COVID-19 Community Support and Resources - Vancouver area

Governor Inslee issued a stay-at-home order for the entire state, including a shutdown, of all non-essential business starting on Wednesday March 25. Details here:

https://coronavirus.wa.gov/whats-open-and-closed

The list of essential business activities and workers are here (it is very detailed):


---

**Vancouver Public Schools (VPS) - Meals**

VPS is offering grab-and-go Breakfast and lunch will be provided in one stop to children aged 0-18, or currently enrolled in high school. Breakfast and lunches are available Monday through Friday between 10 a.m. and noon in front of the following schools. Please remember to observe social distancing when picking up meals.

- Anderson Elementary, 2215 NE 104th St.
- Fruit Valley Elementary, 3410 NW Fruit Valley Rd.
- Ogden Elementary School, 3200 NE 86th Ave.
- Roosevelt Elementary, 2921 Falk Rd.
- Washington Elementary School, 2908 S St.
- Discovery Middle School, 800 E. 40th St.
- Jason Lee Middle School, 8500 NW 9th Ave.
- McLoughlin Middle School, 5802 MacArthur Blvd.

*Meals will continue to be offered March 30 through April 3* for More information please visit the [VPS website](#).
**Evergreen Public Schools (EPS) - Meals**

Due to Governor Inslee’s “Stay Home, Stay Healthy” order, Evergreen Public Schools suspended their meal delivery system that was utilizing school buses. EPS suspended the delivery system due to the high number of staff required to fulfill the delivery demands. EPS continues to serve meals at the following sites:

- Burton Elementary, 14015 NE 28th St.
- Cascade Middle School, 13900 NE 18th St.
- Covington Middle School, 11200 NE Rosewood Ave.
- Crestline Elementary, 13003 SE 7th St.
- Ellsworth Elementary, 512 SE Ellsworth Road
- Hearthwood Elementary, 801 NE Hearthwood Blvd.
- Heritage High School, 7825 NE 130th Ave.
- Mill Plain Elementary, 400 NE 164th Ave.
- Silver Star Elementary, 10500 NE 86th St.

For more information, Evergreen Public Schools parents & students can learn about resources available during the school closure here at the [EVP website](#).

**Food Banks/ Pantries**

We are updating pantry sites and hours in real time, however news is changing rapidly. We recommend calling before going to a pantry to ensure they are open during the COVID-19 outbreak.

- **Clark County Food Bank**
  Address: 6502 NE 47th Ave, Vancouver, WA 98661
  Phone: [360] 693-0939
  Email: info@clarkcountyfoodbank.org
  Hours of Operation: Open Monday-Friday 8:00 am-5:00 pm, Sat/Sun:Closed
- **Fish of Vancouver**
  Address: 906 Harney St. Vancouver, WA 98660
  Phone: (360) 695-4903
  Email: info@fishvancouver.org
  Hour of Operation: Open Mon-Fri 10:00am-2:45pm
  Closed Sat-Sun
  Zip Codes Served: 98660, 98661, 98663, 98665, 98685, 98686

- **Fish of Orchards**
  Address: 6012 NE 110th Ave. Vancouver, WA 98662
  Phone: (360) 256-2440
  Email: president@fishoforchards.org
  Hours of Operation: Open Mon-Fri 10:00am-12:00pm & 12:30pm-2:30pm
  Closed holidays
  Zip Codes Served: 98662, 98664, 98682, 98684, & 98683

- **One Life**
  Address: 1801 Daniels St. Vancouver, WA 98660
  Phone: (360) 904-1273
  Serves Clark County

  Our "shopping style" pantry will convert to giving out pre-made boxes of food as long as the COVID19 threat exists. Once the threat of this virus subsides we will resume shopping with our clients. Please check here before coming to the pantry for any new developments.

- **Clark County Adventist Community Services**
  Address: 3114 E Fourth Plain Blvd. Vancouver, WA 98661
  Phone: (360) 695-8632
  Hours of Operation: Open Mon & Tues 9:30am-3:30pm
  Serves Clark County

- **Battle Ground Adventist Community Services**
  Address: 11117 NE 189th St. Suite 100, Battle Ground, WA 98604
  Phone: (360) 687-3459
  Email: bgacsfood@gmail.com
  Hours of operation: Open Tues 1:00pm-5:30pm & Thurs 10:00am-4:00pm
  Serves 98601, 98604, 98606, 98622, 98629, 98674, 98675

- **Live Love Outreach Center**
  Address: 2711 NE Andresen
  Phone: 360.944.3905
  Email: info@livinghopechurch.com
  Hours of Operation: Wednesdays 12-2:30pm and Sundays 1:30-4pm
  Meals and likely blankets and other home goods
Visit the Clark County Food Pantry website for more food pantry sites, and updated hours of operation.

**Child Care**

- [Childcare Community Facebook group-Clark/Multnomah Counties](#): Free/low cost childcare swap group
- For parents who can’t find formula in stores. Call the number on the back of formula can and they will send you a case during this time!

**Businesses and Employees**

**Resource list for impacted Washington businesses and workers:**

- The federal Small Business Administration (SBA) may be able to provide assistance through the Economic Injury Disaster Loans program to businesses that have suffered substantial economic injury in an eligible disaster area. Congress approved up to $7 billion in low-interest disaster loans specifically to assist small businesses impacted by COVID-19. These loans can help small businesses meet financial obligations and cover operating expenses. Visit: [https://disasterloan.sba.gov/ela/Information/EIDLLoans](https://disasterloan.sba.gov/ela/Information/EIDLLoans)
- [Health insurance and coronavirus (COVID-19)](#) frequently asked questions
- [Workers' Compensation Coverage and Coronavirus (COVID-19) Common Questions](#)
- [OSHA](#)
Legal Aid Services
The governor still recognizes the courts as an essential service, which means there are still people or clients navigating safety, housing stability, and financial security concerns. Clark County Volunteer Lawyers Program (CCVLP) is virtually offering services as long as the court is open (and people are still being evicted or are in danger of losing custody of their children). CCVLP will continue to provide services as best they can through phone and emails.

CCVLP is currently only scheduling attorney appointments by phone. Because of this, and because of the court’s closure for all but emergency issues until April 24th, CCVLP is prioritizing people with safety concerns or immediate deadlines.

Staff are still available by phone or email and will get back to you as soon as possible to check your eligibility, direct you to the right resource, or schedule you if possible.

- Housings, Evictions, Debt, Bankruptcy, Immigration: 360.334.4007
- Family Law, Guardianship, Court Fines, Criminal Records: 360.695.5313
- No access to a phone: info@ccvlp.org
## COVID-19 Scenarios & Benefits Available

The information shared on this flyer does not necessarily reflect the official policy or position of any other agency or company. It is the reader’s responsibility to verify the facts of coverage.

<table>
<thead>
<tr>
<th>COVID-19 SCENARIOS</th>
<th>Paid Sick Leave (employer paid)</th>
<th>Unemployment Insurance</th>
<th>Paid Family &amp; Medical Leave</th>
<th>Industrial Insurance (L&amp;I)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Worker is mildly ill with COVID-19.</td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>2 Worker is severely ill with COVID-19.</td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>3 Worker was exposed and quarantined, Business remains open.</td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>4 Worker is caring for sick family member.</td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>5 Schools are closed by a public official because of COVID-19 and worker has no childcare.</td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>6 Worker is immune-compromised and advised to self-quarantine.</td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>7 Worker is afraid of gathering in a group and refuses to go to work (self-distancing).</td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>8 Employer must shut down due to a quarantine or a public official.</td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>9 Employer shuts down due to a business slowdown or lack of demand.</td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>10 Employer reduces available hours due to business slowdown or lack of demand.</td>
<td><img src="x.png" alt="No" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>11 Employer stays open in defiance of public health urging to close.</td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
</tr>
<tr>
<td>12 Health care workers and first responder are under quarantine.</td>
<td><img src="checkmark.png" alt="Yes" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="x.png" alt="No" /></td>
<td><img src="checkmark.png" alt="Yes" /></td>
</tr>
</tbody>
</table>

**Employment Security Department**

Washington State

The Employment Security Department is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Language assistance services for limited English proficient individuals are available free of charge. Washington Relay Service: 711

**UPDATED:** 03.11.20 - 12:00 p.m.
Resources for Undocumented Families

- Please fill out the Emergency Fund Application if you or your family are Undocumented and are in need of financial assistance: https://www.undocuscholars.com

- Mexican Consulate Offering Resources to Mexican Nationals
- Deportation Defense App
- Mental Health Toolkit

Wi-Fi Needs

- FVRL Libraries:
  - Wi-Fi is still turned on at FVRLibraries buildings even though they are closed during the coronavirus situation. They will be looking at extending the range and hours available for Wi-Fi. If you need an internet connection, you should be able to connect in the vicinity around the FVRLibraries.

- Spectrum:
  - Charter Communications is offering free Spectrum broadband and WiFi access to families with children in grades K-12 or college that are homebound due to the coronavirus outbreak. Customers are able to access services at no cost for 60 days (and with waived installation fees!) call, (833) 267-6094 for more information.

- Charter:
  - Charter will also open its Wi-Fi hotspots across the areas it services for public use. To enroll in the program, call 1-844-488-8395.

- Xfinity:
  - Xfinity Wi-Fi hotspots across the country will be available to anyone who needs them for free – including non-Xfinity Internet subscribers. For a map of Xfinity Wi-Fi hotspots, visit www.xfinity.com/wifi

Aid Request Forms

For information on how to request local aid and assistance, please fill out the “Request Support” aid form.

For any Questions regarding current resources, You can contact us at our evoice line where you can leave a message.

eVoice Phone Number:
3602001392
City of Vancouver/ Washington State Updates

For more information and real time updates, please visit these sites:

- Latest updates from the City of Vancouver
- Washington Governor: Jay Inslee
  - List of Essential Services and Workers
- Washington State’s official COVID-19 site, maintained by the state Joint Information Center. The Joint Information Center 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.

Urgent Care ad Free Clinics in Clark County

Battle Ground HealthCare in Battle Ground provides free chronic medical care and dental care, as well as occupational, physical and speech therapy, and chronic pain classes.

Free Clinic of SW Washington in Vancouver offers chronic and urgent medical care, dental, vision and pharmacy assistance for children and adults. All services are provided at no charge. The Free Clinic of SW Washington also runs Project Access Clark County, providing specialty care referrals and case management.

New Heights Clinic in Vancouver provides free chronic medical care and dental care by appointment only.

Options360° Pregnancy Clinics in Vancouver and Battle Ground provide free pregnancy testing, ultrasounds, and STD testing and treatment.

Know that these clinics are in the Vancouver Area and if you are not having COVID-19 symptoms, or a life-threatening emergency, we urge you to not visit the ER.

For more information please visit Washington Health Benefit Exchange for real time coverage updates.
## Urgent Care at Vancouver Clinic/GoHealth

(360) 882-2778  website: [https://tvc.org/services/urgent-care/](https://tvc.org/services/urgent-care/)  
Website: [https://www.gohealthuc.com](https://www.gohealthuc.com)

<table>
<thead>
<tr>
<th>Clinic</th>
<th>Address/Hours of Operations</th>
</tr>
</thead>
</table>
| 87th Avenue Clinic             | **Address:** 700 NE 87th Ave, Vancouver WA 98664  
**Phone:** (360) 397-3991  
**Hours:** 7am - 8pm (M-F)  
7am - 5pm (Weekends/Holidays) |
| Battle Ground Clinic           | **Address:** 2005 W Main St, Battle Ground WA 98604  
**Phone:** (360) 397-3994  
**Hours:** 7am - 8pm (M-F)  
7am - 5pm (Weekends/Holidays) |
| Free Clinic of Southwest      | **Address:** 4100 Plomondon St, Vancouver, WA 98661  
**Phone:** (360) 313-1390  
**Hours:** Open Monday, Wednesday, Friday 8:30am to 11:30pm, Tuesday, Thursday, 5:30pm |
| Washington                    |                                                                                                              |
| Salmon Creek Clinic            | **Address:** 2525 NE 139th Street Vancouver WA 98686  
**Phone:** (360) 397-3992  
**Hours:** 7am - 8pm (M-F)  
7am - 5pm  
(Weekends/Holidays) |
| Columbia Tech Center           | **Address:** 501 SE 172nd Ave. Vancouver WA 98684  
**Phone:** (360) 397-3993  
**Hours:** 7am - 8pm (M-F)  
7am - 5pm  
(Weekends/Holidays) |
<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>Address</th>
<th>Phone</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ridgefield Clinic</td>
<td>Address: 55515 Pioneer Street, Ridgefield WA 98642</td>
<td>(360) 397-3995</td>
<td>7am - 8pm (M-F) 7am - 5pm (Weekends/Holidays)</td>
</tr>
<tr>
<td>Vancouver Plaza Neighborhood Clinic</td>
<td>Address: 7809 NE Vancouver Plaza Drive Suite 110 Vancouver WA 98662</td>
<td>(360) 882-2778</td>
<td>8:00am to 5:30pm (M-F)</td>
</tr>
<tr>
<td>GoHealth Hazel Dell</td>
<td>Address: 8013 NE 6th Ave, Vancouver, WA 9866</td>
<td>(360) 787-4151</td>
<td>7 days a week, 8am-8pm</td>
</tr>
<tr>
<td>GoHealth Cascade Park</td>
<td>Address: 305 SE Chkalov Dr Ste 170, Vancouver, WA 98683</td>
<td>(360) 787-4135</td>
<td>7 days a week, 8am-8pm</td>
</tr>
<tr>
<td>GoHealth Salmon Creek</td>
<td>Address: 13009 NE Highway 99, Ste. 100 Vancouver WA 98686</td>
<td>(360) 667-5840</td>
<td>7 days a week, 8am-8pm</td>
</tr>
<tr>
<td>GoHealth Camas</td>
<td>Address: 3425 SE 192nd Ave Ste 106, Vancouver, WA 98683</td>
<td>(360) 216-4525</td>
<td>Saturday-Thursday, 8am-8pm, Friday 1:30-4:00pm</td>
</tr>
</tbody>
</table>
Educational Resources During School Closures

For Students and Families

(Click on names for direct links to resources)

- Companies Offering Free Subscriptions due to School Closings (Updated): [Amazing Educational Resources]
- NASA for kids
- Netflix Educational Shows and Documentaries
- Teach Your Monster how to Read
- College
- Bugs and more for kids
- Homeschool Bootcamp
- Coding for Kids: Free Websites and Apps
- 105 Tools for Distance Learning & Strategies for Student Engagement
- Printable Activity Packets
- 1st-2nd Grade
- 4th Grade
- Museum Virtual Tours
- Virtual Field Trips
- Free School Lessons
- Music Classes
- Firmly Planted Resource Center (for anyone not in quarantine and willing to go, they are staying open with school resources and they have a coffee shop)
- Scholastic Resources - 20 days of free resources for learning at home
- Fluency and Fitness - 21 days of free resources for at home activities
- FVRL: Kanopy free resources with library card
- StoryLine Online
- The Creative Collective
- Free Books, Documentaries and more
- Math
- Science Mom Youtube Channel
- 30 Day Lego Challenge

- 10 Free Learning websites for kids
# 10 Free Learning Websites for Kids

Here's a list of some fun, educational, and safe websites for your child to visit and explore.

<table>
<thead>
<tr>
<th>Website</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Switcheroo Zoo</td>
<td>Watch, listen and play games to learn all about amazing animals!</td>
</tr>
<tr>
<td><a href="http://www.switcheroozoo.com">www.switcheroozoo.com</a></td>
<td></td>
</tr>
<tr>
<td>Nat Geo for Kids</td>
<td>Learn all about geography and fascinating animals.</td>
</tr>
<tr>
<td><a href="http://www.kids.nationalgeographic.com">www.kids.nationalgeographic.com</a></td>
<td></td>
</tr>
<tr>
<td>Into the Book</td>
<td>Go “into the book” to play games that practice reading strategies.</td>
</tr>
<tr>
<td><a href="http://www.reading.ecb.org">www.reading.ecb.org</a></td>
<td></td>
</tr>
<tr>
<td>Fun Brain</td>
<td>Play games while practicing math and reading skills.</td>
</tr>
<tr>
<td><a href="http://www.funbrain.com">www.funbrain.com</a></td>
<td></td>
</tr>
<tr>
<td>PBS Kids</td>
<td>Hang out with your favorite characters all while learning!</td>
</tr>
<tr>
<td><a href="http://www.switcheroozoo.com">www.switcheroozoo.com</a></td>
<td></td>
</tr>
<tr>
<td>Star Fall</td>
<td>Practice your phonics skills with these read-along stories.</td>
</tr>
<tr>
<td><a href="http://www.starfall.com">www.starfall.com</a></td>
<td></td>
</tr>
<tr>
<td>Seussville</td>
<td>Read, play games, and hang out with Dr. Seuss and his friends.</td>
</tr>
<tr>
<td><a href="http://www.seussville.com">www.seussville.com</a></td>
<td></td>
</tr>
<tr>
<td>Storyline Online</td>
<td>Have some of your favorite stories read to you by movie stars!</td>
</tr>
<tr>
<td><a href="http://www.storylineonline.net">www.storylineonline.net</a></td>
<td></td>
</tr>
<tr>
<td>ABC YA</td>
<td>Practice math and reading skills all while playing fun games!</td>
</tr>
<tr>
<td><a href="http://www.abcya.com">www.abcya.com</a></td>
<td></td>
</tr>
<tr>
<td>Highlights Kids</td>
<td>Read, play games, and conduct cool science experiments!</td>
</tr>
<tr>
<td><a href="http://www.highlightskids.com">www.highlightskids.com</a></td>
<td></td>
</tr>
</tbody>
</table>

For more educational ideas, visit ayearofmanyfirsts.blogspot.com
Talking to your kids about COVID-19

Here are some links on how to talk to your Children/Family about Coronavirus:

(Click on names for direct links to resources)

- Talking to Teens and Tweens About Coronavirus
- How to Talk to Kids About Coronavirus
- BrainPop cartoon video explaining Coronavirus
- NPR Comic for Kids explaining Coronavirus (first link is Instagram - second link here)
- Talking to Kids About the Coronavirus
- Help Your Family De-Stress During Coronavirus Uncertainty
- Fear and Anxiety – An Age by Age Guide to Common Fears, The Reasons for Each and How to Manage Them
- How to Talk About Coronavirus With Kids
- The Yucky Bug - Julia Cook
- So You’ve Got Questions about Coronavirus
- Discovery Education has a special channel to help explain what is happening to students
- Coronavirus Student Guide - Explanations and News Updates
- Talking to Children About COVID-19 (Coronavirus) - A Parent Resource

Provided Below are graphics and posters to help explain COVID-19 to Children and Families:
Have you heard about me?

**YES**  **NO**

And how do you feel when you hear my name?

- Relaxed
- Confused
- Worried
- Curious
- Nervous
- Sad

Sometimes adults get worried when they read the news or see me on TV

That's me!

When I come to visit, I bring...

- Difficulty breathing
- Fever
- Cough

But I am going to explain myself...

So you can understand
For Teachers

(Click on names for direct links to resources)

- Colorin Colorado: A bilingual site for educators and families of English language learners
- Education Companies Offering Free Subscriptions due to School Closures
- Khan Academy Student Schedules for School Closures
- Penguin Classics Classroom
- Scholastic Learn at Home: Teaching Remotely for Grades K-12
- Scholastic Learn at Home: Free Resources for School Closures
- Zoom - free sign up for teachers and students & relevant article
• Seesaw
• 17 Apps to Help Kids Stay Focused
• Apps That Act Like Math and Science Tutors for Homework Help
• Free Educational Apps, Games, and Websites
• Top Time-Management Apps
• Common Sense Media Education Resources
• Sumdog Math
• Flocabulary
• NewsELA
• Temporary School Closure Support Group for Educators
• Designing for Online Learning Online Course - a free course that runs from March 16-20. Registration ends at 7pm on Sunday March 15. The course requires about 45 minutes of your time per day.
• Global Online Academy COVID-19 Resources
• International Educator Shared Resources Google Doc
• Google Hangouts - Google has extended Hangouts Meet premium features to all G Suite customers through July 1, 2020
• EdPuzzle Pro
• Book Creator - giving 90 days free so you can collaborate on writing books with your students
• Kahoot Premium - offering free access to all features to support distance learning in schools affected by the coronavirus outbreak
• BoomWriter - a free writing app
• BrainPOP - free access
• Buncee Classroom - as per this tweet email info@buncee.com for free access
• Discovery Education - comprehensive response to the worldwide coronavirus outbreak
• Pear Deck - allows you to request individual or district-wide access if you’re impacted by closures
• Tynker - will let you apply to receive their entire curriculum free if you’re impacted by closures
• Adobe Spark - project based learning
• Free Tools for Schools Dealing with Corona
• Amazing Educational Resources
• Smore - Free Resources for Teachers
• Cool Cat Teacher by Vicki Davis
• 200+ Cool Tools for Your Classroom by Vicki Davis at Cool Cat Teacher
• Helping you plan and continue instruction during the COVID-19 crisis - NewsELA
• Google Keep - for helping your students stay organized
• Distant Learning Resource Lists
• Guidelines to running online Instruction
Transmission, Symptoms and Harm Reduction

DO THE FIVE
Help stop coronavirus

1. HANDS Wash them often
2. ELBOW Cough into it
3. FACE Don’t touch it
4. FEET Stay more than 3ft apart
5. FEEL sick? Stay home

Coronavirus symptoms vs the Flu

Coronavirus or something else?

Cold or allergies:
- Itchy eyes
- Stuffy nose
- Sneezing

Flu or Coronavirus:
- Fever
- Fatigue
- Body aches
- Cough
- Worsening symptoms

Coronavirus:
- Shortness of breath
- History of travel
- Exposure

Symptoms and risks vary from person to person. Always check with your doctor.

Sources: CDC, Mayo Clinic
SOCIAL DISTANCING:
What does it mean?

Social distancing is the practice of reducing close contact between people to slow the spread of infections or diseases. Social distancing measures include limiting large groups of people coming together, closing buildings and cancelling events.

<table>
<thead>
<tr>
<th>AVOID</th>
<th>Use Caution</th>
<th>Safe to DO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group Gatherings</td>
<td>Visit a local Restaurant</td>
<td>Take a Walk</td>
</tr>
<tr>
<td>Sleep Overs</td>
<td>Visit Grocery Store</td>
<td>Go for a Hike</td>
</tr>
<tr>
<td>Playdates</td>
<td>Get Take Out</td>
<td>Yard Work</td>
</tr>
<tr>
<td>Concerts</td>
<td>Pick up Medications</td>
<td>Play in your Yard</td>
</tr>
<tr>
<td>Theatre Outings</td>
<td>Play Tennis in a Park</td>
<td>Clean out a Closet</td>
</tr>
<tr>
<td>Athletic Events</td>
<td>Visiting the Library</td>
<td>Read a Good Book</td>
</tr>
<tr>
<td>Crowded Retail Stores</td>
<td>Church Services</td>
<td>Listen to Music</td>
</tr>
<tr>
<td>Malls</td>
<td>Traveling</td>
<td>Cook a Meal</td>
</tr>
<tr>
<td>Workouts in Gyms</td>
<td></td>
<td>Family Game Night</td>
</tr>
<tr>
<td>Visitors in your House</td>
<td></td>
<td>Go for a Drive</td>
</tr>
<tr>
<td>Non-essential workers in your house</td>
<td></td>
<td>Group Video Chats</td>
</tr>
<tr>
<td>Mass Transit Systems</td>
<td></td>
<td>Stream a favorite show</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Check on a Friend</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Check on Elderly Neighbor</td>
</tr>
</tbody>
</table>
For more information on COVID-19 Transmission and risks factors, please visit the CDC website:

- Spanish: https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html

For more information on Hand washing etiquette, please visit the CDC Website:

- English: https://www.cdc.gov/healthywater/hygiene/hand/handwashing.html
- Spanish: https://www.cdc.gov/handwashing/esp/when-how-handwashing.html

For Information on coughing etiquette, Please visit:

- Coughing or Sneezing: https://www.cdc.gov/healthywater/hygiene/etiquette/coughing_sneezing.html

**Coughing Etiquette:**

![Coughing Etiquette Image]
Mental Health and Self-Care

Mental Health Resources for WSU Global

(Click on names for direct links to resources)

- **Lifeline Chat**, call 1-800-273-8255;
  - Options For Deaf + Hard of Hearing 1-800-799-4889
  - en español 1-888-628-9454
- **ASWSU Global Website** has multiple resources and links including to TEDTalks.
- **Critical Mental Health Resources for College Students**
- **Mindful**: This is a great website with many articles. I get emails from this site and some of the things are:
Three Ways to Calm an Anxious Mind

1. Release the critic
   - Anxiety is painful enough, but we often get hit with a second round of self-critical thoughts. Ask yourself a question: Do the judgments make you more or less anxious? The answer is almost always, more. When you notice the self-critic, see if you can interrupt it by dropping into your heart and saying, “May I learn to be kinder to myself.”

2. Practice tuning into the senses
   - In moments of moderate to intense anxiety, the 3x3 practice can come in handy. Drop into three of your senses and name three things that you notice about them. In other words, name three things you’re seeing, smelling, tasting, feeling, or hearing. This can help interrupt the automatic catastrophic thinking that’s fueling the anxiety.

3. Channel your anxious energy
   - Not all anxiety is bad. Like most mental events, anxiety lies on a spectrum. When you’re feeling a lot of anxious energy, that could be stress or courage building up. Either way, we need to release that. If your anxiety isn’t severe, you can actually channel that energy into something productive. If you’re nervously waiting to hear some news for example, get active—go for a brisk walk, clean, or garden instead.

Meditation for Working with Anxiety

- **To begin, sit in a way that is relaxed**
  - Take a moment to adjust your posture on your seat to one that’s more comfortable. Feel your body in contact with the surface beneath you.

- **Allow yourself to experience whatever is present**
  - Experience whatever bodily feelings, mood, emotions, mind states, and thoughts are present right now. You might take a few deeper breaths to invite the body and the mind to relax and settle. Take a nice full in-breath, relaxing, releasing, and letting go on the out breath. Breathe in and fill the chest and the lungs with the in breath. Release and let go on the out breath.

- **As you breathe in, invite in a quality of calm**
  - You could repeat the word calm silently to yourself as you breathe in, and then again as you breathe out. Breathe in, calm the body, breathe out, calm the mind.

- **When you’re ready, let the breath settle**
  - Allow the breath to settle into its natural rhythm, allowing it to be just as it is. Breathe in, breathe out.
Invite a smile to your face
  - Let a smile come to the corners of your eyes and the corners of your mouth; a smile sends a message to our brain and to our nervous system that we’re safe and don’t have to be hyper vigilant. Smiling invites us to relax and be at ease.

Mental Health, Anxiety, and Stress Management Resources/Information

- Taking Care of your Mental Health in the Face of Uncertainty
- 5 Ways to Help Teens Manage Anxiety About the Coronavirus
- www.gozen.com
- www.calm.com
- Mini Meditation
- Down Dog App, which includes the apps Down Dog, Yoga for Beginners, HIIT, Barre, and 7 Minute Workout is free until April 1st and has exercises you can do at home
- Feeling Anxious Or Worried? Listen To These 8 Podcasts
- Coronavirus Anxiety: 4 Ways to Cope with Fear
- Help Kids Manage Anxiety around the Coronavirus (3 Expert Videos)
- Care for your Coronavirus Anxiety
- Expert Offers Practical Advice to Manage Your Coronavirus Anxiety
- Helping Children and Teens Cope with Anxiety About COVID-19
- When everything feels overwhelming, check out tips for taking in rapidly changing news
- De-stress together with meditation apps for kids and families
- 25 dance games: Get the blood flowing and elevate the mood with these dance moves (you might need to buy a special control from Amazon)
- Apps, websites, and video games that inspire running, jumping, and more to stay active.
- Don’t forget to enjoy a device-free dinner or two
- Coping With Stress During Infectious Disease Outbreaks
- The Tim Ferriss Show - Jack Kornfield — How to Find Peace Amidst COVID-19, How to Cultivate Calm in Chaos (podcast)
- Dr. Dan Siegel, Whole-Brain Child Resource Page: https://www.drdansiegel.com/resources/
- Talking to kids: https://www.instagram.com/p/B9HZ1snjjO9/?igshid=15cv48mcopn0k
- Kiddo Checklist: https://www.instagram.com/p/B9wzHBDhh_t/?igshid=60yb84rydkfy
- FREE resources for kids (books and stuffed animals): https://slumberkins.com/

IF SOMEONE IS IN NEED OF A REFERRAL: Jenny Sites, Clearstory Counseling
**Additional Resources:**

(Click on names for direct links to resources)

- Coronavirus disease (COVID-19) advice for the public
- Coronavirus emergency kit: Social distancing to flatten the curve
- Multilingual Fact sheet
- CDC Posters (Varying languages)
- Resources for Domestic Workers
- 360-334-6277 Store runs for groceries and supplies

---

**The Law Office of Erin Bradley McAleer**

is offering to assist those over 50 years old and immune compromised who live on Fourth Plain by making a run to the store to pick up basic supplies and food. If you need assistance, please call 360-334-6277.

---

- The CDC
- Interim Guidance for Businesses
- WHO
- Washington State Department of Health
- Clark County Public Health Department