**Health and Community Resources**

**During COVID-19 Outbreak 2020**

### **King County Novel Coronavirus Call Center**

If you are a King County resident and have symptoms of COVID-19 or questions, you can call **(206) 477-3977**. This helpline is open from 8 a.m. - 7 p.m. every day. The operators are able to connect with a third-party interpreter.

**King County Public Health Website**

We know many people are concerned about potential exposure to COVID-19. If you think you've been exposed and are experiencing fever and respiratory symptoms, here are three ways to access our services:

* **Please call ahead**before arriving in person. This includes physician clinics, urgent care centers or emergency departments.
* **See a provider virtually using Swedish** [**Express Care Virtual**](http://app.news.providence.org/e/er?utm_source=standalone&utm_medium=email_free&utm_campaign=system_covid19_response&utm_content=c321&s=1129361478&lid=1679&elqTrackId=C04DEFF923EBEC5E5C0D35252B346592&elq=9ad0a22b0aa04e1c89e40d3b05290830&elqaid=1351&elqat=1). With this service, you can visit with one of our providers via online video from the comfort of your home, seven days a week.
* **Use the new Swedish** [**online coronavirus assessment tool**](http://app.news.providence.org/e/er?utm_source=standalone&utm_medium=email_free&utm_campaign=system_covid19_response&utm_content=c321&s=1129361478&lid=1680&elqTrackId=E1928BB363CA8626E7BC80BF3D24C6FC&elq=9ad0a22b0aa04e1c89e40d3b05290830&elqaid=1351&elqat=1)**.** We developed a “chat” tool to help you assess your risk and connect you with a provider virtually if you are at a higher risk for the virus.

By calling ahead or connecting online, a professional can talk with you about seeking care, including options for testing, while minimizing the risk of exposing yourself or others through an in-person visit.

**Mental Health Resources**

**Mental Health CRISIS SERVICES:**

* Crisis Text Line – text START to 741741 [www.crisistextline.org](http://www.crisistextline.org/)
* King County Crisis Connections 206-461-3222
* Trevor Project 1-866-4UTREVOR (488-7386) (specific toward LGBTQ youth)
* National Suicide Prevention Lifeline 1-800-273-TALK (8255)
* Teen Link 1-866-833-6546 [www.teenlink.org](http://www.teenlink.org/)
* Children’s Crisis Outreach Response Services (CCORS) through the Crisis Clinic 206-461-3222
* Washington 24-Hour Recovery Help Line:866.789.1511 [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)
* Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to any natural or human caused disaster at 1-800-985-5990 or text TalkWithUs to 66746.

Mental Health Providers in the Community (current info as of 3/26):

**NOTE: The mental health resources listed below are not endorsements nor is this list meant to be an exhaustive list of providers. Please contact your insurance company to verify coverage of a provider. If you need information regarding medical insurance or the Washington State Health plan please visit wahealthplanfinder.org or call 1-855-923-4633.**

* **Washington’s Mental Health Referral Service for Children and Teens**
	+ This referral service connects youth (ages 17 and under) and families with evidence-supported, outpatient, mental health services in the community. It is a free, telephone-based referral service funded by the Health Care Authority and operated by Seattle Children’s. Call 833-303-5437 Monday to Fri 8AM to 5PM or visit <https://www.seattlechildrens.org/clinics/washington-mental-health-referral-service/>
* Friends of Youth 425-869-6490 **still open so far**
* Seamar 425-460-7125 **still open so far. Open Access – Monday starting at noon. Thursdays 9AM. 2-3 hours. Only Provider One. First come first served.** 1811 156th Ave NE Suite 2 Bellevue 98007
* Ohana Behavioral Health 425-686-9509 **Still accepting new clients via telehealth, go to their website to get set up with an appointment:** [www.ohanabehavioralhealth.com](http://www.ohanabehavioralhealth.com)**)**
* Issaquah Highlands Counseling Group 425-677-8686. **Currently accepting new clients via telehealth.**
* Centered Mind Counseling 425-269-3277 – **currently accepting new clients via telehealth**. Go to their website <https://centeredmindcounseling.com/> and click on “Telehealth Video Sessions” to get set up with services.
* Dayspring Behavioral Health 425-295-7697 – **currently accepting new clients, and *only* doing telehealth currently**
* Full Circle Counseling 425-409-6414. **Accepting new clients both in person and via telehealth**
* Youth Eastside Services 425-747-4937. **No new kids.** **If currently a client – individual therapist will contact kid about telehealth.**
* Sound mental health 206-302-2300 **open for essential services only (that includes medications, HOSPITAL DISCHARGE appts – but not new outpatient walk ins).**
* Virginia Mason Grief Services- Seattle- 206-223-6398
* Safe Crossings 206-749-7723. **Currently accepting new clients,** offering consultation to caregivers, possible phone visits with kids, mailing out resources to families. Working on getting telehealth set up as soon as possible.
* King County Sexual Assault Resource Center 1-888-998-6423 (24 hour line). **Currently seeing current clients and accepting new clients, doing telehealth.**
* Seneca Family of Agencies 206-948-0096. **Currently accepting new clients, doing telehealth only.**
* The Emily Program (eating disorder services) 1-866-916-3280 ext. 1612. **Currently accepting new clients.**
* Eating Recovery Center 1-877-825-8584. **Currently accepting new clients.** (To find info on COVID-19 resources, go to <https://www.eatingrecoverycenter.com/covid>)
* Children’s Crisis Outreach Response System (CCORS) 206-461-3222. **Currently operating as normal.**

**Helpful Websites: \*\* Please note information is changing daily**

NCTSN Resources for helping children cope [https://www.nctsn.org/resources/parent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fwww.nctsn.org%2fresources%2fparent-caregiver-guide-to-helping-families-cope-with-the-coronavirus-disease-2019&c=E,1,-KHUTSudhnB126LrE0AqUfQq73Is5sQVDf8ZQJctTaXMM0Gjb1me61F8KLenmlCRg3CHTtw1emOT44h4BxbZaHGopv2lcquekmfPYLvkxKlcaXP3-8lPUhg,&typo=1)

CDC Helping Children cope in emergencies <https://www.cdc.gov/childrenindisasters/helping-children-cope.html>

SAMHSA Talking with Children during a disease outbreak [https://store.samhsa.gov/system/files/infectiousdiseasetipsheetcxs-02-25-20.pdf](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fstore.samhsa.gov%2fsystem%2ffiles%2finfectiousdiseasetipsheetcxs-02-25-20.pdf&c=E,1,iiTCcdkXjE8JZ9OICzPDNfWcnl8fASL9wMFPCFycdhGHvYUcOPVCWbeE76Xka_l5NE-Vl9fVhvE154XPDGnorKM870cNAwaHPAXwxN8ugBBUrKiNUteRn6k,&typo=1)

SAMHSA Coping with stress during disease outbreaks [https://store.samhsa.gov/system/files/sma14-4885.pdf](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fstore.samhsa.gov%2fsystem%2ffiles%2fsma14-4885.pdf&c=E,1,mPG_-4jXIWlXU5Peo-sPVLWMfsipLlnDs4GijaZh0jUXs8-3_-T0qfLSxRRZyb6OPpwvricNd9illEmA2JcsuEDePQ7wXBhBbWTxs-VSKw,,&typo=1)

NPR Coronavirus explanation for kids in comic form <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>

Child Mind Institute [https://childmind.org/article/talking-to-kids-about-the-coronavirus/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fchildmind.org%2farticle%2ftalking-to-kids-about-the-coronavirus%2f&c=E,1,FZiOzHt0UXmUZZwMlUICHgHD1vWo1WOsq8ID9IY9C-nr8eNv4E5q276bJKydTuVUZUW5LCu1FHClf7T0tupB8luNSeN3wjFZql5foSIbupx5f9ki7NsG&typo=1)

King County Public Health Insider – Social Distancing, not social isolation [https://publichealthinsider.com/2020/03/10/we-want-social-distancing-not-social-isolation/](https://linkprotect.cudasvc.com/url?a=https%3a%2f%2fpublichealthinsider.com%2f2020%2f03%2f10%2fwe-want-social-distancing-not-social-isolation%2f&c=E,1,JQoYcZ7ZSKs1YiuBVvzCg-ikfVDT55qobD2yNnQDfZ1I9g6kzS8iUDGp6M_12W63A000uma3Eg4zT-64Q1Kw6WfvLQuP_CC-PKfa2MExoSxF2Lv8gjKue4ylOFs,&typo=1)

**LGBTQ Resources**

**General LGBTQ Resources:**

GLAAD (<https://www.glaad.org/transgender/resources> )

PFLAG ([www.pflag.org](http://www.pflag.org) )

GLSEN ([www.glsen.org](http://www.glsen.org))

* Info related to the current COVID-19 outbreak: <https://www.glsen.org/blog/glsen-you-during-covid-19-crisis>

Coalition Ending Gender-Based Violence (<https://endgv.org/>)

 Info related to COVID-19 outbreak: <https://endgv.org/covid-19/coalition-happenings-responding-to-covid-19-celebration-for-change-postponed-and-more/>

**Transgender Specific Resources:**

Gender Spectrum ([www.genderspectrum.org](http://www.genderspectrum.org) )

* For info/resources specific to the current COVID-19 situation: <https://www.genderspectrum.org/blog/resources-for-challenging-times/>
* Online support groups for pre-teens, teens, parents/caregivers, and more

Gender Diversity ([www.genderdiversity.org](http://www.genderdiversity.org) )

* List of family/caregiver support groups in WA (NOTE: check with each group to see when they will begin meeting again):

<http://www.genderdiversity.org/family-support-groups/>

Trans Youth Equality Foundation (<http://www.transyouthequality.org/>)

Trans Youth Family Allies (<http://www.imatyfa.org/>)

* Online talk forum for youth (<http://www.imatyfa.org/tyfa-talk-forum.html>)
* Info and resources for parents/caregivers

**Food Assistance**

*NOTE: Please visit website or call each site to confirm ever-changing logistics.*

**Issaquah Food and Clothing Bank** <http://issaquahfoodbank.org>

179 1st Ave SE Issaquah WA, 98027

P: 425-392-4123

Hours: Starting the week of March 23rd, all shoppers will receive 2 weeks’ worth of food and diapers (if needed) before shopping hours are changed to an every other week schedule. Call or SEE WEBSITE FOR CV19 MODIFICATIONS TO SCHEDULE.

Provides food for residents of Issaquah School District who live in ZIP codes 98027, 98029, 98059 and 98075.

**Fall City Community Food Pantry** <http://fallcityfoodpantry.org>

4326 337th PL SE Fall City UMC Fall City WA, 98024

P: 425-269-8098

Hours: 1st and 3rd W, noon-1:30pm and 6:30-7:30pm. After hours by phone.

Provides non-perishable and fresh food as well as household items to those in need living in Snoqualmie Valley (INCLUDES PRESTON).

**Snoqualmie Valley Food Bank** <http://www.snoqualmievalleyfoodbank.org>

122 East 3rd Street North Bend WA, 98045

P: 425-888-7832

Hours: General: W, 9:30am-6:30pm. Seniors: M, 9:30-11am. Pet Food: 1st W of the month, 9:30am-5:30pm. Resource Center: M Tu, 9:30am-1:30pm; W, 9:30am-6pm.

Operates a food pantry and resource center for residents of Fall City, Preston, North Bend and Snoqualmie neighborhoods.

**Salvation Army Social Services Dept. in Renton** <http://renton.salvationarmy.org>

206 South Tobin Street Renton WA, 98057

P: 425-255-5969

Hours: M Tu Th, F, 9am-noon and 1-4pm

Operates a food pantry for Renton area, zip codes 98040, 98055, 98056, 98057, 98058, 98059, 98178

**Hopelink**

Visit or call to determine eligibility based on zip code: 425.869.6000 or <https://www.hopelink.org/need-help/food>

In response to the arrival of COVID-19 in our community, pre-packed boxes of food will be available for all participants to pick up. Just follow the signage to the door where they will be given out at your local center. Each household will be able to pick up enough food for 21 meals per person (or two weeks’ worth of food).

*Redmond:* 8990 154th Avenue Northeast Redmond WA, 98052, US 425-869-6000 (Hours: M Tu, 12:30-4:30pm; W, 3:30-7:30pm; Th, 10:30am-2:30pm)

*Bellevue:* 14812 Main St. Bellevue, Washington 98007 P: 425.943.7555

*Sno-Valley:* 31957 East Commercial St Carnation, Washington 98014 P: 425.333.4163

*Kirkland:* 11011 120th Ave. NE Kirkland, Washington 98033 P: 425.889.7880

**The CAMP organizations food bank** is open Wednesdays from 12:00 to 4:00 p.m. as well as Thursdays and Fridays from 9:00 a.m. to 1:00 p.m. In addition, home deliveries are made on Mondays and Tuesdays to homebound individuals living in the following nearby ZIP codes: 98112, 98122, and 98102

**Meals**

1. **Catholic Community Services-Issaquah** <https://ccsww.org/get-help/shelter-homeless-services/issaquah-meals/>

180 E Sunset Way Issaquah WA, 98027; P: 425-679-0342

Hours: M-F, 530pm

Provides a free hot meal in Issaquah to anyone in need; no ID required. Hot-to-go meals ONLY beginning March 13, 2020.

1. **Vedic Cultural Center-Vegetarian Meal Truck** <http://vedicculturalcenter.org>

1420 228th Ave SE Sammamish WA, 98075; P: 206-979-8002

Hours: Meal: Daily, 7:30-9pm.

Provides a free vegetarian hot meal at the center every evening for anyone in need.

1. **Northwest Life Church** <http://www.nwlifechurch.com>

13120 SE 192nd St Renton WA, 98058; P: 253-638-8470

Sundays from 10-11am and 5-6pm, we are operating a Drive-Thru Food Bank for anyone who needs groceries to drive up and get some groceries, activity packs for kids, toiletries, etc.

**Financial Assistance**

**Hopelink**: (<https://www.hopelink.org/>). Provides a variety of services to low-income families and individuals – including children, the elderly and people with disabilities – in north and east King County. The agency also provides transportation services in King and Snohomish counties. Their programs include:

Emergency Family Shelter, Food Assistance, Energy Bill Assistance, Rental Assistance and Eviction Prevention, Medicaid Transportation and Demand Area Response Transit (DART), Family Development and Long-Term planning, Financial Capabilities Program to help attain financial stability

**Solid Ground** (<https://www.solid-ground.org/> and P: 206.694.6700) Solid Ground and its staff work to help people overcome poverty and prevent homelessness and hunger. The non-profit, community action type organization provides assistance across King County and Seattle Washington. Services it provides:

 **Emergency Housing Services, Food Assistance, Resource Wire**: sends out information via email and text about jobs, housing, healthcare resources, social services, and community events, Financial Skills Workshops, Legal Help with Public Benefits, Affordable Health Insurance, Transportation Services

**Central Area Motivation Program (CAMP):** (206) 812-4940). This program offers food aid and energy bill assistance.

**Energy Bill Assistance:**  CAMP also helps Seattle and King County households with home-heating bills through two programs. The first is the federal government funded Low Income Home Energy Assistance Program (LIHEAP) and the second program is Puget Sound Energy's HELP Program. It is possible for applicants to receive cash grants and assistance through both PSE/HELP and LIHEAP in the same program year, which will go a long way towards helping people pay bills.

**Issaquah Church and Community Services** covers the Issaquah school district area and they administer emergency financial assistance and grants to help with paying rent. Call (425) 391 - 0137.

**Bellevue LifeSpring:** If you have an eviction notice, or utility disconnection, this organization may be able to offer emergency assistance towards paying rent and utilities. Utilities bill assistance includes water, electricity and gas. Residents can usually apply at most once every 3 years. (425) 451-1175.

**Catholic Community Services Emergency Assistance program:** Helps families, single adults, seniors, and people with disabilities in King County. Services include rental assistance and eviction prevention, move-in assistance, and utility bill assistance. There are also programs for shut-off prevention as well as information and resource referral to other King County resources. **East King County Catholic Community Services** is at (425) 213-1963 x2 for Bellevue, Redmond, and Kirkland, which has very limited funding. The hours are Wednesdays from 2:00-4:00 pm.

 **COVID-19 Financial Resource Links:**

1. <https://www.governor.wa.gov/issues/issues/covid-19-resources>
2. <https://dfi.wa.gov/coronavirus/financial-resources?fbclid=IwAR0dEu-_gINGdKvkWOYX_GmKUubA9C7B1NeFYBTQAUQfrJJ6CUUz34awjuc>
3. <https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/>

**COVID-19 Emergency Loans:**

***America’s Credit Union:*** https://www.youracu.org/financial-help-during-pandemic/ - My Main concerns would be the size of the payment. They say the loan could go up to 30 months but it’s hard to say if they would really do that.

For example, let’s say someone took out all $2,000 at 3% and the repayment period was for 12 months. That would be about $170/month for the payment. Might put a lot of pressure on their budget but it is only about $40 in interest that would be charged for the whole loan.

Here’s a loan calculator to play with the numbers:

https://www.bankrate.com/calculators/mortgages/loan-calculator.aspx#

ACU is also located in Pierce County but they say they can serve anyone in the PNW.

 ***Seattle Credit Union:*** <https://www.seattlecu.com/lifeline-loan?mkt_tok=eyJpIjoiTVdOaVlUVXhPRE0wTTJZeiIsInQiOiJ0ZWozcXRBaW9nWmpHUXQ2RnAxUFowUWE4TVFVS2V1bkdjQzBpaUNUemdHZ2xaV1FMMFI5bFlnaUQ3UmpJVmVNOHZsaFd1UVdEeEhZZEUwT3kxRndqczYxVnNwY1RSSG5oS3lTV3B5cmlYUVpKbWo5NjdlWWxKZzB1bE5PYkFOdCJ9>

***Harborstone Credit Union:*** They are in communications with Sound Outreach to set up an emergency loan program that would allow for a client to get a loan if they met with a SO counselor. Nothing is currently available but could be very soon.

**Financial Coaching Resources:**

**Money Management and Spending Plans:**

<https://www.consumerfinance.gov/practitioner-resources/library-resources/online-resources/>

<https://www.everyoneiswelcome.org/bank-on/> - Financial program that provides free and low cost banking options

<https://www.youtube.com/watch?v=VWMJiOrDPmY> – Banks and Credit Unions

<https://www.youtube.com/watch?v=9_NiqI3RAOA> – Spending Plan/Budget

<https://paidleave.wa.gov/> - WA State paid leave program

<https://esd.wa.gov/unemployment> - Website where you can file for unemployment

<https://www.youtube.com/watch?v=wiAdHpIb8Tw> – How to file for unemployment

<https://www.youtube.com/watch?v=U3DX0z-03l8> – Prepaid cards and their costs

**Debt and Credit:**

<https://www.youtube.com/watch?v=Hf4BgvN5f_E> – How a FICO credit score is determined

<https://www.youtube.com/watch?v=ZML1Huzc4eI> – Getting a copy of your credit report

<https://www.youtube.com/watch?v=MzteNX5w1vA> – Removing errors on your credit reports

<https://www.youtube.com/watch?v=VWMJiOrDPmY> – Minimum payments on credit cards

<https://www.youtube.com/watch?v=itifUh4J5OI> – How to talk with a debt collector

<https://www.youtube.com/watch?v=wcQ1a_Gg8tI> – How to spot a debt collector scam

<https://www.youtube.com/watch?v=WtruZLAiJkc> – True costs of payday lending

**Savings:**

<https://www.youtube.com/watch?v=9zGQNoIVCFo> – Using your tax refund to jumpstart your savings

<https://www.investor.gov/introduction-investing/investing-basics/save-and-invest> - Steps to take towards saving

<https://bettermoneyhabits.bankofamerica.com/en/saving-budgeting/create-safety-net-unexpected-events> - Solid video and article on emergency savings, however it is sponsored by Bank of America through Khan Academy.

**Financial Aid:**

<https://www.youtube.com/watch?v=1c1gNefSw78&feature=youtu.be> – What happens after you apply

<https://www.youtube.com/watch?v=Pn4OECMTh5w&feature=youtu.be> – Types of Financial Aid

**Housing/Rental/Utilities Assistance**

*Rental Assistance:*

The governor has issued a moratorium on tenant evictions for non-payment until April 17.

*For Issaquah Renters:* Issaquah recently allocated $100,000 in emergency funding for rental assistance to help those in need. <http://www.issaquahcommunityservices.org/need-help/>

*Mortgage Assistance:* <https://dfi.wa.gov/coronavirus/mortgage-assistance#fannie-freddie>

*Utilities Assistance:*

The Governor has asked that public utilities do not disconnect service for non-payment and to waive late fees during this emergency. Contact your utility company for bill assistance programs that are available.

*Internet Assistance:*

Many providers are not disconnecting customers for late payments right now and may also waive late fees. Some are offering free and low cost service currently.

 · Xfinity WiFi public hotspots are now open to everyone.

· Comcast is offering two months free to new customers in their service areas <https://www.internetessentials.com/covid19>

 · AT&T Access offers low-cost internet.

**Other Resources**

**United Way of King County COVID-19 Resource page**: <https://www.uwkc.org/need-help/covid-19-resources/>

* Resources for unemployment services, financial assistance, housing/rental assistance, food assistance, legal services, student services, and more

**City of Seattle COVID-19 Resource Page:** <http://www.seattle.gov/mayor/covid-19>

* Resources for utilities, immigrant-related info, internet access, healthcare, small business support, domestic violence support, home education support, and more

**King County DCHS COVID-19 Resource Page:** <https://www.kingcounty.gov/depts/community-human-services/COVID.aspx>

*Health Insurance:*

Until April 8th, the Washington Health Benefit Exchange has a special enrollment period to sign up for health insurance. Call the Customer Support Center 7:30-5:30 M-F at 1-855-923-4633.

*Work Related Concerns/Employment:*

Families First Coronavirus Response Act:

Paid Emergency Leave: Provides two weeks of paid sick leave and up to three months of paid family and medical leave for many workers. <https://paidleave.wa.gov/>

Amazon is opening 100,000 new full and part-time positions across the U.S. in the fulfillment centers and delivery network to meet the surge in demand from people relying on Amazon’s service during this stressful time. Those interested in applying can learn more at [amzn.to/BFIJobs](https://nam11.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.amazondelivers.jobs%2Fwarehouse-jobs%2Fseattle-jobs%3Fcmpid%3DCOCGEN4583H1&data=02%7C01%7Cpfernandez%40kcsarc.org%7C595ad98ff6b041dde35f08d7cac1835c%7Cbd46818fb32e4d6ba48fe930a9e790fe%7C0%7C0%7C637200804800555714&sdata=g3%2FxuH37xxw7lnn4q9Nd92Nup7cawQD6mm%2F5lQl7aOM%3D&reserved=0) .

Unemployment benefits <https://esd.wa.gov/unemployment>

Unemployment Insurance: for individuals whose employment has been impacted by COVID-19 <https://esd.wa.gov/newsroom/covid-19>

Workers Compensation: Now to include healthcare workers and first responders affected by COVID-19

*Information for folks who are undocumented:*

This is by and for the undocumented community. Please consider sharing it with your families who are expressing financial worry due to being let go from their job or cut hours. The application for accessing funds is in Spanish and English and pretty straight forward. Also share to other non-Latinx undocumented families that you may know of. They can also call 253-653-4630 to speak to a person (Spanish/English). h[ttps://www.undocuscholars.com/](https://www.undocuscholars.com/)

Northwest Immigrants’ Rights Project: <https://www.nwirp.org/>

*Parenting and Supporting Youth:*

Information on Supporting Children, staying safe at home, coping with stress and basic COVID-19 info: <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/ParentsCaregivers>

*Education*

* Contact your local school district for education resources
* Some school use different ways and apps to communicate all that is happening in regards of changes for the schools, homework’s packages, free meals, meeting and more, like:
* ClassDojo
* ParentVUE
* Parent Portal

And also the Issaquah School District has more info.

**How You Can Help During the Pandemic**

· Give blood! There is a particularly VITAL need right now: <https://www.bloodworksnw.org/>

· Donate PPE! Check out the list, you may actually have something that is needed and it can be donated here: <https://www.bloodworksnw.org/>

· Are you a health practitioner available to volunteer? <https://www.doh.wa.gov/Emergencies/NovelCoronavirusOutbreak2020COVID19/HealthcareProviders/EmergencyVolunteerHealthPractitioners>

· Join a Mutual Aid program <https://itsgoingdown.org/c19-mutual-aid/>