

COVID-19

Wednesday, May 6, 2020

NEW SHD BLOG POST: COVID-19 AND HELP FOR MENTAL HEALTH OR SUBSTANCE USE

The Snohomish Health District has a new blog post on the topic of COVID-19's impact on wellness. Read it at right.

SNOHOMISH COUNTY DAILY BRIEFING

New SHD Blog Post: COVID-19 and Help for Mental Health or Substance Use

Steps are being taken locally and statewide to allow more activities and businesses – as long as illness prevention measures are in place. However, the “Stay Home, Stay Healthy” order also is extended, and social distancing is expected to remain part of our lives for the foreseeable future.

Social distancing is taking a toll on many. Separation from family and friends, job loss, and the stress and emotional strain of life during a pandemic can have serious consequences for mental health.

Mental Health and COVID-19

It is normal right now to feel scared, anxious, sad, angry, lonely, uncertain – a whole range of emotions are appropriate during this unprecedented time.

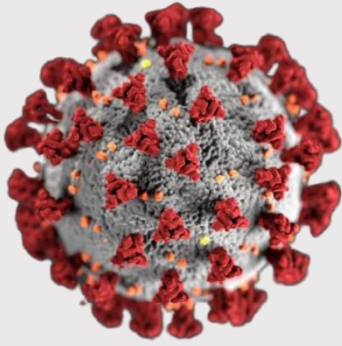
For some, the strain of the situation could contribute to crisis. If you or someone you care about is in crisis, help is available. Asking for help is not a sign of weakness. People who have never called a crisis line may find themselves needing one right now, and that's OK. Remember that our past experiences shape our reactions, and you may not feel the same way as others. That's OK, too. Life isn't normal right now. There is help.

- **Care Crisis Line:** 800-584-3578 or 425-258-4357
Care Crisis Chat: www.imhurting.org
- **Disaster Distress Helpline:** Call 1-800-985-5990 or text TalkWithUs to 66746.
The Disaster Distress Helpline provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.
- **The Trevor Project:** Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
- **Trans Lifeline:** Dial 877-565-8860 for U.S. and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.
- **Dial 2-1-1:** If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help.
- **National Domestic Violence Hotline:** For survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text LOVEIS to 22522.
- **Caregiver Help Desk:** Call 855-227-3640. The Caregiver Action Network's Care Support Team is staffed by caregiving experts, available 8 a.m. to 7 p.m. ET (11 a.m. to 10 p.m. local).

People with Substance Use Disorders

We also know that this can be a particularly challenging time for people with opioid use disorder or other substance use disorders.

The Substance Abuse and Mental Health Services Administration has a helpful list of virtual recovery resources. These include online meeting options, virtual hang-outs or chats, and online trainings. Find the full list at www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf.



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Q&A FOR EVERETT CARES GRANT PROGRAM

Link to the recent Facebook Live Q&A session about the Everett CARES Grant program is at right.

EDMONDS JULY 4TH FESTIVITIES CANCELLED

Edmonds has announced the cancellation of their July 4th festivities this year.

ARLINGTON JULY 4TH PARADE CANCELLED

Arlington's July 4th parade has been cancelled this year.

ANGEL OF THE WINDS CASINO ANNOUNCES RE-OPENING ON MAY 13 AT 3 P.M.

The Stillaguamish Tribe has announced the Angel of the Winds Casino will re-open on May 13 at 3:00 p.m. with additional safety measures in place. Details at right.

GOV. INSLEE HOSTS CONVERSATION WITH WASHINGTON NURSES ON NATIONAL NURSES DAY

This afternoon, Gov. Jay Inslee held a conversation with western Washington nurses in honor of National Nurses Day. Link to the broadcast is at right.

Here locally, resources and information are also available on our website at www.snohomishoverdoseprevention.com.

The COVID-19 pandemic has created new hardship and amplified existing challenges for people throughout Snohomish County. As much as we can be there for each other in spirit (even if we can't be close physically), now is the time to do so.

For those who are not experiencing a struggle with mental health or substance use, it's still a good idea to be aware of key resources like the crisis line or virtual recovery resources. You may be able to help someone else, and helping one another is going to be one of the most important pieces of getting through this.

For everyone who is struggling and everyone who is helping, we see you. We appreciate you. You matter.

For more information please read the full [blog post](#).

Q&A for Everett CARES Grant Program

In case you missed it, City of Everett Economic Development Director Dan Ernisee joined the Downtown Everett Association and Toggle's Bottle Shop on Facebook Live for a Q&A session about the Everett CARES Grant Program. [Watch the video on Facebook](#) to learn more about the program, eligibility and application process. Applications for small businesses are accepted until 5 p.m. on May 11. Learn more and apply at everettwa.gov/everettcares.

Edmonds July 4th Festivities Cancelled

Edmonds Chamber of Commerce announced the cancellation of their July 4th festivities this year.

Arlington July 4th Parade Cancelled

The Stillaguamish Chamber of Commerce announced the cancellation of the Arlington 4th of July Parade this year.

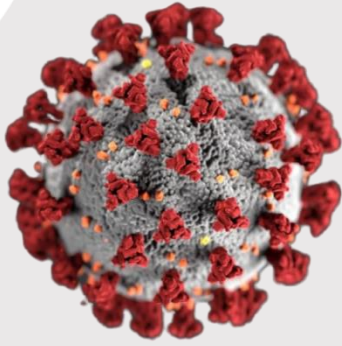
Angel of the Winds Casino Announces Re-Opening on May 13 at 3 p.m.

Angel of the Winds Casino plans to re-open to the general public with a phased re-opening strategy on Wednesday, May 13th at 3PM. Additional safety measures will be in place including social distancing, increased cleaning and sanitation guidelines, and mandatory face-covering protocols to protect the health and wellness of all guests and Team Members.

Gov. Inslee Hosts Conversation with Washington Nurses on National Nurses Day

Earlier today, Gov. Jay Inslee held a conversation with western Washington nurses in honor of National Nurses Day. Gov. Inslee was joined by Katy Brehe, RN, Seattle's Harborview Medical Center; Diane Stedham-Jewell, RN, Providence in Centralia; and Justin Gill, DNP, ARNP, RN, Nurse Practitioner, Providence Urgent Care in Mill Creek.

[Watch on TVW.](#)



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GOV. INSLEE ISSUES TWO EMERGENCY PROCLAMATIONS; SNOHOMISH COUNTY MENTIONED

Gov. Jay Inslee issued two emergency proclamations addressing ballot access and non-native gypsy moths. Spraying for non-native gypsy moths will take place in parts of Snohomish County. Details and links at right.

GOV. INSLEE ANNOUNCES THREE SAFE START ADVISORY GROUPS

Safe Start advisory groups addressing public health, safe work and economic recovery, and social supports were announced yesterday. Details on the groups is at right.

GOV. INSLEE EXTENDS 12 PROCLAMATIONS RELATING TO COVID-19

Links to the 12 proclamations that have been extended are at right.

Gov. Inslee Issues Two Emergency Proclamations; Snohomish County Mentioned

Gov. Jay Inslee issued two emergency proclamations today. One is in response to the continuing COVID-19 pandemic and the other is related to non-native gypsy moths.

The two proclamations are as follows:

- **Maintaining access to the ballot:** This proclamation waives/suspends the statutory requirement that candidates for public office must submit a filing fee petition with registered voters' signatures if they cannot afford to pay the filing fee. During the COVID-19 emergency, signature gathering runs contrary to recommended public health practices, so candidates for public office may now submit a filing fee petition without collecting those signatures. [Read the full proclamation here.](#)
- **Gypsy moths:** This proclamation makes a formal finding that there is an imminent threat of non-native gypsy moth infestation in parts of Snohomish County. This order authorizes the Department of Agriculture to respond to that threat of infestation with emergency measures, including aerial spraying. [Read the full proclamation here.](#)

Gov. Inslee Announces Three Safe Start Advisory Groups

Following yesterday's press conference, Gov. Jay Inslee published a [news release](#) regarding the Safe Start advisory groups.

Each advisory group constitutes a forum for the community to consult with the governor's office and state agencies on next steps as Washington moves forward. The members of these community leader groups are in touch with communities around the state and will inform decision-making.

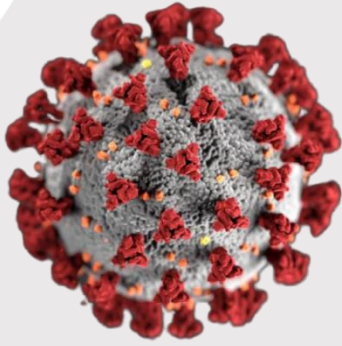
- **Public Health and Health Care System:** Led by Department of Health Sec. John Wiesman, the Public Health and Health Care System group will look at broadening testing efforts, preparing for a second wave and preparing for treatment or vaccine distribution.
- **Safe Work and Economic Recovery:** Led by Department of Commerce Director Lisa Brown, the Safe Work and Economic Recovery group will advise on recovery plans, guidance for maintaining health standards during re-opening and assistance to Washington's workforce.
- **Social Supports:** Led by Department of Social and Health Services Sec. Cheryl Strange, The Social Supports group will offer perspectives on the increasing need for social services because of the COVID-19 pandemic, including food security and safe shelter and housing. It will look at recovery through an equity lens to defend the state's most vulnerable and make sure that every Washingtonian is part of the recovery.

These groups do not substitute for legislative involvement. Cabinet leads and the governor's office staff will report out to the local elected officials and the Legislature on the progress and status of the state's efforts.

Gov. Inslee Extends 12 Proclamations Relating to COVID-19

Gov. Jay Inslee announced the extension of 12 proclamations in response to the continuing COVID-19 pandemic.

A May 4, 2020, [letter](#) from the Legislature extends proclamations [20-15.1](#), [20-20.1](#), [20-21.1](#), [20-23.2](#), [20-26.1](#), [20-27.1](#), [20-29.1](#), [20-30.1](#), [20-32.1](#), and [20-34.1](#) until May 31, 2020.



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WASHINGTON HEALTHPLANFINDER URGES UNINSURED TO ACT FAST TO MEET FRIDAY, MAY 8 DEADLINE

The deadline for the limited-time special enrollment period for those that did not secure health insurance for 2020 is Friday, May 8 at 5:30 p.m. Link to Washington Healthplanfinder to get signed up is at right.

The statutory waivers and suspensions cited in [20-28.1](#) are extended until May 31, 2020, except for RCW 42.56.520(i) which is extended to May 11, 2020.

The statutory waivers and suspensions cited in [20-33.1](#) are extended until May 11, 2020.

[20-15.2](#): Department of Licensing

[20-20.2](#): Department of Revenue - Relief from Penalties, Fees,

[20-21.2](#): Unemployment Benefit - One Week Waiver

[20-23.3](#): Ratepayer Assistance and Preservation of Essential Services

[20-26.2](#): Liquor and Cannabis Board

[20-27.2](#): Electronic Notary

[20-28.2](#): Open Public Meetings Act and Public Records Act

[20-29.2](#): Telemedicine

[20-30.2](#): Unemployment Benefit - Job Search Requirement

[20-32.2](#): Department of Health - Health Care Workers

[20-33.2](#): Department of Children, Youth, and Families - Visitation and Remedial Services

[20-34.2](#): State Auditor's Office - Financial Reporting

Washington Healthplanfinder Urges Uninsured to Act Fast to Meet Friday, May 8 Deadline

In response to the Coronavirus (COVID-19) pandemic, Washington Health Benefit Exchange (Exchange) today is urging individuals who did not secure health insurance for 2020 to sign up for coverage by 5:30 p.m. on Friday, May 8, the deadline of the limited-time special enrollment period (SEP) through [Washington Healthplanfinder](#) for coverage beginning May 1, 2020.

Individuals who need help signing up for coverage through Washington Healthplanfinder may contact the Customer Support Center between 7:30 a.m. to 5:30 p.m. Monday-Friday at 1-855-923-4633; TTY: 855-627-9604. They may also contact an Exchange certified Navigator, Broker, or Enrollment center who can answer insurance questions and help with enrollment. Free help from local experts is accessible via the WAPlanfinder Mobile App or by visiting: <https://www.wahealthplanfinder.org/content/find-expert-advice.html>.

Over 19,500 customers have signed up for coverage since the Exchange announced a special enrollment period in response to the Coronavirus (COVID-19) pandemic. This includes 7,000 uninsured Washington residents who have come in through the COVID-19 special enrollment period, and 12,500 additional customers who have come in through a qualifying life event.

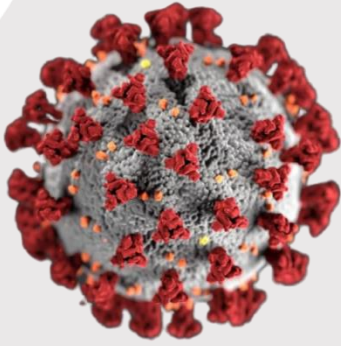
The Exchange is also reminding people that even after May 8, individuals who have recently lost their job or their employer coverage, have experienced a change in income, or experienced another [qualifying event](#) can continue to visit [WAHealthplanfinder.org](#) or use the WAPlanfinder Mobile App to sign up online.

In some cases, individuals may qualify for free or low-cost coverage through [Washington Apple Health](#) (Medicaid) that is available year-round on Washington Healthplanfinder.

For more information about coverage options visit [WAHealthplanfinder.org](#).

New Webinar from the Economic Resiliency Team

The Joint Information Center's Economic Resiliency Team holds a weekly webinar with the Association of Washington Business. The audience includes hundreds of Washington businesses and industry associations. In



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NEW WEBINAR FROM THE ECONOMIC RESILIENCY TEAM

Link to the archived weekly webinars from the Joint Information Center's Economic Resiliency and Association of Washington Business is at right.

STATE BUSINESS RESPONSE CENTER UPDATE

If you have questions for the Economic Resiliency Team's Business Response Center, contact information is at right.

CONFIRMED AND PROBABLE CASES OF COVID-19 IN SNOHOMISH COUNTY

Please note: The statistics are also available on the [Snohomish Health District website](#).

ESSENTIAL LINKS AND PHONE NUMBERS FOR UP-TO-DATE INFORMATION

- [Snohomish Health District](#)
- [Snohomish County](#)
- [Snohomish County COVID-19 Response & Community Resource Hub](#)
- [Washington State Centers for Disease Control and Prevention](#)
- Snohomish County COVID-19 Phone Line: **425-388-3944**
- Washington State COVID-19 Hotline: Call **1-800-525-0127** or text **211-211 for help**. For information to be texted to you, text **Coronavirus** to **211-211**.

the [most recent webinar](#), Employment Security Department Commissioner Suzi LeVine, Department of Commerce Assistant Director Chris Green and Department of Labor and Industries Director Joel Sacks discuss the state's latest efforts to help employers and workers. All the episodes are [archived online](#).

State Business Response Center Update

The Economic Resiliency Team's Business Response Center has answered nearly 2,000 general business inquiries reopening, health and safety concerns and available grants, loans and other business assistance since coming online April 8. If you're a business owner or operator with a question, [you can fill out a form that goes to the center for response](#).

Confirmed and Probable Cases of COVID-19 in Snohomish County (as of May 6, 2020)

Case Count	Last Updated: 2:00 p.m.
Confirmed	2,590
Probable	242
Deceased	113

Jurisdiction	Last Updated: 2:00 p.m.
Arlington	112 (77 recovered)
Bothell*	179 (126 recovered)
Brier	18 (10 recovered)
Darrington	<5 (<5 recovered)
Edmonds	292 (178 recovered)
Everett	811 (480 recovered)
Gold Bar	<5 (<5 recovered)
Granite Falls	22 (15 recovered)
Index	0
Lake Stevens	103 (85 recovered)
Lynnwood	550 (291 recovered)
Marysville	216 (132 recovered)
Mill Creek	45 (30 recovered)
Monroe	68 (49 recovered)
Mountlake Terrace	95 (56 recovered)
Mukilteo	52 (43 recovered)
Snohomish	129 (96 recovered)
Stanwood	88 (67 recovered)
Sultan	8 (<5 recovered)
Tulalip	15 (7 recovered)
Unknown/Other	5 (<5 recovered)
Woodinville*	12 (10 recovered)
Woodway	7 (5 recovered)

Numbers less than 5 are suppressed to protect medical privacy. Unknown includes cases still under investigation.

*Counts are for portions in Snohomish County only.