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General Information

Washington State Coronavirus Response (COVID-19)

https://coronavirus.wa.gov/

Snohomish Health District

https://www.snohd.org

211

North Sound 2-1-1 is receiving a high volume of calls concerning COVID-19 in addition to our typical calls looking for resources. We are aware of the concerns that individuals are facing about their health, jobs, and day to day living. New resources that serve individuals affected by COVID-19 are developing rapidly and we remain committed to getting our callers connected to those services that may better their lives.

Dial 2-1-1 or toll free at: 1-800-223-8145

Arlington Community Resource Center

The ACRC is a one-stop hub of services for people in need. From help with basic needs like food, clothing, and shelter, to assistance with other kinds of resources and programs, we make sure our neighbors are supported and cared for in their journeys toward stability. Appointments preferred, drop-in visits now available

Monday through Thursday, 9am-4pm

https://www.voaww.org/acrc
(360) 322-6988

Lake Stevens Community Resource Center

The LSCRC is a one-stop hub of services for people in need. From help with basic needs like food, clothing, and shelter, to assistance with other kinds of resources and programs, we make sure our neighbors are supported and cared for in their journeys toward stability. Appointments preferred, drop-in visits now available.

Monday through Thursday, 9am-4pm
Sky Valley Resource Center

The Sky Valley Resource Center is a one-stop hub of services for people in need. From help with basic needs like food, clothing, and shelter, to assistance with other kinds of resources and programs, we make sure our neighbors are supported and cared for in their journeys toward stability.

Appointments preferred, drop-in visits now available.
Monday through Thursday, 9am-4pm

Carnegie Resource Center

Open for walk-in services: Monday through Friday, 9:00am-4:00pm.
For more information, connect by phone: (425) 434-4680 or walk up to the front door, 3001 Oakes Ave during business hours.

Recovery Resource Hub WA

If you’re an individual, a small business or a nonprofit that’s been negatively impacted by the COVID19 pandemic — there is relief for you. We’ve compiled the most comprehensive list of resources to help the Puget Sound region residents weather the coronavirus crisis and emerge from it with stability and strength.

Children’s Wellness Coalition

The Snohomish County Children’s Wellness Coalition is a countywide collaborative effort to improve the health and wellness of young people throughout our region. The Coalition is supported by Snohomish County Human Services and many organizations and expert community partners.
Disaster Distress Helpline

Call us: 1-800-985-5990
Text: “TalkWithUs” to 66746

https://samhsa.gov/find-help/disaster-distress-helpline

COVID-19 Information

1-800-525-0127

Washington State Department of Health – Coronavirus Information

https://doh.wa.gov/emergencies/covid-19

General COVID-19 Quarantine & Isolation Guidance

Unsure if your symptoms/exposure level warrants further testing or quarantine? Check this guide designed by the Snohomish Health Department.

https://www.snohd.org/545/if-you-get-COVID-19

List of Cleaning Products Determined by the EPA that can neutralize COVID-19

This tool helps consumers make educated choices on which cleaning agents to use and which are effective sanitizers in the face of the Covid-19 pandemic.

https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19

Snohomish & Island CLC Hardship Fund

The Snohomish and Island County Labor Council Hardship Fund supports union members and families in times of need. The emergency fund is limited to $500 dollars per calendar year and can help with many different needs such as: food, gas, phone, utilities, rent, and other items on a case by case basis.

https://www.snolabor.org/hardship/index.html
Employment

Worksource

WorkSource is a statewide partnership of state, local and nonprofit agencies that provides an array of employment and training services to job seekers and employers in Washington. The WorkSource Centers are opened to serve customers in-person during normal business hours of 8am-8pm Mon-Fri.

WorkSource Lynnwood: 425-412-6867
WorkSource Everett: 425-258-6300
SnoCo Futures Youth and Young Adult Services: 425-374-8351

https://www.worksourceonline.com

UFCW 21

UFCW 21 is the largest private-sector union in Washington, with over 44,000 members working in grocery store, retail, health care, meat processing and other industry.

https://www.ufcw21.org

SnoCoWork

SnoCoWork.com provides a no-cost resource to employers to post job openings and an opportunity for job seekers to directly connect with local companies.

https://snocowork.com/

Job Training & Education Center

We offer FREE classes in a wide range of subjects, including English for Speakers of Other Languages (ESOL), Computers, and Work Readiness.

Please note you must register for classes before the session begins.

We want to help you find the perfect class, so please call to make an appointment to speak with us about opportunities for our next session. For more information, email tania.siler@evergreengoodwill.org or call (425) 267-9718.
https://www.goodwill.org/jobs-training/find-a-job/

**Unemployment**

**Employment Security Department**

Washington State Employment Security Department has programs designed to help individuals and employers during this unprecedented time.

https://www.esd.wa.gov/

**Unemployment Benefit Eligibility Checker**

https://www.esd.wa.gov/unemployment/basic-eligibility-requirements

**Daily Webinar: Introduction to Unemployment Insurance**

https://esd.wa.gov/newsroom/introduction-to-unemployment-insurance-public-webinar

**Paid Family & Medical Leave**

https://paidleave.wa.gov

**Paid Sick Leave**


**One Fair Wage Emergency Fund**

Are you a service worker struggling amidst the coronavirus crisis? This resource could help with emergency cash assistance.

https://ofwemergencyfund.org/help
Small Business Assistance

Snohomish County Small Business Relief Grants


Support Local Business

Snohomish County today announced the launch of Support SnoCo to boost the economic health of local businesses.

https://i.supportsnoco.com/

Marysville CARES Small Business Grant Program

https://www.marysvillewa.gov/434/Community-Development-Block-Grants

Wells Fargo: Open For Business Fund

https://www.wellsfargo.com/about/corporate-responsibility/community-giving

DSHS

Applying for Benefits of Connecting with DSHS Representatives

Washington Connection offers 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.

(877) 501-2233
Shelter
Cocoon House-Youth ONLY

**Cocoon House**

*a quick guide for young people*

**NEED A SPOT TO CRASH?**

**AGE 12-17 AND NEED A PLACE TO STAY?**

Call or text 24/7: 425-877-5171

We have housing in Arlington, Everett, Monroe and throughout Snohomish County.

Call: 425-428-3135

**UNHOUSED AND OVER 18?**

If you are between 18-24, we can help! Leave a message, we’ll respond the next business day.

**U-TURN**

at the hub. WE'RE HERE FOR YOU.

**CONTACT:**

3550 Colby Ave Everett, WA 98201

425-259-5882 #117

**HOURS AND AGES:**

Mon - Fri: 2pm - 6:30pm, Sat - Sun: 10am - 1pm

Ages 16-24 Mon/Wed/Thurs

Ages 13-18 Tues/Fri/Sat/Sun

**SERVICES:**

- Showers
- Music
- Food
- Computers
- Transportation

**SAFE PLACE**

**SAFE ZONE**

**LINK UP**

with outreach

**CALL 425-359-3318**

To link up with an advocate, they’ll help you with things like:

- Food
- Mental Health
- Hygiene
- Finding a Job
- Housing
- Getting an ID

**NEED IMMEDIATE HELP?**

If you are under 18, contact us anytime 24/7.

We can pick you up and take you to a safe place.

email: safeplace@cocoonhouse.org

call or text: 425-877-5171
# Snohomish County Shelter Resource List

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Information</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocoon House</td>
<td>(425) 877-5171 (12 years-17 years old) or (425) 428-3135 (18 years-24 years old)</td>
<td>Youth Call for more information and availability.</td>
</tr>
<tr>
<td>Domestic Violence Services Snohomish County</td>
<td>(425) 252-2873</td>
<td>Anyone fleeing a Domestic Violence Situation Call for availability and location.</td>
</tr>
<tr>
<td>Everett Gospel Mission</td>
<td>(425) 740-2550</td>
<td>Men Call first – ask if there are any beds available. Phone intakes are Tuesday and Wednesday at 11:00am.</td>
</tr>
<tr>
<td>Everett Gospel Mission</td>
<td>(425) 740-2501</td>
<td>Single Women/Women with Children First come first serve Walk in intakes: Tuesday 9:00am-11:00am. Monday, Wednesday &amp; Thursday 9:00am-3:00pm. Call and leave a message to be placed on the waitlist.</td>
</tr>
<tr>
<td>Housing Hope</td>
<td>(425) 347-6556 Ext: 284</td>
<td>Not restricted demographically Must have completed coordinated entry by calling 211 before they can fill units. Stays are limited to 60 days.</td>
</tr>
<tr>
<td>Interfaith Family Shelter/Cars to Housing</td>
<td>(425) 200-5121 or complete intake form online at <a href="http://www.interfaithwa.org">www.interfaithwa.org</a></td>
<td>1 and 2 parent families, Pregnant Women Call 2-1-1, complete Coordinated Entry and see if you qualify for a Resource Navigator. Highly recommended for clients to have persistence and call at least once a week to check in on their progress.</td>
</tr>
<tr>
<td>Miracle House/Interfaith Family Shelter</td>
<td>(425) 200-5121 or complete intake form online at <a href="http://www.interfaithwa.org">www.interfaithwa.org</a></td>
<td>Families with Children Call 2-1-1, complete Coordinated Entry and see if you qualify for a Resource Navigator. Highly recommended for clients to have persistence and call at least once a week to check in on their progress.</td>
</tr>
<tr>
<td>Maud's House</td>
<td>(800) 223-8145 or 211</td>
<td>Women with Children/Pregnant Women Call 2-1-1, complete Coordinated Entry and see if you qualify for a Resource Navigator. The Resource Navigator makes referrals to the shelter. Questions please call (360) 386-9066.</td>
</tr>
<tr>
<td>Monroe Gospel Mission</td>
<td>(360) 863-9003</td>
<td>Single Women (No Children) The shelter is expecting a recent COVID-19 test from clients before they can meet in person/schedule an intake. Stays are limited to 60 days.</td>
</tr>
<tr>
<td>United Church Of Christ</td>
<td>(425) 740-2550 Call for availability</td>
<td>Intakes begin at 11am daily; notify staff upon arrival that you are here for an intake. Temporary Emergency Shelter</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>---------------------------------------</td>
<td>------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>2624 Rockefeller Ave Everett, 98201</td>
<td></td>
<td></td>
</tr>
<tr>
<td>YWCA-Pathways for Women</td>
<td>(425) 774-9643 ext. 226 or (425) 626-1751</td>
<td>Women/Women with Children Stays are limited to 45 days or less. To get on the waitlist, must call either of these numbers &amp; then check in every 1 weeks via phone in order to stay on the waitlist. Intake meetings are done over the phone, they will require a current picture ID &amp; Social Security Card.</td>
</tr>
<tr>
<td>6027 208th Street SW Lynnwood, 98036</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Showers & Laundry
Laundry

Community Laundry Outreach
Limited to one load per person

Smokey Point – Suds n Duds
3131 Smokey Point Dr

TUESDAY
5:30pm - 8:00pm - Last load in washer 6:30 pm

WEDNESDAY
5:30pm - 8:00pm - Last load in washer 6:30 pm

- Free laundry offered to those in poverty and/or homelessness
- Laundry supplies provided
- One small load per person present
- Please do not come to the laundromat if sick
- Sack meal provided at Smokey Point
Marysville
1108 State Avenue
Marysville, WA 98270

Wednesday
3:00pm – 7:00pm
*Last load in washer by 6:30pm

Sunday
2:00pm – 6:00pm
*Last load in washer by 5:30pm

- First-come, first-serve basis
- Free laundry service offered to those in poverty and/or homeless
- Laundry supplies provided
- Two small load limit per person present, time permitting.

For additional information about the laundry services or to learn more about the Marysville Salvation Army, please call (360) 926-2228 or visit https://marysville.salvationarmy.org/
# Public Showers

<table>
<thead>
<tr>
<th>Location</th>
<th>Address &amp; Information</th>
</tr>
</thead>
</table>
| First Presbyterian Church, “Shower for the People” | • 2936 Rockefeller, Everett, WA, 98201  
• Wednesday’s starting at 4pm, in the alley behind the church.  
• Toiletries/snacks/apparel as available  
• 4th Wednesday of the month, “Toiletries for Dignity,” provides full size toiletries, household cleaning supplies, sanitary feminine products, paper goods and socks |
| Lynnwood Shower Site (Hygiene Center) | • 19726 64th Ave. W., Lynnwood, WA, 98036  
• Monday through Saturday: 10am-6pm  
• Hygiene products/towels/clothing/food as available |
| VOAWW Sky Valley Integrated Service Center Campus | • 701 1st St, Sultan, WA, 98294  
• Mondays & Wednesdays 2:00pm-6:00pm, Last shower at 5:30pm  
• Soap, shampoo, and other hygiene items provided.  
• Call 360-793-2400 for more information. |
| Everett Gospel Mission (Men Only) | • 3711 Smith Ave Everett, WA  
• Questions? Contact (425)740-2500 |
**CURRENTLY ON PAUSE**
| Showers for Non-Members (Mill Creek YMCA) | • 13723 Puget Park Drive, Everett, WA, 98208  
• Monday-Friday 5:00am-8:00pm  
• Bring ID & Towel  
• Questions? Call (425) 374-5779 |
| Esther’s Place Women & Children | • 3705 Broadway Ave, Everett, WA, 98201 |
Rental Assistance
Volunteers of America
Fair Housing Counselor/Community Trainer

Jake Leasure, (425) 315-3286, jleasure@voaww.org

Homelessness Prevention

2-1-1 or (800) 223-8145

Homelessness Prevention Program continues serving clients at imminent risk of homelessness remotely. Due to the “Bridge Proclamation”, clients will need to receive an Eviction Resolution Pilot Program (ERPP) notice from their landlord for homelessness prevention/navigation services at this time. Please refer those who lost their income and not able to pay rent or experiencing other housing crisis to 211 to check eligibility and complete the Coordinated Entry assessment.

https://www.voaww.org/fairhousing
Dispute Resolution

Everett: (425) 339-1335

Skagit County: (360) 542-8487

Island County: (800) 280-4770

We are a conflict resolution center with a long history of providing services and training in the Puget Sound area.

Mediation
As an alternative to living with the stress of conflict or the anxiety and expense of the formal legal system, mediation can help people in conflict find workable solutions quickly and affordably.

Using a voluntary and confidential process, neutral mediators help parties in conflict reach a mutually satisfying agreement. Mediators assist parties in communicating with each other and encourage everyone to collaboratively problem solve a resolution that meets everyone’s needs.

Mediation can be used in a variety of disputes, including but not limited to:

- Family (divorce, parenting plans, elder care, and parent/teen issues)
- Neighborhood
- Business/Consumer
- Landlord/Tenant
- Workplace
- Foreclosure

Training Courses
We offer professional training of the highest caliber, created and developed with over thirty years of experience in the conflict management field.

- Basic Mediation
- Family Mediation
- Community Mediation
- Trauma-Informed Training
- Resolving Conflict in the Workplace
- Co-Parenting
- Fair Housing
- De-escalation Training
- Professionalism and Customer Service Training
HAVE YOU BEEN FINANCIALLY IMPACTED BY COVID-19?

Assistance May Be Available If Your Household:
- Lives in Snohomish County and are unable to pay for life sustaining needs
- Lost a source of income from job loss due to COVID-19
- Has at least one member who has a health condition that puts them at higher risk for serious illness if they contract COVID-19 AND/OR a household member 65 years or older.

Your local Community Resource Center may be able to help with certain household expenses including: utility costs, food, transportation, medical care, and other life sustaining services.

YWCA
Everett, Lynnwood, Edmonds
425-341-9731
cporcayo@ywcaworks.org

Arlington Resource Center
360-322-6988

CRC of Stanwood-Camano
360-629-5257

Take the Next Step
Monroe
360-794-1022
www.ttns.org

Sky Valley Resource Center Sultan
360-793-2400
Eviction Law Help

Tenants Union of Washington State

(206) 723-0500
https://tenantsunion.org/

Facing Eviction? Get Help!

Most evictions for not paying rent are not allowed right now, but your landlord may still be trying to evict you.

Washington LawHelp now has a mobile-friendly app with a guided questionnaire to help residential tenants at risk of eviction find the information and legal help they need, county-by-county. Nothing to download, just visit our Facing Eviction? Get Help! page to use the app.
Trouble Paying Your Mortgage

Housing & Urban Development (HUD)

https://www.hud.gov/states/washington/homeownership/buyingprgms

Washington Homeownership Hotline

(877) 894-HOME, (877) 894-4663

Washington State Department of Financial Institutions (DFI)

(877) 746-4334

COVID-19 Mortgage Assistance for Washington Residents

https://dfi.wa.gov/homeownership/covid-19-mortgage-assistance-washington-residents

Foreclosure Mediation Program

https://dfi.wa.gov/homeownership/washington-foreclosure-mediation-program

Food Security

Help applying for EBT/SNAP Benefits

United Way

https://www.uwkc.org/need-help/food-help/

Amazon now accepting EBT/SNAP Benefits

https://www.amazon.com/b?node=19097785011&ref_=ompss_url&tag=googhyd-20&hvadid=344008677029&hvpos=&hvexid=&hvnets=g&hvrand=728284624597
Citrine Health

(425) 259-9899 / (888) 651-8931

Food Assistance

We connect people to the Washington Basic Food Education Program by providing eligible recipients applications and information on food assistance programs in all of Island, San Juan, Skagit, Snohomish, Whatcom, and Pierce Counties. This institution is an equal opportunity provider.

Contact our office at (425) 259-9899 or (888) 651-8931 to learn more about eligibility and to start the application process. It is fast and easy.

Who qualifies for the Basic Food Program? April 1, 2022 – March 31, 2023

<table>
<thead>
<tr>
<th>Family Size</th>
<th>Monthly Income Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$2,265</td>
</tr>
<tr>
<td>2</td>
<td>$3,052</td>
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<tr>
<td>3</td>
<td>$3,839</td>
</tr>
<tr>
<td>4</td>
<td>$4,625</td>
</tr>
<tr>
<td>5</td>
<td>$5,412</td>
</tr>
<tr>
<td>6</td>
<td>$6,199</td>
</tr>
<tr>
<td>7</td>
<td>$6,985</td>
</tr>
<tr>
<td>8</td>
<td>$7,772</td>
</tr>
<tr>
<td>9</td>
<td>$8,559</td>
</tr>
<tr>
<td>10</td>
<td>$9,345</td>
</tr>
<tr>
<td>10+</td>
<td>Add $787 for each additional person</td>
</tr>
</tbody>
</table>
WIC

WIC clinics in Snohomish County are providing services and issue benefits over the phone, rather than in-person. For families who may be interested in applying for WIC, they can search for the nearest clinic using or calling the Help Me Grow WA Hotline at.

www.parenthelp123.org

WA Food Fund

As communities in Washington continue to fight the COVID-19 pandemic, there are far too many people without enough to eat. WA Food Fund is raising money to keep food banks and pantries stocked, in cities and rural communities across our state.

https://philanthropynw.org/wa-food-fund

Everett Free Meals List

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Cocoon House 10am-2pm Youth</td>
<td>Cocoon House 4:30pm Youth</td>
<td>Cocoon House 4:30pm Youth</td>
<td>Cocoon House 4:30pm Youth</td>
<td>Cocoon House 4:30pm Youth</td>
<td>Cocoon House 10am-2pm Youth</td>
<td></td>
</tr>
<tr>
<td>Central Lutheran Church 5pm</td>
<td>Esther’s Place 9am-1:30pm Women &amp; Children</td>
<td>Esther’s Place 9am-1:30pm Women &amp; Children</td>
<td>Esther’s Place 9am-1:30pm Women &amp; Children</td>
<td>Esther’s Place 9am-1:30pm Women &amp; Children</td>
<td>Esther’s Place 9am-1:30pm Women &amp; Children</td>
<td></td>
</tr>
<tr>
<td>Carl Gibson Senior Center 11am-Noon Seniors</td>
<td>Carl Gibson Senior Center 11am-Noon Seniors</td>
<td>Carl Gibson Senior Center 11am-Noon Seniors</td>
<td>Carl Gibson Senior Center 11am-Noon Seniors</td>
<td>Carl Gibson Senior Center 11am-Noon Seniors</td>
<td>Carl Gibson Senior Center 11am-Noon Seniors</td>
<td></td>
</tr>
<tr>
<td>Everett First Church of the Nazarene 5pm</td>
<td>Faith Lutheran Church 5pm</td>
<td>First Presbyterian Church 5:30pm</td>
<td>Everett United Church of Christ 5pm</td>
<td>First Presbyterian Church 5:30pm</td>
<td>Salt of the Earth at Madison Community Church 5pm November 9th</td>
<td></td>
</tr>
<tr>
<td>Salt of the Earth at Madison Community Church 5pm November 9th</td>
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<td></td>
<td></td>
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</tr>
</tbody>
</table>

Carl Gibson Senior Center [SENIOR 60+]
3025 Lommel A vict 6

Central Lutheran Church
2702 Rockefeller Ave

Cocoon House (YOUTH Ages 13 to 24)
150 3rd Ave

Esther’s Place (WOMEN & CHILDREN)
1705 Broadway

End the School Year Strong "{\text*}

Everett First Church of the Nazarene
2502 Lommel Ave

Everett United Church of Christ
2624 Rockefeller Ave

Faith Lutheran Church
6700 City Rd

First Baptist Church
1615 Pacific Ave

First Presbyterian Church
2316 Rockefeller Ave

Salvation Army
14 East Broadway

The Lord’s Little Cooker
2515 Hoy Ave

Vision Church
1917 California Ave
# Snohomish County Food Bank

<table>
<thead>
<tr>
<th>Food Bank</th>
<th>Qualifications/Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VOAAWW Everett Food Bank</strong></td>
<td>• Note: in the event of inclement weather, we observe the same emergency school closures &amp; snow days as Everett Public Schools</td>
</tr>
<tr>
<td>1230 Broadway, Everett, WA 98201</td>
<td>• No eligibility or documentation required</td>
</tr>
<tr>
<td>Monday, Wednesday, Thursday 10:00am-2:00pm</td>
<td></td>
</tr>
<tr>
<td>2nd &amp; 4th Tuesday 3:00pm-6:00pm</td>
<td></td>
</tr>
<tr>
<td>(425) 259-5191 ext. 13014</td>
<td></td>
</tr>
<tr>
<td><strong>Bethel Baptist Church</strong></td>
<td></td>
</tr>
<tr>
<td>2625 Hoyt Ave, Everett, WA 98201</td>
<td>• Call for an appointment or knock on Everett Ave side door</td>
</tr>
<tr>
<td>(425) 252-0249</td>
<td>• Hours vary, please call church</td>
</tr>
<tr>
<td><strong>Hand in Hand</strong></td>
<td></td>
</tr>
<tr>
<td>9502 19th Ave SE, STE F, Everett, WA 98208</td>
<td>• Must live in Snohomish County and have at least one child in household</td>
</tr>
<tr>
<td>(425) 574-2461</td>
<td>• Closed from 12:00pm-1:00pm</td>
</tr>
<tr>
<td>Monday-Thursday 8:00am-6:00pm</td>
<td></td>
</tr>
<tr>
<td>Friday 8:00am-5:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>Everett Salvation Army</strong></td>
<td></td>
</tr>
<tr>
<td>2525 Rucker Ave, Everett WA 98201</td>
<td>• Fill out an application for food during the food bank hours with photo I.D. and current proof of address (not a PO Box). Names and birthdates of all household members required</td>
</tr>
<tr>
<td>(425) 259-8129</td>
<td></td>
</tr>
<tr>
<td>Monday-Friday 10:00am-1:00pm, 1:30pm-4pm</td>
<td></td>
</tr>
<tr>
<td>Closed all major holidays</td>
<td></td>
</tr>
<tr>
<td><strong>The Village (VOA)</strong></td>
<td></td>
</tr>
<tr>
<td>14 E. Casino Road, Everett, WA 98208</td>
<td>• No eligibility or documentation required</td>
</tr>
<tr>
<td>(425) 212-5502</td>
<td></td>
</tr>
<tr>
<td>2nd, 4th, 5th Tuesday 2:00pm-5:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>Arlington Food Bank</strong></td>
<td></td>
</tr>
<tr>
<td>19118 63rd Ave NE, Arlington, WA 98223</td>
<td>• No I.D. required</td>
</tr>
<tr>
<td>(360) 435-1631</td>
<td></td>
</tr>
<tr>
<td>Mondays &amp; Wednesdays 5:00pm-6:30pm</td>
<td></td>
</tr>
<tr>
<td>Fridays 12:00pm-1:30pm</td>
<td></td>
</tr>
<tr>
<td><strong>Edmonds Food Bank/ Edmonds Senior Food Bank</strong></td>
<td>• Must be a resident of Edmonds and bring I.D. &amp; utility bill for address verification</td>
</tr>
<tr>
<td>828 Caspers Street L100, Edmonds, WA 98020</td>
<td>• Can pre-order online:</td>
</tr>
<tr>
<td>(425) 778-5853</td>
<td><a href="https://edmondsfoodbank.org/get-food/">https://edmondsfoodbank.org/get-food/</a></td>
</tr>
<tr>
<td>Mondays 3:00pm-5:30pm</td>
<td>• Seniors 60 or older or an ADA client can call for information on home delivery</td>
</tr>
<tr>
<td>Tuesdays 9:00am-12:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>Westgate Chapel Food Bank</strong></td>
<td></td>
</tr>
<tr>
<td>22901 Edmonds Way, Edmonds, WA 98020</td>
<td>• Bring I.D. and if returning client bring Client I.D.</td>
</tr>
<tr>
<td>(425) 977-4500</td>
<td>• Offers emergency bags Mon-Thurs 9:00am-5:00pm</td>
</tr>
<tr>
<td>Thursday 11:00am – 2:00pm</td>
<td>• Edmonds Residents Only</td>
</tr>
<tr>
<td><strong>Everett United Church of Christ (Rainbow Church)</strong></td>
<td>• Open to anyone in need</td>
</tr>
<tr>
<td>2624 Rockefeller Ave, Everett, WA 98201</td>
<td>• Bag of groceries to go</td>
</tr>
<tr>
<td>(425) 252-7224</td>
<td>• Other items by availability if requested</td>
</tr>
<tr>
<td>Last Two Mondays of the month 9:30am-12:00pm</td>
<td></td>
</tr>
<tr>
<td>Closed on Holidays</td>
<td></td>
</tr>
<tr>
<td><strong>Sky Valley Mobile Food Bank</strong></td>
<td></td>
</tr>
<tr>
<td>Index Community Church</td>
<td>• Located at Doolittle Pioneer Park</td>
</tr>
<tr>
<td>622 Index Ave, Index, WA 98256</td>
<td></td>
</tr>
<tr>
<td>(360) 794-7959</td>
<td></td>
</tr>
<tr>
<td>Wednesdays 11:00am-12:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>Lake Stevens Assembly of God</strong></td>
<td></td>
</tr>
<tr>
<td>9805 31st PL NE, Lake Stevens, WA 98258</td>
<td>• Must be a resident of Lake Stevens and bring I.D.</td>
</tr>
<tr>
<td>(425) 334-3430</td>
<td>• Clients to remain in car, volunteers will bring food to car</td>
</tr>
<tr>
<td>Tuesdays 5:30pm-6:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>Calvary Chapel of Lake Stevens</strong></td>
<td></td>
</tr>
<tr>
<td>9428 4th St SE, Lake Stevens, WA 98258</td>
<td>• Must be a resident of Lake Stevens and bring I.D.</td>
</tr>
<tr>
<td>Wednesday 3:00pm-5:00pm</td>
<td>• Clients to remain in car, volunteers will bring food to car</td>
</tr>
<tr>
<td><strong>Ebenezer Lutheran Church</strong></td>
<td></td>
</tr>
<tr>
<td>2111 11th Ave NE, Lakes Stevens, WA 98258</td>
<td>• Must be a resident of Lake Stevens and bring I.D.</td>
</tr>
<tr>
<td>(425) 334-3430</td>
<td>• Clients to remain in car, volunteers will bring food to car</td>
</tr>
<tr>
<td>Thursdays 1:30pm-5:00pm</td>
<td></td>
</tr>
<tr>
<td><strong>The Lake Church</strong></td>
<td></td>
</tr>
<tr>
<td>9015 Vernon Rd #10, Lake Stevens, WA 98258</td>
<td>• Must be a resident of Lake Stevens and bring I.D.</td>
</tr>
<tr>
<td>Saturdays 10:00am-12:00pm</td>
<td>• Clients to remain in car, volunteers will bring food to car</td>
</tr>
<tr>
<td>Organization</td>
<td>Address</td>
</tr>
<tr>
<td>------------------------------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>Lynnwood Food Bank</td>
<td>5320 17th St SW, Lynnwood, WA 98037</td>
</tr>
<tr>
<td></td>
<td>(425) 745-1635</td>
</tr>
<tr>
<td></td>
<td>Wednesdays 11:00am-5:00pm</td>
</tr>
<tr>
<td></td>
<td>Fridays 10:00am-1:00pm</td>
</tr>
<tr>
<td>Edmonds Community College</td>
<td>7010 196th St SW, Lynnwood, WA 98036</td>
</tr>
<tr>
<td></td>
<td>(425) 745-1635</td>
</tr>
<tr>
<td></td>
<td>Thursday 1:00pm-3:00pm</td>
</tr>
<tr>
<td>Mobile Lynnwood Food Bank @ Whispering Cedars Apartment Complex</td>
<td>6501 208th St SW, Lynnwood, WA 98036</td>
</tr>
<tr>
<td></td>
<td>(425) 745-1635</td>
</tr>
<tr>
<td></td>
<td>Saturdays 10:15am-11:15am</td>
</tr>
<tr>
<td>Marysville Food Bank</td>
<td>4150 88th St NE, Marysville, WA 98270</td>
</tr>
<tr>
<td></td>
<td>(360) 658-1054</td>
</tr>
<tr>
<td></td>
<td>Mondays 9:00am-11:00am (Seniors/Disabled Persons Only)</td>
</tr>
<tr>
<td></td>
<td>Tuesdays 3:00pm-6:00pm</td>
</tr>
<tr>
<td></td>
<td>Fridays 9:00am-11:00am</td>
</tr>
<tr>
<td>Mill Creek Food Bank</td>
<td>4326 148th St SE, Mill Creek, WA 98012</td>
</tr>
<tr>
<td></td>
<td>Thursdays 4:30pm-7:00pm</td>
</tr>
<tr>
<td>Concern for Neighbors</td>
<td>4700 228th St SW, Mountlake Terrace, WA 98043</td>
</tr>
<tr>
<td></td>
<td>(425) 778-7227</td>
</tr>
<tr>
<td></td>
<td>Tuesdays 9:30am-11:30am</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Foothills Four Square Church</td>
<td>17310 W Main St, Monroe, WA 98272</td>
</tr>
<tr>
<td></td>
<td>(360) 794-9849</td>
</tr>
<tr>
<td></td>
<td>Saturdays 9:45am-11:00am</td>
</tr>
<tr>
<td>Sky Valley Food Bank</td>
<td>235 Sky River Parkway, Monroe, WA 98272</td>
</tr>
<tr>
<td></td>
<td>(360) 794-7959</td>
</tr>
<tr>
<td></td>
<td>Tuesdays 3:30pm-6:00pm</td>
</tr>
<tr>
<td></td>
<td>Thursdays 9:00am-11:00am</td>
</tr>
<tr>
<td>Mukilteo Food Bank</td>
<td>4514 84th St SW, Mukilteo, WA 98275</td>
</tr>
<tr>
<td></td>
<td>(425) 366-8229</td>
</tr>
<tr>
<td></td>
<td>2nd &amp; 4th Monday 3:00pm-5:00pm</td>
</tr>
<tr>
<td></td>
<td>2nd &amp; 4th Tuesday 9:00am-10:30am</td>
</tr>
<tr>
<td>CrossView Church</td>
<td>604 Ave C E., Snohomish, WA 98290</td>
</tr>
<tr>
<td></td>
<td>(360) 568-3886</td>
</tr>
<tr>
<td></td>
<td>Mondays 6:30pm-7:30pm</td>
</tr>
<tr>
<td></td>
<td>Wednesdays 10:30am-11:30am</td>
</tr>
<tr>
<td>Malaby Food Bank</td>
<td>21104 86th Ave SE, Snohomish, WA 98296</td>
</tr>
<tr>
<td></td>
<td>(360) 668-7900</td>
</tr>
<tr>
<td></td>
<td>Thursdays by appointment only</td>
</tr>
<tr>
<td>Snohomish Community Food Bank</td>
<td>1330 Ferguson Park Road, Snohomish, WA 98290</td>
</tr>
<tr>
<td></td>
<td>(360) 568-7993</td>
</tr>
<tr>
<td></td>
<td>Tuesdays 3:00pm-6:00pm</td>
</tr>
<tr>
<td></td>
<td>Fridays 10:00am-1:00pm</td>
</tr>
<tr>
<td>Sultan Food Bank</td>
<td>617 1st St, Sultan, WA 98294</td>
</tr>
<tr>
<td></td>
<td>(425) 309-5782</td>
</tr>
<tr>
<td></td>
<td>Mondays 5:00pm-7:00pm</td>
</tr>
<tr>
<td></td>
<td>Fridays 9:30am-12:00pm</td>
</tr>
<tr>
<td>Everett Community Resource Center</td>
<td>215 W Mukilteo Blvd, Everett, WA 98203</td>
</tr>
<tr>
<td></td>
<td>(425) 355-6005, English</td>
</tr>
<tr>
<td></td>
<td>(425) 513-2880, Spanish</td>
</tr>
</tbody>
</table>
# Utility Assistance

## Snohomish County Energy Assistance

The Energy Assistance Office is open as of October 3, 2022. Some processes may still be handled remotely.

The Snohomish County Energy Assistance Program’s new season 2022-2023 opens on Monday October 3rd for all heating sources and the water-sewer assistance program.

Our office will be open to assist crisis applicants in person, with hours for scheduling interviews on Monday and Thursday from 9:30 A.M. to 11:30 A.M. and 1:00 P.M. to 3:30 P.M. You can call 425-388-3880 to apply by phone, download an application packet from this site, or apply online 24/7 by a link located at the bottom of this page.

Please note our programs have higher income limits this season and we can now offer assistance with water and sewer bills!

<table>
<thead>
<tr>
<th>Location</th>
<th>Hours</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Faith Lutheran Church</td>
<td>6708 Cady Rd, Everett, WA 98203</td>
<td>(425) 353-4758</td>
</tr>
<tr>
<td>Bethlehem Lutheran</td>
<td>7215 51st Ave NE, Marysville, WA 98270</td>
<td>(360) 658-2022</td>
</tr>
<tr>
<td>Bethesda Lutheran Church</td>
<td>23406 56th Ave W, Mountlake Terrace, WA 98043</td>
<td>(425) 778-6390</td>
</tr>
<tr>
<td>Still Valley Center</td>
<td>18308 Smokey Point Blvd., Arlington, WA 98223</td>
<td>(425) 501-9131</td>
</tr>
<tr>
<td>Bible Baptist Church (VOA)</td>
<td>820 W. Casini Rd, Everett, WA 98204</td>
<td>(425) 212-5302</td>
</tr>
<tr>
<td>Trinity Lutheran</td>
<td>2324 Lombard Ave, Everett, WA 98201</td>
<td>(425) 252-1259</td>
</tr>
<tr>
<td>Cedarwood International @ Bethel Chapel</td>
<td>23010 66th Ave W, Mountlake Terrace, WA 98043</td>
<td>(420) 883-5152</td>
</tr>
<tr>
<td>U-Turn at The Hub</td>
<td>3230 Collay Ave, Everett, WA 98201</td>
<td>(425) 259-5802, (425) 740-2945</td>
</tr>
</tbody>
</table>

- Individuals need to bring their own reusable bags
- Non-perishable food, diapers and possibly other items
- Items offered are results of gleaning from local markets
- Located in the Fellowship Hall
- Only Seniors 55 & older
- No eligibility or documentation required
- No eligibility or documentation required
- No eligibility or documentation required
- Youth Drop-in center for persons 13-24 years old
(425) 388-3880
https://snohomishcountywa.gov/552/Energy-Assistance

PUD

The PUD offers year-round income qualified rate discounts of 25 or 50 percent off of PUD electric and water bills to customers based on the total household income limits below.

https://www.snopud.com/account/financial-assistance/bill-assistance/

City of Everett Water Service

Catholic Community Services (CCS) administers an, “Everett Water Utilities” program. It is designed to be a once per year assistance for Everett Utility customers who have received a water shutoff notice and are at or below 200% of the Federal Poverty Level (see table below). If you receive a senior or disabled discount from Everett Utilities, you are not eligible for this program.

(425) 374-6394 Phone is staffed on Mondays, Tuesdays, and Wednesdays
https://ccsww.org/get-help/specialized-services/everettwaterassistance/

Salvation Army Warm Home Fund

The Salvation Army has limited utility assistance for customers of PSE. Please contact Suzanne Douff at Suzanne.douff@usw.salvationarmy.org or call (425) 259-8129 ext 235. Monday-Friday 10am-4pm.

City of Marysville Utility Assistance Program

https://marysvillewa.gov/1049/Community-Support-and-Resources

St. Vincent de Paul-Project Pride

St. Vincent de Paul North Sound Council distributes donations made through Snohomish County PUD Project PRIDE (Providing Relief for Individuals Dependent on Energy) to qualified individuals. For assistance please call our assistance line (425) 374-1243 extension 3, Monday through Friday 10am-4pm or email PUDprojectpride@hotmail.com. For more information on Snohomish Project PRIDE, or to donate to this program please visit:

https://svdpnsc.com/help/
Project PRIDE stands for Providing Relief for Individuals Dependent on Energy. The program was established in 1982 and has paid out over $3 million to help local people in need.

Project PRIDE is primarily funded by contributions from PUD customers. Funds are used to provide one-time grants for families and individuals who need help paying their energy bills. Interested in contributing to the Project PRIDE fund?

Eligibility

Families or individuals whose income is less than 200% of the federal poverty guidelines, or who have experienced sudden income loss due to the COVID-19 pandemic, are eligible to apply. Customers must have their most recent PUD bill and income documentation for the previous 30 days.

How to apply

Project PRIDE is managed by our partners at St. Vincent de Paul. To see if you qualify for assistance, call them at 425-374-1243.
Health Care

Vaccine Information

https://www.snohd.org/587/How-to-Get-Your-Shot

Information on COVID-19 vaccine access in Snohomish County


**NOTICE:** Snohomish Health District community-based clinics are currently offering first and second doses. They are NOT providing third shots for immunocompromised individuals or booster doses at this time. Third doses may be offered at future clinics and we will provide updated information when available. If you believe you qualify for a third dose, please contact your primary healthcare provider.

Check with your primary healthcare provider, clinic or pharmacy on their vaccination plans.


Use the [CDC Vaccine Finder Tool](https://www.cdc.gov/vaccines/schedules/hcp/vaccines-by-age.html).

Text your ZIP Code to GETVAX (438829) to receive addresses of nearby available vaccination sites.

Update on mass vaccination sites

**The mass vaccination sites in Snohomish County are closed after July 2021. Information will be updated if future mass vaccination sites become available.**

**Requesting a community-based clinic**

For organizations interested in hosting a community-based or mobile clinic, requests to the Washington State Department of Health Care-A-Van mobile vaccination program can be submitted online.

Submit a request

COVID-19 Call Center for Snohomish County: 425-339-5278
Vaccine Locator

https://vaccinelocator.doh.wa.gov/

COVID-19 VACCINE

Make the call to get your shot

The COVID-19 Call Center for Snohomish County can help register people over the phone for vaccine appointments.

425-339-5278

CALL CENTER HOURS:
8:30 a.m. to 4:30 p.m., Monday-Friday

As more people become eligible, it is important that seniors in Snohomish County still have the access they need to get their vaccine. If you need help registering for an appointment or know someone who does, please connect with the call center.

Thank you.

SNOHOMISH COUNTY Vaccine Taskforce
Pediatric COVID-19 Vaccines
What Parents/Guardians Should Know

COVID-19 vaccine now authorized for children ages 6 months and up.

Why should children get vaccinated?

Clinical trials proved that this vaccine works very well at preventing serious illness and hospitalizations from COVID-19 in youth. Now that the eligibility has increased to all those 6 months and up, community protection will be stronger.

Check out this Talking about Vaccines guide for tips on how to have a conversation about vaccines with youth and families.

How do I get my child vaccinated?
Washington state provides all recommended vaccines at no cost for children through age 18. Ask your child’s pediatrician or regular clinic if they carry the COVID-19 vaccine.

Families who do not have a health care provider already can call the Help Me Grow WA Hotline at 1-800-322-2588 or go to ParentHelp123.org to find a health care provider, clinic, or other health resources. This service is free and language assistance is available.

You can also visit VaccineLocator.doh.wa.gov and use the filter to see a list of places near you that have the pediatric vaccine.

How will this help at home?
The COVID-19 vaccine can keep kids protected from the disease, meaning indoor gatherings can be safer to host or attend.

Getting vaccinated will help children stay safer and protect family members in the household.

Families should continue following other recommended safety measures for the best protection.

How many shots do children need?
All children are recommended to receive at least the primary series.

- Children ages 6 months - 4 years get a 3 dose Pfizer primary series or a 2 dose Moderna primary series
- Children ages 5 - 11 get a 2 dose primary series
- Children ages 12 - 17 get a 2 dose primary series

Children who received a 2-dose series and are moderately or severely immunocompromised should receive an additional primary dose and all children ages 5+ should receive a booster dose. Additional doses for other groups may be recommended in the future.

To get your questions answered:
Visit: VaccinateWA.org/kids
Call: 1-833-VAX-HELP (1-833-829-4357), Press #
Language assistance is available.

Vaccinate WA
CovidVaccineWA.org
Clinics Offering COVID-19 Vaccine
FOR AGES 6 MONTHS & OLDER

Local providers offering vaccination to the general public:

- Kaiser Smokey Point Medical Center: https://healthy.kaiserpermanente.org/washington/facilities/smokey-point-medical-center-339687 • 360-651-1550
- McQuinn Naturopathic: https://mcquinnnaturopathic.com/ • 425-293-0107
- Sea Mar Everett: www.seamar.org/snohomish-medical-everett.html • 425-312-0202
- Sea Mar Marysville: www.seamar.org/snohomish-medical-marysville.html • 360-657-3094
- Sea Mar Monroe: https://www.seamar.org/snohomish-medical-monroe.html • 360-282-3890
- Stillaguamish Tribal Clinic: www.stillaguamish.com/departmentsandservices/wellness-clinic/ • 360-435-9338
- University of Washington Primary Care Mountlake Terrace: www.uwmedicine.org/locations/primary-care-mountlake-terrace • 425-275-5550

Local providers offering vaccination for their patients only:

- The Everett Clinic: www.everettclinic.com/covid-19/vaccine • 425-339-4212
- Community Health Center Arlington: www.chcsno.org/arlington-clinic/ • 360-572-5404
- Community Health Center Edmonds: www.chcsno.org/edmonds-clinic/ • 425-640-5522
- Community Health Center Everett College: www.chcsno.org/everett-college-clinic/ • 425-595-3900
- Community Health Center Everett North: www.chcsno.org/everett-north-clinic/ • 425-789-2097
- Community Health Center Everett South: www.chcsno.org/everett-south-clinic/ • 425-551-8033
- Community Health Center Lynnwood: www.chcsno.org/lynnwood-clinic/ • 425-835-5226
- Providence Medical Group Mill Creek Pediatrics: https://www.providence.org/locations/wa/pediatrics-mill-creek • 425-316-5160
- Providence Medical Group Mill Creek Family Medicine: www.providence.org/locations/wa/family-medicine-mill-creek • 425-316-5180
- Providence Medical Group Monroe Family Medicine: www.providence.org/locations/wa/family-medicine-mono • 360-794-7994
- SeaMar Lynnwood: www.seamar.org/snohomish-medical-lynnwood.html • 425-616-4100
- Skagit Regional Clinic Smokey Point Family Medicine: www.skagitregionalhealth.org/programs-services/smokey-point-family-medicine • 360-657-8840
- Swedish Pediatrics Edmonds: www.swedish.org/locations/swedish-pediatrics-edmonds • 425-673-3449
- Tulalip: www.tulaliptribes-nsn.gov/Dept/THS • 360-716-5710

* Please be patient as it may take time for providers to be able to start vaccinating children ages 6 months to 5 years.*

Infant Wax FL 2022, Clarks
Pharmacies Offering COVID-19 Vaccine
FOR AGES 6 MONTHS & OLDER

Rite Aid

• Arlington:
  17226 Smokey Point Boulevard
  https://www.riteaid.com/locations/wa/arlington/17226-smokey-point-boulevard.html • 360-657-4410

• Bothell:
  22631 Bothell-Everett Highway
  https://www.riteaid.com/locations/wa/bothell/22631-bothell-everett-highway.html • 425-481-8667

• Lynnwood:
  7500-A 196th Street SW

• Mill Creek:
  16222 Bothell-Everett Highway

• Mukilteo:
  1700 Mukilteo Speedway
  https://www.riteaid.com/locations/wa/mukilteo/1700-mukilteo-speedway.html • 425-514-0620

• Everett:
  10103 Evergreen Way

• Monroe:
  18906 State Route 2
  https://www.riteaid.com/locations/wa/monroe/18906-state-route-2.html • 360-794-0943

Edmonds Pharmacy

• Edmonds:
  7631 212th Street SW
  http://www.edmondspharmacy.com/ • 425-977-4880

Safeway

• Bothell:
  20711 Bothell-Everett Highway
  https://local.safeway.com/safeway/wa/bothell/20711-bothell-hwy.html • 425-486-4473

• Everett:
  1715 Broadway
  https://local.safeway.com/safeway/wa/everett/1715-broadway-ave.html • 425-339-9448

Barfell Drug

• Lynnwood:
  17633 Highway 99
  https://www.bartelldrugs.com/store/lynnwood/ • 425-743-1136

• Everett:
  1825 Broadway

• Lake Stevens:
  9010 Market Place

MinuteClinic (CVS)

• Lynnwood:
  19507 Highway 99
  https://www.cvs.com/minuteclinic • 866-389-2727

• Everett:
  11918 Airport Road
  https://www.cvs.com/minuteclinic • 866-389-2727

* Please be patient as it may take time for providers to be able to start vaccinating children ages 6 months to 5 years.*
At Home COVID-19 Tests

https://sayyescovidhometest.org/en-US

At-Home Test Instructions:

1. 

2. 

3. 

4. $x 5$

5. $x 15$

6. $x 3$

7. 

1-800-525-0127

www.snohd.org/covid
If you test positive:

1. **Isolate** at home until at least 5 days after your symptoms started and are improving. If you don’t have symptoms, at least 5 days after your positive result.*

2. **Wear** a high-quality (N95, KN95, or KF94) mask or layer a well-fitting cloth mask on top of a disposable medical mask after isolation for at least 5 days wherever you go out or around others.

3. **Contact** your workplace (or school or child care, for children who test positive) as soon as possible to notify them and help identify others who may have been exposed.

4. **Contact** friends, family members or teammates you have seen since the two days prior to your positive test OR symptom onset, whichever is earlier, to let them know they may have been exposed.

5. **Report** the positive case by calling 1-800-525-0127 and by using the WA Notify app on your phone (Scan QR code at right).

6. **Contact** your doctor if you are immunocompromised or otherwise at high risk for more serious illness. Seek immediate medical care if you have trouble breathing, persistent pressure or pain in your chest, confusion or inability to stay awake, or pale, grey or blue-colored skin, lips or nail beds.

*Please note that, for specific settings such as workplaces where distancing is impossible or child care and school environments, you may be asked to remain home longer than 5 days.

www.snohd.org/covid
Face Masks

CDC Guidance on Mask Wearing


Snohomish Health District

MASK REQUIREMENTS

The statewide mask requirement for most public indoor places, including schools, is lifted as of March 12, 2022. This makes masking optional in most public settings.

Though local health jurisdictions have the authority to put in place mask requirements at the county level, the Snohomish Health District is aligning with the statewide rules and is not currently putting more strict masking requirements in place for Snohomish County

https://www.snohd.org/616/Masks
Time to upgrade our masks

COVID is very contagious. Improve your mask to reduce the spread.

More layers = More protection

All masks should fit snugly over nose and mouth. Don’t pull masks down to talk, smile, cough or sneeze.

Better

Well-fitting N95, KN90, KN95 or KF94 mask

Good

Surgical Mask

Disposable medical mask underneath a well-fitting cloth mask

Fair

A well-fitting cloth mask

www.snohd.org/covid
Es hora de actualizar nuestros cubrebocas.

COVID es muy contagioso. Para ayudar a frenar la propagación, debemos mejorar nuestras mascarillas o cubrebocas.

Más capas = Más protección

Asegúrese de que los cubrebocas se ajusten perfectamente sobre la nariz y la boca con poco o ningún espacio. No se quite los cubrebocas para hablar, sonreír, toser o estornudar.

Mejor

Un cubrebocas N95, KN90, KN95 o KN94 que le quede bien

Bueno

Un cubrebocas de grado médico

Razonable

Un cubrebocas de grado médico desechable debajo de un cubrebocas de tela que le quede bien.

www.snohd.org/covid
Travel Requirements for Non-U.S. Citizen, Non-U.S. Immigrants

You must be fully vaccinated with the primary series of an accepted COVID-19 vaccine to travel to the United States by plane. Only limited exceptions apply. For more information, see Requirement for Proof of COVID-19 Vaccination for Air Passengers.

Medical Insurance

Washington Health Plan Finder

https://www.wahealthplanfinder.org/

Health Insurance for Undocumented Individuals

(855) 923-4633

SeaMar

Sign up for health insurance or basic food benefits by phone
(855) 289-4503

COVID-19 Response

Providence

https://www.providence.org/patients-and-visitors/coronavirus-advisory

Multi-Care

https://www.indigourgentcare.com/onlinecare

Skagit Regional Health
Public Charge Information

Update Sept. 9, 2022:

On Sept. 8, 2022, the Department of Homeland Security announced a final rule that will implement the public charge ground of inadmissibility. The final rule will go into effect on Dec. 23, 2022. DSHS will be reviewing the final rule and providing additional information on this website. Here are a few key takeaways and reminders:

- USCIS will not consider the receipt of Medicaid, public housing, or food assistance (Supplemental Nutrition Assistance Program) benefits as part of the public charge rule.
- The rule will exempt individuals granted refugee benefits by Congress from consideration of receipt of public benefits even when they are not admitted into the United States as refugees. This includes Afghan humanitarian parolees and Ukrainian humanitarian parolees.
- The final rule will go into effect on Dec. 23, 2023.

United We Dream

Healthcare information and resources for undocumented families


Telehealth tips for individuals receiving services

https://www.hca.wa.gov/assets/program/fact-sheets-telehealth-tips-for-individuals-receiving-services.pdf

Mercy Watch

We serve and are present to those living on the streets mired in addiction, mental health crisis and poverty, and to work with them for a better future.
We do this by providing basic street medical care, emotional and spiritual support, and needed supplies (socks, blankets, sleeping bags, etc.) to homeless men, women and children surviving in the area.

https://mercywatch.org/

Undocumented Families & Individuals

Washington Immigrant Solidarity Network

A hotline & website to help connect undocumented people with resources.

(844) 724-3737

https://www.waisn.org/
Washington State Department of Licensing

The Washington State Department of Licensing is seeing clients in person by appointment only. To schedule an appointment call or go online. Renew and manage your vehicles, boats, driver license, and addresses all in one place!

https://www.dol.wa.gov/

Reentry Database

The Washington State Library Program provides a Wiki on Institutional Reentry with links to resources that is updated regularly.


Emotional Health Resources

<table>
<thead>
<tr>
<th>Title</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Taking Care of your Emotional Health</strong></td>
<td>Taking care of your emotional health during an emergency will help you think clearly and react to the urgent needs to protect yourself and your family.</td>
</tr>
<tr>
<td><strong>Peak Resilience: Mental Health Guide</strong></td>
<td>Comprehensive resource guide for mental health.</td>
</tr>
<tr>
<td><strong>Snohomish County Music Project</strong></td>
<td>Providing music therapy services during the COVID-19 pandemic at no cost.</td>
</tr>
<tr>
<td></td>
<td>(425) 258-1605 OR email <a href="mailto:info@scmusicproject.org">info@scmusicproject.org</a></td>
</tr>
<tr>
<td><strong>Washington Recovery Help Line</strong></td>
<td>Can provide emotional support to callers along with the ability to link callers to resources that could help with Mental Health, Substance Use, and Problem Gambling. Monday-Friday 7am-12am, Saturday-Sunday 9am-10pm (866)789-1511</td>
</tr>
<tr>
<td><strong>Teen Link</strong></td>
<td>Teen Link is a platform that is accessible via text or phone where teens who are struggling with emotional health can talk and be listened to. (866) 833-6546 Call from 6-10pm Monday through Friday</td>
</tr>
<tr>
<td><strong>Emotional Wellness Toolkit</strong></td>
<td>NIH Wellness toolkits highlight evidence-based tips for living well and improving your health.</td>
</tr>
<tr>
<td>CrisisTextLine</td>
<td>Text “NAMI” to 741741 to chat with a trained crisis counselor. When in crisis, this hotline can help de-escalate situations.</td>
</tr>
<tr>
<td>----------------</td>
<td>------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>DOH Behavioral Health Impacts Weekly Report</td>
<td>Data to contextualize the pandemic.</td>
</tr>
<tr>
<td>Center for the Study of Traumatic Stress: Finding the Right Words to Talk with Children and Teens</td>
<td>This toolkit can be helpful when talking with children about the pandemic and its’ effects.</td>
</tr>
<tr>
<td>CDC: Diabetes and Mental Health</td>
<td>Untreated mental health issues can make diabetes worse, and problems with diabetes can make mental health issues worse. But fortunately if one gets better, the other tends to get better, too.</td>
</tr>
<tr>
<td>Helping Children Cope</td>
<td>Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children.</td>
</tr>
<tr>
<td>Studying while financially stressed during COVID-19</td>
<td>A good resource for students feeling burnout and anxiety around online school and the COVID-19 pandemic.</td>
</tr>
<tr>
<td>Love is Louder</td>
<td>The #LoveisLouder Action Center was designed to share tips, tools and ideas for actions that can help us take care of our emotional health, and take care of each other.</td>
</tr>
</tbody>
</table>

**Connectivity**

**Federal Communications Commission**

For updates on the FCC’s wide array of actions to keep consumers connected during the coronavirus pandemic.

https://www.fcc.gov/coronavirus

**Lifeline Cell Phones**

https://www.freegovernmentcellphones.net/states/washington-government-cell-phone-providers
# Lifeline Program

(Participants/Carriers Servicing Snohomish County)

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Cost</th>
<th>Specifics</th>
<th>Extras</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Access Wireless</strong></td>
<td>Free – if eligible</td>
<td>Using your own compatible phone or one you purchase; unlimited talk, text and data (25 GB high speed) per month. Only one line per household.</td>
<td>Tribal customers are eligible for unlimited talk &amp; text and 5.5 GB of data</td>
<td>(800) 464-6010</td>
</tr>
<tr>
<td><strong>Assurance Wireless</strong></td>
<td>Free – if eligible</td>
<td>Free Android smartphone (shipping charges may apply); unlimited talk, text and data (35 GB high speed) per month. Only one line per household.</td>
<td></td>
<td>(888) 321-5880</td>
</tr>
<tr>
<td><strong>EnTouch Wireless</strong></td>
<td>Free – if eligible</td>
<td>Some residents may be eligible for a free smart-phone: 1000 voice minutes, 500 texts and 100MB of data per month. Only one line per household.</td>
<td>Tribal customers are eligible for unlimited voice &amp; text and 4.5 GB of data</td>
<td>(866) 488-8719</td>
</tr>
<tr>
<td><strong>Life Wireless</strong></td>
<td>Free – if eligible</td>
<td>Free cell phone (shipping charges may apply); 1000 voice minutes, unlimited texts, 30GB of data per month. Only one line per household.</td>
<td></td>
<td>(888) 543-3620</td>
</tr>
<tr>
<td><strong>Q-Link</strong></td>
<td>Free – if eligible</td>
<td>Using your own compatible phone; unlimited voice, text and data. Only one line per household.</td>
<td>Eligible customers can get a new tablet through the EBB program.</td>
<td>(855) 754-6543</td>
</tr>
<tr>
<td><strong>Safelink</strong></td>
<td>Free – if eligible</td>
<td>Using your own compatible phone or one you purchase; unlimited voice, text and data. Only one line per household.</td>
<td></td>
<td>(800) 723-3546</td>
</tr>
<tr>
<td><strong>Terracom</strong></td>
<td>Free – if eligible</td>
<td>Plan #1: Using your own compatible phone or one you purchase; 1000 voice minutes, and unlimited text for each free month. Only one line per household.</td>
<td>Tribal Plan #1: Using your own compatible phone or one you purchase; 10,000 voice minutes and unlimited text. No data.</td>
<td>(888) 716-8880</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Plan #2: Using your own compatible phone or one you purchase; 500 voice minutes, unlimited text and 4.5 GB data per month. Only one line per household.</td>
<td>Tribal Plan #2: Using your own compatible phone or one you purchase; 10,000 voice minutes (local calls only), unlimited text and 4.5 GB data.</td>
<td></td>
</tr>
</tbody>
</table>
Apply for the Affordable Connectivity Program

Cricket is excited to bring you the Affordable Connectivity Program (ACP), a federal program that helps lower the cost of service for qualifying households. ACP provides a benefit of up to $30/mo., or up to $75/mo. on eligible Tribal lands, on your Cricket service. See below for details on eligibility and how to enroll.

Am I Eligible for ACP?

For eligibility details, visit the federal government’s National Verifier. You may qualify if you meet one of the following:

- Your household income is at or below 200% of the Federal Poverty Guidelines
- You participate in a qualifying federal assistance program

Important: ACP eligibility is determined through the National Verifier, the federal government’s application and approval process for determining eligibility. Cricket does not determine customer ACP eligibility. If you have questions about your ACP application, including eligibility status, visit affordableconnectivity.gov or call 833-511-0311.

Visit National Verifier Website (opens a new window)
Community Health Plan of Washington

Individuals enrolled with Medicaid can access a free cell phone. Here is the link to CHPW’s Member Center Page regarding the Free Cell Phone program.
DSHS Cell Minute Replenishment

Cell phone minutes can now be issued by the DSHS call center agents via mailing the minute voucher to the customer. Anyone needing access should call our contact center at to verify their service is through covered providers.

(877) 501-2233

Internet Service

Comcast is offering new Internet Essentials customers 2 free months of internet service to help connect low-income families to the internet during this time. After the two free months, you can cancel the service, or continue and make payments.

https://www.internetessentials.com/covid19?fbclid=IwAR2NN4E1hhkWQITf9HpXgDjawBzsIWebTHaFcpJxupSXY_0S_IhuDSeDHiI

WIFI Hotspots Location Finder

In response to the impacts of COVID-19, Drive-In WIFI Hotspots provide free temporary, emergency internet access for Washingtonians who do not have broadband service to their homes.


Online Support Groups

Relational Center

To create an additional space for continued connection during these times of increased isolation we will be offering online video chat support groups starting Monday (3/16). These groups are free and open to the public. You are welcome to join us and invite your friends and family as well.

https://www.relationalcenter.org/onlinesupport/
Connections App

To help support individuals in recovery from substance use disorder, Addiction Policy Forum has partnered with CHESS Health to launch Connections, a free smartphone app that is scientifically proven to support patients in recovery by reducing relapse and promoting pro-social engagement.

https://www.addictionpolicy.org/recovery-app

Pro-Social/Sober Support

<table>
<thead>
<tr>
<th>Name:</th>
<th>Description:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Alcoholics Anonymous</strong></td>
<td>Our purpose is to carry the message of recovery to the alcoholic who still suffers. Meetings are audio only, no video because participants log on from all over the world.</td>
</tr>
<tr>
<td><strong>Narcotics Anonymous</strong></td>
<td>Bringing Narcotics Anonymous Meetings to Remote or Isolated Addicts from around the world who may, for whatever reason, be unable to attend local face to face meetings.</td>
</tr>
<tr>
<td><strong>Unity Recovery</strong></td>
<td>To provide inclusive community-based recovery support services and education for all individuals in or seeking recovery.</td>
</tr>
<tr>
<td><strong>Suboxone Forum</strong></td>
<td>SuboxForum provides buprenorphine and Suboxone information, and is a place for addicts and those who love them to discuss opioid, pain pill, heroin, and other addictions.</td>
</tr>
<tr>
<td><strong>Support Groups Central</strong></td>
<td>Peer support has become recognized by experts as a high-impact and cost-effective path for improving our quality of life, delivering favorable health care outcomes and reducing healthcare costs.</td>
</tr>
<tr>
<td><strong>LifeRing Secular Recovery</strong></td>
<td>LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support.</td>
</tr>
<tr>
<td><strong>In The Rooms</strong></td>
<td>Ken Pomerance and Ron Tannebaum started In The Rooms (ITR) with a simple goal in mind: to give recovering addicts a place to meet and socialize when they’re not in face-to-face meetings.</td>
</tr>
<tr>
<td><strong>Medication Assisted Recovery (MARA)</strong></td>
<td>“Medication-Assisted Recovery Anonymous is a support group of people who believe in the value of medication as a means to recovery.</td>
</tr>
</tbody>
</table>
Federal Student Aid

Federal Student Aid

Here, you can find information about COVID-19 relief for federal student loans. You can also learn how to prepare for loan payments to begin again.

Student Loan Payment Pause Extended Through Dec. 31, 2022

The payment pause includes a suspension of loan payments, a 0% interest rate, and stopped collections on defaulted loans.

Which Loans Are Eligible

If you received a Federal Pell Grant, you may be able to get up to $20,000 of your federal student loans canceled based on your income. Other borrowers may be eligible for $10,000 in loan cancellation based on income.

New $20,000 Student Loan Cancellation Based on Income

https://studentaid.gov/announcements-events/coronavirus

Education

Everett Community College

https://www.everettcc.edu/enrollment/hs-programs/events

Pet Services

Beck’s Place

Beck’s Place changes the way families are served. From our Foster Boarding Program to Paw It Forward we are taking care of both people and pets.

https://www.becksplace.org/
Pregnancy & Parenting Support

Prepares For Life

https://preparesforlife.org/how-we-can-help/

Childcare

YMCA of Snohomish County

https://ymca-snoco.org/programs/child-care/

Boys & Girls Clubs of Snohomish County

https://bgcsc.org/

Parent Help Search Engine

Connecting parents with food, health and child care information

http://www.parenthelp123.org/

ChildCare Aware of Washington

https://info.childcareaware.org/coronavirus-updates

https://childcareawarewa.org/families/#whotocall
Tax Filing Assistance

My Free Taxes-H&R Block

https://www.myfreetaxes.com/

Tax Filing & Banking Assistance

https://www.everyoneiswelcome.org/bank-on/