



ISLAND COUNTY PUBLIC HEALTH

Administration

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ISLAND COUNTY COVID-19 Updated Community Guidance April 14, 2020

Island County Public Health wants to make sure that the citizens of Island County have access to reliable guidance surrounding COVID-19. We will be updating our guidance to the community weekly and hope that you will use this to help inform and empower yourself and our community.

The 'Stay Home, Stay Healthy' Order is Working

The '[Stay Home, Stay Healthy](#)' order will remain in effect until May 4. Continue to follow guidance to prevent further spread and minimize impacts of COVID-19. In alignment with this order, Island County Public Health provides the following updated guidance:

- The [state's current modelling](#) is based upon continued community participation with social distancing. Please remember that staying home and practicing social distancing is the most important thing we as a community can do to be helpful.
- The use of masks **does not** replace safe social distancing or proper hygiene practices. [Use cloth masks](#) when engaging in essential activities where social distancing is hard to maintain. [Wash masks](#) as frequently as possible with detergent and hot water, dried by a hot cycle. Save medical-grade masks, such as N95 respirators and surgical masks, for healthcare professionals.

Economic Impacts

Although needed, the 'Stay Home, Stay Healthy' order has significant financial impacts on individuals and the community at large. Connect to resources to help address the financial impacts of COVID-19:

- The Island County Department of Emergency Management (DEM) is working to organize and consolidate all of the financial assistance information for individuals and businesses. [Please visit their pages](#) and refer others.
- The WA State Coronavirus Response (COVID-19) webpage also offers a list of resources available to [businesses and individuals](#).
- The Employment Security Department has responded to an increased demand for services and adjusted their [available resources](#). Those who typically do not qualify for unemployment benefits will be able to [apply this month](#). Applications for unemployment are [available online](#).
- If you are able, support local businesses by familiarizing yourself with the creative ways they are offering goods and services (i.e. online shops, gift cards, new delivery options, etc.).

Mental, Social, and Emotional Health

While social distancing is critical to the physical health of individuals and to protect our community as a whole, mental health professionals emphasize the importance of continuing safe social connections at this time. Safe connections could include regular phone calls, texts, video chats, walks with household members, and more. Island County Behavioral Health offers the following tips for managing stress and anxiety:

- Get enough sleep
- Eat healthy
- Exercise
- Take breaks from social media and news reports
- Feelings of anxiety are normal in a situation like this. Reach out and talk to people in your family and community who can provide support.

Ask for help

Behavioral Health Crisis Number

1.800.584.3578 (Available 24 hours)

National Suicide Prevention Lifeline

1.800.273.8255 (Available 24 hours)

Crisis Text Line

Text HOME to 741741 (Available 24 hours)

Island County Mental Health Resources Call Line

1.360.678.2346

Monday – Friday 10am – 8pm

Saturday – Sunday 9am – 5pm

The Island County Mental Health Resources Call Line is fully staffed at the hours listed above. Please call if you are feeling anxious, scared, are concerned about a friend or neighbor, or would just like to speak with someone. Examples of the services we can help with are: referrals for virtual mental health, substance use counseling, and psychiatric care, navigating unemployment benefits and health insurance benefits, answering questions about emergency funding and other federal COVID-19 resources, and how to find available food resources and other supportive services available in our community.

Contact Us

If you have questions or concerns about COVID-19 in Island County, start by visiting our [website](#) or our **Facebook** page.

Public can contact the Island County call center at **360.678.2301**.

Monday through Friday, 8:30 am to 4:30 pm; Saturday and Sunday, 9:00 am to 4:00 pm.