

COVID-19 INFORMATION AND TIPS

Here are things you can do and resources you can use to help protect yourself and your family during this challenging time.

Washington State Coronavirus Response Portal:

On the web:

www.coronavirus.wa.gov

Whatever information you need regarding the outbreak, chances are you will find it here. Statistics, volunteer opportunities, the latest school and business information, and much more is available here.

Department of Health

On the web: doh.wa.gov/Emergencies/Coronavirus

Phone: 1-800-525-0127 (press #)

Email: doh.information@doh.wa.gov

Information about the situation in Washington, how the virus is spread, and what to do if you or a family member show symptoms.

Snohomish Health District

On the web: www.snohd.org

Phone: 425-339-5200

Email: SHDInfo@snohd.org

Local resources, latest tips, news and other information about our community and how we can fight the spread of coronavirus.

211 information

On the web: wa211.org

Phone: 211

If you need assistance getting food, paying bills or other essential services during the pandemic, please dial 211 for help and information for a variety of needs.

Employment Security

On the web: www.esd.wa.gov

Phone: 360-902-9500

Email: paidleave@esd.wa.gov

If you have lost your job due to the outbreak, become ill, are caring for a sick family member, or are taking care of children whose school is closed due to the outbreak, you may be eligible for unemployment insurance, new federal employer-paid sick or family leave, or our state family or medical leave insurance.

Businesses and Workers

On the web:

www.coronavirus.wa.gov/business-workers

Information and resources for business owners and employees on safety measures, tax information, and guidelines for essential businesses that will remain open during the outbreak.

State Senator Steve Hobbs

On the web:

sdc.wastateleg.org/hobbs

Phone: (360) 786-7686

Email: Steve.Hobbs@leg.wa.gov

If you have trouble accessing resources or encounter other difficulties while interacting with state and local government, my office is here to help.

BEST PRACTICES TO PREVENT THE SPREAD OF CORONAVIRUS:

Best practices to prevent the spread of coronavirus:

- Stay home.
- If you must go out, practice social distancing and wear cover over your nose and mouth.
- Wash your hands with soap and water for 20 seconds.
- Cover your coughs and sneezes with an elbow, sleeve or tissue.
- Clean and disinfect frequently touched objects and surfaces.
- Try to keep from touching your face.



Watch for these common symptoms (Symptoms typically appear 2-14 days after exposure):

- Fever
- Cough
- Shortness of breath

What to do if you are sick:

If you are showing symptoms and are concerned about your condition, call your health care provider for advice. If you feel you need to visit your doctor, call first. Keep yourself separated from other people and animals in your home. Cover your coughs and sneezes and wash your hands often.

