washington State's response, please call the Washington State Novel Coronavirus Call Center at 1-800-525-0127.

Health Department

509-886-6400 or 509-886-6499 (after hours); online at <https://cdhd.wa.gov/>

Chelan County Emergency Management

509-667-6851; online at <https://www.co.chelan.wa.us/sheriff/pages/emergency-management>

District Court

509-667-6600; online at <https://www.co.chelan.wa.us/district-court>

Hospitals

Chelan | Lake Chelan Community Hospital 509-682-3300; online at <https://lakechelancommunityhospital.com/>

Wenatchee | Central Washington Hospital 509-663-8711; online at

<https://www.confluencehealth.org/locations/wenatchee-valley-hospital-clinics/>

Wenatchee | Wenatchee Valley Hospital & Clinics Campus 509-663-8711; online at

<https://www.confluencehealth.org/locations/wenatchee-valley-hospital-clinics/>

Leavenworth | Cascade Medical 509-548-5815; online at <https://cascademedical.org/>

Washington State Office of the Superintendent of Public Instruction (OSPI)

Updates are available online at <https://www.k12.wa.us/>



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Douglas County Resources

For general questions about COVID-19 or Washington State's response, please call the Washington State Novel Coronavirus Call Center at 1-800-525-0127.

Health Department

509-886-6400 or 509-886-6499 (after hours); online at <https://cdhd.wa.gov/>

Douglas County Emergency Management

509-884-0941; online at <http://www.douglascountywa.net/departments/emergency-management>

District Court

509-884-5973; online at <http://www.douglascountywa.net/elected-offices/district-court>

Hospitals

Chelan | Lake Chelan Community Hospital 509-682-3300; online at <https://lakechelancommunityhospital.com/>

Wenatchee | Central Washington Hospital 509-663-8711; online at

<https://www.confluencehealth.org/locations/wenatchee-valley-hospital-clinics/>

Wenatchee | Wenatchee Valley Hospital & Clinics Campus 509-663-8711; online at

<https://www.confluencehealth.org/locations/wenatchee-valley-hospital-clinics/>

Washington State Office of the Superintendent of Public Instruction (OSPI)

Updates are available online at <https://www.k12.wa.us/>



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King County Resources

For general questions about COVID-19 or Washington State's response, please call the Washington State Novel Coronavirus Call Center at 1-800-525-0127.

Many King County buildings are closed to the public and many services are being offered remotely. Learn more about changes and cancellations online at <https://www.kingcounty.gov/about/news/covid-service-changes.aspx>

King County Novel Coronavirus Call Center

If you are in King County and believe you were exposed to a confirmed case of COVID-19, or if you're a healthcare provider with questions about COVID-19, contact our novel coronavirus call center: 206-477-3977.

- The call center will be open daily from 8 AM to 7 PM PST.
- For general questions about COVID-19 or Washington State's response, please call the Washington State Novel Coronavirus Call Center at 800-525-0127.

Public Health Communicable Diseases Coronavirus updates www.kingcounty.gov/covid

Public Health

800-325-6165; online at <https://www.kingcounty.gov/depts/health.aspx>

Emergency Management

800-523-5044; online at <https://www.kingcounty.gov/depts/emergency-management.aspx>

District Court

206-296-0596; online at <https://www.kingcounty.gov/courts/district-court.aspx>

Hospitals

Auburn | MultiCare Auburn Medical Center 253-833-7711; online at <https://www.multicare.org/auburn-medical-center/>

Enumclaw | CHI Franciscan St. Elizabeth Hospital 360-802-8822; online at <https://www.chifranciscan.org/st-elizabeth-hospital/>

Issaquah | Swedish Issaquah 425-313-4000 online at <https://www.swedish.org/locations/issaquah-campus#laid=6707>

Snoqualmie | Snoqualmie Valley Hospital 425-831-2300; online at <https://snoqualmiehospital.org/>

Washington State Office of the Superintendent of Public Instruction (OSPI)

Updates are available online at <https://www.k12.wa.us/>



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Kittitas County Resources

For general questions about COVID-19 or Washington State's response, please call the Washington State Novel Coronavirus Call Center at 1-800-525-0127.

Kittitas County COVID-19 Emergency Resources

<https://kittitasemergency.org/>

Kittitas County Public Health Department | Incident Response Information COVID-19

Direct COVID-19 questions and concerns to the Emergency Operation Center (EOC) at 509-933-7581; online at

<https://www.co.kittitas.wa.us/response/202003-covid19/default.aspx>

Kittitas County Emergency Management

509-933-8206; online at <https://www.co.kittitas.wa.us/sheriff/emergency.aspx>

Lower Kittitas County District Court

509-962-7511; online at <https://www.co.kittitas.wa.us/courts/lower/default.aspx>

Upper Kittitas County District Court

509-674-5533; online at <https://www.co.kittitas.wa.us/courts/upper/default.aspx>

Hospital

Ellensburg | Kittitas Valley Healthcare Hospital 509-962-9841; online at <https://www.kvhealthcare.org/>

Washington State Office of the Superintendent of Public Instruction (OSPI)

Updates are available online at <https://www.k12.wa.us/>



<https://schrier.house.gov/>

202-225-7761 Washington, DC | 509-850-5340 Central Washington | 425-657-1001 Issaquah

Pierce County Resources

For general questions about COVID-19 or Washington State's response, please call the Washington State Novel Coronavirus Call Center at 1-800-525-0127.

Tacoma-Pierce County Health Department Coronavirus updates

<https://www.tpchd.org/healthy-people/human-coronavirus>

Pierce County Health Department

253-798-6500; online at <https://www.tpchd.org/>

Pierce County Emergency Management

253-798-6595; online at <https://www.co.pierce.wa.us/104/Emergency-Management>

Pierce County District Court

253-798-7487; online at <https://www.piercecountywa.org/101/District-Court>

Hospitals

Puyallup | MultiCare Good Samaritan 253-697-4000; online at <https://www.multicare.org/good-samaritan-hospital/>

Washington State Office of the Superintendent of Public Instruction (OSPI)

Updates are available online at <https://www.k12.wa.us/>



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202-225-7761 Washington, DC | 509-850-5340 Central Washington | 425-657-1001 Issaquah

Preventing Stigma

Viruses don't discriminate, and neither should we.

Coronavirus doesn't recognize race, nationality or ethnicity.

2019 novel coronavirus started in Wuhan, China. That's just geography. Having Chinese ancestry—or any other ancestry—does not make a person more vulnerable to this illness.

Wearing a mask does not mean a person is ill.

People wear masks for a variety of reasons, including to avoid pollen and air pollution and for cultural and social reasons. WE should not judge someone for wearing a mask or assume they are sick.

You can interrupt stigma. Start by sharing accurate information.

Avoid spreading misinformation. Stay informed through reputable, trusted sites:

- Centers for Disease Control and Prevention
- Washington State Department of Health
- County-operated Public Health Websites

Speak up if you hear, see, or read misinformation or harassment.

Gently correct the false information and remind the speaker: prejudiced language and actions make us all less safe. If a serious harassment occurs, consider reporting it. Find resources here: kingcounty.gov/ncov/anti-stigma

Show compassion and support for those most closely impacted.

In schools and workplaces, create learning opportunities for students and staff that dispel racist and misinformed ideas. Listen to, acknowledge and, with permission, share the stories of people experiencing stigma, along with a message that bigotry is not acceptable in your community.