

Washington State • 21st District Legislative Team

COVID-19 RESOURCE GUIDE



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Información sobre el virus
corona adentro

Coronavirus thông tin bên
trong.

Информация о
коронавирусной инфекции
COVID-19 внутри

코로나바이러스 관련된
정보가 들어있습니다.

coronavirus.wa.gov

Friends:

Normally, around this time of year, we'd send you a newsletter letting you know about the work your lawmakers did on behalf of our community and the state during the recent legislative session.

However, these are not normal times, so this message is going to be quite different than what we've sent you in the past. If you want to learn more about the bills we approved this year, you can find that information on our websites at sdc.wastateleg.org and housedemocrats.wa.gov.

We wanted to send you this resource guide because more people than ever are going to be needing assistance to pay rent, buy groceries, and make ends meet.

Thousands of Washingtonians have been infected with the virus, and many have died as a result of complications from the coronavirus. Our hearts go out to their families and friends for their loss.

This is a rapidly evolving situation with new information coming out daily and sometimes hourly. Therefore, the best advice we can give is to urge you to please follow the most recent directions, guidance, and best practices given by Governor Inslee and state and local public health officials. They have done an amazing job and demonstrated true leadership throughout this crisis to help slow the spread of the disease and keep as many people safe and healthy as possible.

Continuing to practice strong social distancing – **keeping at least six feet of distance between you and others** – is the best way to slow the spread of the virus.

The coronavirus has touched all our lives and impacted the way we live, work, and interact with each other. None of us have seen anything like this before, so the future is a bit uncertain. There's no doubt this pandemic will put our state and our nation to the test.

As we've seen time and time again, we are confident our society will emerge from this challenge stronger and more united than ever.

We got this.

Sincerely,

Sen. Marko Liias

Rep. Lillian Ortiz-Self

Rep. Strom Peterson

What every Washingtonian can do right now to help stop the spread of coronavirus:

Practice good hygiene—Wash your hands often with warm, soapy water. Avoid touching your face, nose, eyes, and mouth. Clean and disinfect surfaces like doorknobs, tables and counters, and handrails.

Practice social distancing—Stay home, avoid crowds and non-essential travel. It's okay to get fresh air, walk your dogs, buy groceries and pick up medications, but maintain six feet of space between yourself and others when you do need to go out. Engage with friends and loved ones over the phone or video chat.

Take extra precaution for seniors, those with underlying conditions, and sick household members—Have people in the household conduct themselves as if they have the illness. If possible, provide a protected space or separate room with a closed door for vulnerable or sick household members.

If you have symptoms or were exposed—Call your doctor before going to a clinic or emergency room. The most common symptoms are fever, cough, and shortness of breath. These are also common symptoms for many other illnesses, so only your healthcare provider can determine if you need COVID-19 testing.

Show compassion and fight stigma—Viruses don't care where you live, the color of your skin, or

the language you speak. We're all in this together, and we're stronger as a community when we stand up against discrimination and actively prevent, interrupt, and respond to stigma.



2020 Legislature's response to the coronavirus

Public health officials, the Legislature, the Governor's office and other local leaders have been working together to respond quickly to the coronavirus outbreak.

Before we adjourned for the year, the Legislature passed [HB 2965](#) to dedicate \$200 million from our state's "rainy day" fund to support state and local agencies in responding to the outbreak.

The bill also:

- Includes language to ensure people can receive unemployment insurance even if they can't meet the work search requirement due to quarantine or isolation, and mitigates costs to businesses due to increased numbers of workers receiving unemployment insurance;
- Gives flexibility to the State Board of Education to address graduation requirements for

the class of 2020 on track to graduate prior to the emergency declaration; and

- Offers reimbursement to nursing homes that aid in the coronavirus response.

The Legislature also amended [SB 6189](#) to ensure school employees can maintain health insurance eligibility for the remainder of the school year, even if they come up short of required work hours because of being quarantined, school closure, or care of a family member.

Why extreme measures are critical to saving lives

The near complete shutdown of our economy has been devastating. Unemployment claims shot through the roof virtually overnight and continue to rise as orders were issued by Governor Inslee to close all non-essential businesses.

People's lives have been turned upside down, including ours. But as hard as this is - and will continue to be for a while - on our economy, the extreme measures were absolutely necessary to save lives.

Public health experts at the Centers for Disease Control and Prevention (CDC) worked with researchers from around the world to develop projections for scenarios if we took no mitigation action to slow the spread of the virus.

What they found:

- 160 million to 214 million people in the U.S. could be infected over the next year or more.



- As many as 21 million people could require hospitalization
- As many as 1.7 million people could die.

In short, while this economic shutdown will be hard on all of us, the alternative would be much worse. Economies can be rebuilt. Lives cannot be brought back.

Assistance in other languages

bit.ly/2K4ceFs

The Washington State Department of Health has established a call center to address questions from the public. 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 a.m. to 10 p.m, seven days a week.

Language assistance (free of charge) 1-800-525-0127

El Nuevo Virus Corona (COVID-19) es un virus respiratorio nuevo. Al momento no existe un tratamiento

preventivo para el virus. La mayoría de las personas se recuperan por sí solas, pero algunas pueden desarrollar neumonía y requerir de cuidado médico o hasta hospitalización.

Nuestra línea directa tiene acceso a servicios de interpretación telefónica en su idioma. Llame al 1-800-525-0127 y pulse #, cuando respondan, diga su idioma.

Если у вас имеются вопросы о ситуации в штате Вашингтон и о способах распространении вируса, наберите номер 1-800-525-0127 и нажмните кнопку #, когда раздастся уведомление. Телефонные линии работают с 06:00 до 22:00 каждый день. Доступны услуги перевода по телефону. Пожалуйста, назовите свой язык, когда ответит оператор. Подключение к переводчику займет одну минуту. Для получения информации относительно здоровья, анализов на COVID-19 и их результатов обращайтесь к своему поставщику медицинских услуг.

Nếu quý vị có câu hỏi, vui lòng gọi đến số 1-800-525-0127 và nhấn phím # khi nghe thấy lời nhắc. Các đường dây điện thoại hoạt động mỗi ngày, từ 6 giờ sáng đến 10 giờ tối. Có sẵn các dịch vụ thông dịch qua điện thoại. Vui lòng nói ngôn ngữ của quý vị khi có người trả lời điện thoại. Sẽ mất vài phút để họ kết nối với thông dịch viên. Nếu quý vị có câu hỏi về sức khỏe của mình, xét nghiệm COVID-19 hay kết quả xét nghiệm, vui lòng liên hệ với nhà cung cấp dịch vụ chăm sóc sức khỏe của quý vị.

궁금한 점이 있으면, 1-800-525-0127 번으로 전화한 후 메시지가 나오면 # 버튼을 누르세요. 매일 오전 6 시에서 오후 10시까지 전화 연결이 가능합니다. 전화통역 서비스도 이용하실 수 있습니다. 전화를 받은 상담원에게 사용 언어를 말씀하세요. 통역사와 연결하는 데는 약 1분 정도가 소요됩니다. 귀하의 건강, 코로나19 검사 또는 검사 결과에 관한 문의사항은 담당 의료진에게 연락하세요.

Stay up to date with the latest information from public health experts:

	Centers for Disease Control and Prevention (CDC)	Washington State Department of Health	Snohomish County Health District
Website	cdc.gov	doh.wa.gov	snohd.org
Facebook.com	/CDC	/WADeptHealth	/SnohomishHealth
Twitter	@CDCgov	@WADeptHealth	@Snohd



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Resources for you and your family

Washington Connection

washingtonconnection.org
1-877-501-2233

This is a fast and easy way for families and individuals to apply for a variety of services such as Food, Cash, Child Care, Long-Term Care, and Medicare Savings Programs.

Childcare

dcyf.wa.gov/coronavirus-covid-19 **1-800-446-1114**

The demand for childcare has spiked due to the governor's "Stay Home, Stay Healthy" order. The state Department of Children, Youth, and Families has a website that may have answers to your questions related to childcare.

Housing

hasco.org 425-290-8499

If you are struggling to maintain safe housing during this crisis, please reach out to the Snohomish County Housing Authorities for assistance.

Employment

esd.wa.gov 1-800-318-6022

The Employment Security Department has information for employees and employers about possible benefits such as Paid Family and Medical Leave, unemployment benefits, and SharedWork.

WA 211

wa211.org or dial 2-1-1

2-1-1 can help connect you to a wide range of community services.

Small business assistance

disasterloan.sba.gov/ela
1-800-659-2955

The Small Business Administration (SBA) will provide disaster assistance loans for small businesses impacted by the coronavirus.

Taxpayer assistance

dor.wa.gov 360-705-6705

The state Department of Revenue has information on relief for taxpayers, including extensions for filing and paying tax returns.

This is just a partial list of services. Please visit **coronavirus.wa.gov** for a more comprehensive list of services with the most up-to-date information.