

## **Keeping equity in mind during COVID-19**

We are in uncharted territory with this public health crisis. The impacts can be felt socially, economically and environmentally and will affect various populations differently. CDHE will continue to provide resources that can apply to patients, families, and our workforce. These links are being provided as a convenience and for informational purposes only; they do not constitute an endorsement or an approval by Seattle Children's.

For our Limited English Proficiency families, please call the toll-free Family Interpreting Line at 1-866-583-1527. Tell the interpreter the name or extension you need. If you get voicemail, tell the interpreter what message you want to leave.

### ***External Community Resources:***

- **GENERAL COVID19 INFORMATION**
  - <https://coronavirus.wa.gov/>
  - <http://www.seattle.gov/mayor/covid-19>
  - <https://docs.google.com/spreadsheets/d/18p9OSlLpSYanIoUC-gEbhVbRMYVUfw4wyrixa9ekGdc/htmlview?sle=true#gid=0>
  - [https://www.seattleschools.org/district/calendars/news/what\\_s\\_new/coronavirus\\_update/resources](https://www.seattleschools.org/district/calendars/news/what_s_new/coronavirus_update/resources)
  
- **HEALTHCARE**
  - [CHI Franciscan](#) has a free, 24/7 virtual health consultations for individuals with mild Covid-19 symptoms. It's an effort to reduce in-person visits to urgent care and Emergency Departments. Phone: 1-855-356-8053
  
  - [MultiCare](#) is offering FREE e-Visits to anyone who has COVID-19 symptoms (fever, cough, difficulty breathing).
  
- **MENTAL HEALTH RESOURCES**
  - For general stress, [the CDC has put out basic guidelines to identify stress](#) in children, adults, and providers (including secondary traumatic stress). It includes symptoms, interventions, and additional resources linked at the bottom of the page. Most who exhibit traumatic stress will see an end to symptoms within one month. It is important to remember that a level of anxiety is normal, but if it does not go away after the crisis ends, one may need additional support to process what has happened.
  
  - For stress associated with quarantine: [SAMHSA has released a guide for coping with prolonged isolation](#).
  
- **FOOD/MEAL RESOURCES**
  - [https://docs.google.com/forms/d/e/1FAIpQLSe5DTecbonpBu6bVZ\\_g1OdWkMkkGPYfHf\\_eGNzMLmAc89FchCQ/viewform](https://docs.google.com/forms/d/e/1FAIpQLSe5DTecbonpBu6bVZ_g1OdWkMkkGPYfHf_eGNzMLmAc89FchCQ/viewform)
  - [www.edmonds.wednet.edu](http://www.edmonds.wednet.edu)
  - [www.fwps.org](http://www.fwps.org)
  - <https://www.highlineschools.org/about/news/news-details/~board/district-news/post/all-schools-closed-effective-march-16>
  - <https://www.kent.k12.wa.us/Page/12170>

- <https://www.mukilteoschools.org>
  - <https://www.rentonschools.us/students-families>
  - <https://www.northwestharvest.org/sodo-community-market>
  - <http://www.seattlefoodcommittee.org/food-bank-map/>
  - <https://www.auburn.wednet.edu/>
  - <https://bsd405.org/services/nutrition-services/grab-go-meals/>
- **HOUSING**
    - **For foster youth college students being displaced – Together We Rise**
      - URGENT: Foster youth staying at a college dorm room that is going to be closed due to the coronavirus, can email [info@togetherwerise.org](mailto:info@togetherwerise.org) to find housing during this transition.
    - <http://www.seattle.gov/mayor/covid-19#rentandutilitybillsupport>
- **STORAGE**
    - **UHAUL** – College students can receive 30 days free storage
      - [https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/?utm\\_campaign=uhaulsm&utm\\_source=facebook&utm\\_medium=pr&utm\\_content=20200312-uhaulisoffering30](https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/?utm_campaign=uhaulsm&utm_source=facebook&utm_medium=pr&utm_content=20200312-uhaulisoffering30)
- **INTERNET**
    - **Comcast** – Offering 2 months of free internet for new low income customers (usually \$9.95 per month)
    - [www.internetessentials.com](http://www.internetessentials.com)
- **CONCRETE NEEDS**
    - **Hand in Hand** – Rent assistance, utility assistance, food, clothing, diapers, wipes, hygiene items for families in Snohomish County [www.handinhandkids.org](http://www.handinhandkids.org)
      - Basic needs request form: <https://handinhandkids.org/wp-content/uploads/2020/02/Client-Consult-Plan-English-Fillable-2.pdf>
- **SUPPORT FOR IMMIGRANTS AND OTHER MARGINALIZED INDIVIDUALS**
    - [OneAmerica](http://OneAmerica.org) has compiled a **list of resources in Washington for immigrants**, including for those who are undocumented.
    - The [NAACP](http://NAACP.org) has published a [report](#) listing **equity implications of COVID-19 in the United States**.
    - [Casa Latina](http://CasaLatina.org) has a **Workers Relief Fund** that provides cash assistance to existing Casa Latina members who need funds right now for food and rent. Casa Latina is accepting general [donations](#).
    - [The Consulate of Mexico](http://TheConsulateofMexico.org) has compiled a [list](#) of **fact sheets, videos and audios in indigenous languages** regarding coronavirus.
    - [Southwest Youth & Family Services](http://SouthwestYouthandFamilyServices.org) has shared a list of **COVID-19 resources regarding food, healthcare, finances & utilities, educational support, and professional development**.