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# **COVID-19**

# ***Resource Guide***

## **Seattle/King County**

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*Recovering from an emergency can be a physically and mentally draining process. When an emergency strikes, lives are suddenly turned around. Often the hardest part is knowing where to begin, where to turn, and whom to contact. Recovering from an emergency may take some time and some things you may have to do will be new to you. This resource guide provides some of the information you may need in the coming days.*

*Please note this is a developing situation, so please contact individual agencies to confirm hours, eligibility and program details.*

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## General Information

COVID-19 (also known as novel coronavirus) is a new virus that spreads from person to person. It is believed to spread:

- Through respiratory droplets when a person coughs/sneezes
- Between people in close contact (withing about 6 feet) or
- Touching a surface/object with the virus and then touching one's mouth/nose/eyes.

Reported symptoms may appear in 2-14 days after exposure and include:

- Cough
- Difficulty breathing
- Fever

If you have these symptoms, call your doctor before going to a medical facility. *If you believe you are experiencing life-threatening symptoms, call 911.*

If you believe you were exposed to a confirmed coronavirus case or if you're a healthcare provider, please call The King County Novel Coronavirus Call Center at 206-477-3977 (open daily 8am-7pm).

For general questions about COVID-19, please call the Washington State Novel Coronavirus Call Center at 1-800-525-0127 (open daily 6am-10pm).

### Public Health of Seattle/King County

Includes [recommendations in English](#) and 15 other languages, King County case statistics, and other resources.

### Washington State Department of Health

Includes [fact sheets in multiple languages](#), recommendations, Washington State case statistics, and other resources.

### Center for Disease Control (CDC)

Includes recommendations in multiple languages, [US case statistics](#), [cleaning and disinfecting recommendations](#), and other resources.

### Johns Hopkins Coronavirus Resource Center

Includes international case statistics and other resources.

## Access

### Internet

[Comcast](#) will as of March 16<sup>th</sup> for 60 days:

- Open up their [Xfinity hot spots](#) (Wi-Fi) for free public use.
- Upgrade customers to unlimited data plans.
- Will not disconnect internet or issue late fees if customers contact them.
- New Internet Essentials customers with Comcast will receive 2 free months of internet (self-installation kit that includes a cable modem with a Wi-Fi router). The service is normally \$9.95 for low-income households. Apply online at <https://www.internetessentials.com/covid19> by April 30<sup>th</sup>.
- New and existing Internet Essentials customers will receive increased speeds to 25 Mbps downstream and 3 Mbps upstream. That increase will go into effect automatically for no additional fee and it will become the new base speed for the program going forward.

[Sprint](#) will as of March 18<sup>th</sup> for 60 days:

- Upgrade metered customers to unlimited data
- Provide customers with an additional 20GB of mobile hotspot service
- Offering complimentary rates from the U.S. to CDC-defined Level 3 countries to customers with international long-distance plans
- *NOTE: Stores in King County are closed, so all transactions must be done online or via phone*

[T-Mobile](#) will as of March 13<sup>th</sup> for 60 days:

- Upgrade T-Mobile and Metro by T-Mobile data plans to unlimited data plans (excluding roaming).
- Provide existing T-Mobile and Metro by T-Mobile customers with an additional 20GB of mobile hotspot/tethering service.
- Provide Lifeline partners to provide customers an additional 5GB of data per month.
- Increase data allowance to schools and students using [EmpowerED](#) digital learning programs to at least 20GB per month for each participant

Other [low-cost Internet resources](#) (not specific to coronavirus).

### Phone

[Sprint](#) will as of March 18<sup>th</sup> for 60 days:

- Provide complimentary rates for customer with international long distance plans to [CDC defined Level 3 impacted countries](#).

[T-Mobile](#) will as of March 13<sup>th</sup> for 60 days:

- Offer free international calling for existing T-Mobile and Metro by T-Mobile customers to [CDC defined Level 3 impacted countries](#).

Other low-cost telephone resources (not specific to coronavirus) – [Lifeline Telephone Discount Program](#).

## Financial Resources

### Employment

Some employers that are having large scale hiring to meet the current demand, such as grocery stores and Amazon.

### Financial Assistance

- Restaurant and hospitality workers can receive assistance for rent or medical/dental assistance through referrals to [Big Table](#).
- [U.S. Bartenders Guild](#) issues grants to bartenders through the Bartenders Emergency Assistance program.

### Health Insurance or Medical Bills

- **Washington Health Benefit Exchange** is providing a special enrollment period for qualified individuals without health insurance to apply within 30 days for low-to-no-cost options thru April 8<sup>th</sup> at [wahealthplanfinder.org](http://wahealthplanfinder.org).
- **COVID-19 copays/deductibles waived** as per the [Office of Insurance Commissioner](#) for those whom meet the CDC requirement for testing.
- **Insurance must allow a one-time 30-day “early refill” for prescription drugs** as per the [Office of Insurance Commissioner](#).

### Mortgages, Loans, and Credit Cards

Ask your mortgage lender, auto loan provider, [student loan provider](#), or credit card companies about hardship plans or loan forbearance (this could include waiving certain fees and/or delaying or adjusting payments). Talk with a National Foundation for Consumer Credit certified financial counselor about strategies for reducing these debts at 1-844-359-3834 or <https://www.nfcc.org/>. HUD also has a list of HUD approved [Housing Counseling Agencies in Washington State](#).

### Rental Assistance

- Mayor Durkan signed an [Emergency Order](#) for a temporary moratorium on residential evictions which would suspending those related to the non-payment or partial payment of rent for 30 days and also prohibits late fees. Property owners may not issue “Pay or Vacate” notices for nonpayment of rent during this period nor initiate an eviction action with the courts. The order further directs that action upon existing pay or vacate notices cannot be taken. For tenants who must appear in court, the moratorium can be used as a defense. If a tenant does not appear in court, the court may grant a continuance to allow the matter to be heard at a later date, after the moratorium has been lifted.

Contact King County 211 for other rental financial assistance programs (not specific to coronavirus) via [online](#), calling 211 or 1-800-621-4636. The [Tenants Union](#) also operates a hotline at 206-723-0500 regarding tenant rights and resources (the in-person clinics are currently closed).

## Small Businesses

- [Small Business Administration](#) is providing [Economic Injury Disaster Loans](#) that are low-interest loans to meet financial obligations or cover operating expenses.
- Seattle Office of Economic Development is accepting applications for the [Small Business Stabilization Fund](#). The emergency fund provides working capital grants up to \$10,000 to small businesses (5 or less employees) with low/moderate income ( $\leq 80\%$  of the area median income), and a physical establishment.
- Contact the Department of Revenue (DOR) at 360-705-6705 to request an extension on filing taxes.
- Amazon is creating a [Small Business Neighborhood Relief fund](#) to offer cash grants to small local business (fewer than 50 employees) within a few blocks of their Regrade and South Lake Union buildings that are open to the general public. Email [smallbusinessfund@amazon.com](mailto:smallbusinessfund@amazon.com) to learn more.

## Taxes

- **Filing** – You may be eligible for a tax refund which can help relieve a financial burden. While the in-person VITA sites (AARP and United Way) are currently closed, there are some [free online filing sites](#) for those whom adjusted gross income (AGI) is \$69,000 or less.
- **Extensions** – The current tax filing deadline is April 15<sup>th</sup>; however you can [file an extension](#) which gives you until October 15<sup>th</sup> to file (NOTE: An extension does not grant you any extension of time to pay your taxes, so you should estimate and pay any owed taxes by April 15<sup>th</sup> to help avoid possible penalties).

The IRS also provides [telephone assistance](#) at 1-800-829-1040 and you can download tax [forms and instructions from the IRS website](#).

## Unemployment / Work Leaves

- **Unemployment benefits** – Under [Washington State's Employment Security Department \(ESD\)](#) unemployment benefits partially replace regular earnings for workers whom lose their jobs through no fault of their own. These benefits help you meet expenses while you look for another job. Additionally, [due to emergency rules regarding COVID-19](#):
  - Workers may receive unemployment benefits if an employer needs to temporarily close because a worker becomes sick and other workers need to be isolated or quarantined as a result of COVID-19.
  - Standby will be available for part-time workers as well as full-time workers.
  - Workers that are asked to isolate or quarantine by a medical professional or public health official due to exposure to COVID-19 may receive unemployment benefits, and work search requirements could be waived, as they have a return date with their employer.
  - If a worker falls seriously ill and is forced to quit, they cannot collect unemployment benefits while they are seriously ill, but may be eligible once they recover and are able and available for work.
- Some employees may be eligible under [Washington State Paid Family and Medical Leave](#) for up to 12 weeks of paid leave if they are sick or if they are caring for a sick family member.
- Some employees may be eligible under the [Family and Medical Leave Act \(FMLA\)](#) for 12 weeks of unpaid leave if they are sick or if they are caring for a sick family member.
- Quarantined health care workers and first responders may be able to file a worker's compensation claim with [Labor & Industries \(L&I\)](#).



# COVID-19 Scenarios & Benefits Available

The information shared on this flyer does not necessarily reflect the official policy or position of any other agency or company. It is the reader's responsibility to verify the facts of coverage.

COVID-19 SCENARIOS	Paid Sick Leave (employer paid)	Unemployment Insurance		Paid Family & Medical Leave	Industrial Insurance (L&I)
	Current Law	Current Law	Emergency Rule	Current Law	Current Law
1 Worker is mildly ill with COVID-19.	✓	✗	✓	?	?
2 Worker is severely ill with COVID-19.	✓	✗	✗	✓	?
3 Worker was exposed and quarantined. Business remains open.	✓	✗	✓	✗	?
4 Worker is caring for sick family member.	✓	✗	?	✓	✗
5 Schools are closed by a public official because of COVID-19 and worker has no childcare.	✓	✗	✗	✗	✗
6 Worker is immune-compromised and advised to self-quarantine.	?	✗	✓	?	✗
7 Worker is afraid of gathering in a group and refuses to go to work (self-distancing).	✗	✗	✗	✗	✗
8 Employer must shut down due to a quarantine by a public official.	✓	✓	✓	✗	✗
9 Employer shuts down due to a business slowdown or lack of demand.	✗	✓	✓	✗	✗
10 Employer reduces available hours due to business slowdown or lack of demand.	✗	✓	✓	✗	✗
11 Employer stays open in defiance of public health urging to close.	✗	?	?	✗	✗
12 Health care workers and first responder are under quarantine.	✓	✗	✗	✗	✓



**Employment  
Security  
Department**  
WASHINGTON STATE

The Employment Security Department is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Language assistance services for limited English proficient individuals are available free of charge. Washington Relay Service: 711



ESD.WA.GOV

UPDATED: 03.12.20 - 1:00 p.m.

## Utility Bills

- [Seattle City Light \(SCL\) and Seattle Public Utilities \(SPU\)](#) will have a temporary moratorium on utility shut offs if individuals/businesses set up a deferred payment plan by calling 206-684-3000. Low income residents may also be eligible for the [Utility Discount Program \(UDP\)](#) which can reduce regular SCL bills by up to 60% and regular SPU bill by up to 50%.
- [Puget Sound Energy \(PSE\)](#) will temporarily not be disconnecting customers, will waive late fees, and will work with customer to set up payment plans and new billing due dates.

Contact King County 211 for other utilities financial assistance programs (not specific to coronavirus) via [online](#), calling 211 or 1-800-621-4636.

*Contact King County 211 for other financial assistance programs (not specific to coronavirus) via [online](#), calling 211 or 1-800-621-4636. Apply at [Washington Connection](#) for benefits such as food, cash, childcare, long-term care, and Medicare Savings Programs.*



## Food Resources

### Food Bank Status in Seattle

Agency	Program/Site	Status	Zip	Day(s)	Updated
Asian Counseling and Referral Service		Closed thru 3/20/20	98144	Wed, Fri	3/16/20
Ballard Food Bank		Open	98107	Mon – Thu	3/16/20
Byrd Barr Place		Open	98122	Tues – Thu	3/16/20
El Centro de la Raza		Open	98144	Wed – Fri	3/16/20
FamilyWorks	Wallingford Food Bank	Open	98103	Tue, Thu, Fri	3/16/20
FamilyWorks	Greenwood Food Bank	Open	98103	Tues, Wed	3/16/20
Jewish Family Service	Polack Food Bank	Open	98122	Wed – Fri	3/16/20
North Helpline	Lake City Food Bank	Open	98125	Wed, Thu, Sat	3/16/20
North Helpline	Bitter Lake Food Bank	Open	98125	Sat	3/16/20
Pike Market Senior Center	Pike Market Food Bank	Open	98101	Tue – Thu	3/16/20
Puget Sound Labor Agency		Closed thru 3/20/20	98121	Mon, Wed, Fri	3/16/20
Rainier Valley Food Bank		Open	98118	Wed, Sat	3/16/20
Seattle Indian Center		Open	98144	Tue, Thu	3/16/20
Society of St. Vincent de Paul Council	Georgetown Food Bank	Open	98108	Tue, Thu, Fri, Sat	3/16/20
The Food Bank @ St. Mary's		Open	98144	Mon, Wed, Fri	3/16/20
University District Service League	University District Food Bank	Open	98105	Mon, Tue, Thu, Fri	3/16/20
West Seattle Food Bank		Open	98126	Tue – Fri	3/16/20
White Center Food Bank		Open	98146	Mon, Wed, Thu, Fri	3/16/20

### Congregate Meals Status in Seattle

Agency	Program/Site	Status	Zip	Day(s)	Time	Updated
Asian Counseling and Referral Service	Club Bamboo	Closed thru 3/20/20, planning to go meals	98118	Mon – Thu	Noon – 1pm	3/17/20
Asian Counseling and Referral Service	Duoc Su Senior Nutrition Program	Closed	98118	S	11:30am – 1pm	3/6/20
Asian Counseling and Referral Service	Hmong Senior Club	Closed	98144	Wed, Fri	11:30am – 12:30pm	3/6/20
Asian Counseling and Referral Service	Korean Senior Club Miller Community Center	Closed	98112	Tue, Fri	Noon – 1pm	3/6/20

Agency	Program/Site	Status	Zip	Day(s)	Time	Updated
Asian Counseling and Referral Service	Laotian Senior Club	Closed	98144	Wed, Fri	11:30am – 12:30pm	3/6/20
Asian Counseling and Referral Service	Seattle Korean Elders Assoc Center Park – SHA	Closed	98144	Tue, Fri	Noon – 1pm	3/6/20
Asian Counseling and Referral Service	Vietnamese Senior Association, Garfield Community Center	Closed	98112	Tue, Fri	Noon – 1pm	3/6/20
Community House Mental Health Agency, Inc.	Brierwood	Open	98133	Daily	5:30pm – 6:30pm	3/11/20
Community House Mental Health Agency, Inc.	Firwood	Open	98177	Daily	7:30am – 8:30am, Noon – 1pm, 5:30pm – 6:30pm	3/11/20
Community House Mental Health Agency, Inc.	Hill Top Manor	Open	98122	Daily	7:30am – 8:30am, Noon – 1pm, 5:30pm – 6:30pm	3/11/20
Community House Mental Health Agency, Inc.	Main site	Open	98144	Mon – Fri	Noon – 1pm	3/11/20
Community House Mental Health Agency, Inc.	Spring Manor	Open	98122	Daily	7:30am – 8:30am, Noon – 1pm, 5:30pm – 6:30pm	3/11/20
Community Lunch on Capitol Hill	All Pilgrims Christian Church	Open	98102	Wed, Thu	5pm – 6pm	3/11/20
Community Lunch on Capitol Hill	Central Lutheran Church					3/11/20
El Centro de la Raza		To go meals only	98144	Tue – Fri	11am – 12:30pm	3/12/20
FareStart	DESC Estelle	Open	98144		5pm	3/11/20
FareStart	DESC Morrison	Open	98104		Noon	3/11/20
FareStart	DESC Rainier House	Open	98118		5pm	3/11/20
FareStart	Seattle Indian Health Board Elders	Open	98104		Noon	3/11/20
Filipino Community of Seattle	Eritrean Association in Greater Seattle	Closed thru 4/10/20	98144	Wed, Thu	11am – 1pm	3/11/20
Filipino Community of Seattle		Closed thru 3/13/20, planning to go meals	98144	Mon, Tue, Thu	11am – 1pm	3/12/20
International Community Health Services	Bush Asia Center	To go meals only	98104	Mon – Fri	11am – 1pm	3/10/20
Mary's Place		Open	98101	Daily	Varies	
Operation Sack Lunch, Inc.		Open	98121	Daily	Varies	
Phinney Neighborhood Association	Greenwood Senior Center	Open	98103	Mon	4pm – 6pm	

Agency	Program/Site	Status	Zip	Day(s)	Time	Updated
Phinney Neighborhood Association	St. John United Lutheran Church	Open	98103	Tue, Wed	Tue 4pm – 6pm, Wed 11am – 1pm	
Pike Market Senior Center		Open	98101	Daily	8:30am, Noon	3/11/20
Recovery Café	Main site	Open	98121	Tue – Sat	12:45pm – 3pm, 5:15pm – 6pm	
Recovery Café	SODO	Open	98108		8:30am – 10am, 12:30pm – 1pm	
ROOTS	Friday Feast (open to anyone)	Open	98105	Fri	5:30pm – 7pm	
ROOTS	Shelter Meals	Open	98105	Daily	Sun – Fri 7am – 7:45am, Sat 8am – 8:45am, Sat-Thu 9pm – 10:15pm	
Seattle Parks	Bitter Lake Community Center	Open	98133	Tue, Wed	11am – 1pm	3/9/20
Seattle Parks	Garfield Community Center	Closed	98122			3/9/20
Seattle Parks	Miller Community Center	Closed	98112		11am – 1pm	3/9/20
Seattle Parks	Northgate Community Center	Closed	98125			3/9/20
Seattle Parks	Yesler Community Center	Closed, but will deliver non-perishable items as requested or pick-up as requested	98122			3/9/20
Sound Generations	American Polynesian Organization	Closed	98108	Tue	11am – 1pm	3/10/20
Sound Generations	Ballard NW Senior Center	Open – also offering to go meals	98017	Mon – Fri	11am – 1pm	3/10/20
Sound Generations	Central Area Senior Center	Transitioning to to go meals	98144	Mon – Fri	Noon – 1pm	3/17/20
Sound Generations	East African Senior Program	Open	98122	Thu, S	11:45am – 1:30pm	3/4/20
Sound Generations	East African Senior Program	Closed, but will deliver non-perishable items as requested or pick-up if requested	98118	Fri	11:45am – 1:30pm	3/10/20
Sound Generations	Ethiopian Community of Seattle	Closed thru 4/3/20	98118	Mon, Wed	11am – 1pm	3/17/20

Agency	Program/Site	Status	Zip	Day(s)	Time	Updated
Sound Generations	First Tongan Senior Association	Open	98106	Tue	11am – 1pm	3/10/20
Sound Generations	Greenwood Senior Center	To go meals only	98103	Mon – Fri	Noon – 1pm	3/17/20
Sound Generations	International Drop-In Center	Closed thru 3/13/20	98108	Wed, Fri	11am – 1pm	3/4/20
Sound Generations	Kawabe Memorial House	Open	98144	Mon – Fri	11:30am – 1pm	3/10/20
Sound Generations	Lake City Community Center	To go meals and Hyde Shuttle delivering sack lunches	98125	Mon, Wed, Fri	11:30am – 1pm	3/9/20
Sound Generations	Northgate Community Center	Closed, but Hyde Shuttle delivering sack lunches	98125	Tue	11:30am – 12:30pm	3/10/20
Sound Generations	South Park Senior Center	To go meals only	98108	Mon, Tue, Fri	Tue Noon – 1pm, Mon/Fri 5:30 – 7pm	3/11/20
Sound Generations	Southeast Seattle Senior Center	Closed thru 3/19/20 – to go meals only thru 3/19/20	98118	Mon – Fri	11am – 1pm	3/17/20
Sound Generations	West Seattle Senior Center	To go meals	98116	Mon – Fri	11:45am – 12:30pm	3/17/20
Ukrainian Community Center		Open	98178	Tue – Thu	11am – 1:30pm	3/4/20
United Indians of All Tribes Foundation	Bitter Lake Community Center	Open	98133	Thu	11am – 1pm	3/4/20

Contact King County 211 for other food program programs via [online](#), calling 211 or 1-800-621-4636.

# Schools

## College Student Resources

- [U-Haul Storage](#) – free 30 days of self-storage
- [University of Washington’s Emergency Aid Program](#) – emergency financial assistance
- [UW Food Patron](#) – food pantry serving students, staff and faculty

## K-12 Public and Private School Closures

- [Washington Office of Superintendent of Public Instruction](#) – all schools closed through April 24<sup>th</sup>

## K-12 School Meals

- [King County School Meal Sites](#) – free to go lunches
  - [Seattle Public Schools](#) – detailed locations and maps

## K-12 Online Resources

- [Breakout Edu](#) – kindergarten to high school educational games
- [Mystery Science](#) – elementary school science lessons
- [Scholastic Learn at Home](#)
- [Smithsonian Center for Learning and Digital Access](#)
- [Twinkl](#)

Please refer to the below “Free Entertainment at Home” section for additional learning resources

## Free Entertainment at Home

### Seattle Public Library (SPL)

[Digital resources](#) available with an SPL library card:



#### [Access Video](#)

Stream unlimited documentary, performance, how-to, and educational videos on any computer, tablet or smartphone (no app is required).



#### [Freegal](#)

Stream unlimited music or download/keep up to 5 songs per week.



#### [Hoopla](#)

Access 15 movies, TV shows, music albums or digital comic books per month (borrow for 3 days).



#### [Kanopy](#)

Stream up to 5 films per month (Great Courses and Kanopy Kids videos are unlimited).



#### [OverDrive / Libby](#)

Read unlimited e-books or listen to audiobooks (borrow for 3 weeks and download to most devices).



#### [PlayBack](#)

Stream and download recordings by local artists.



#### [Online Resources](#)

Online resources and databases including [online classes](#), [magazines/newspapers](#), and more.

### King County Library Services (KCLS)

[Digital resources](#) available with a KCLS library card (Seattle residents are eligible) including [online classes](#), [magazines/newspapers](#), [video storybooks for kids](#), and more.



#### [Access Video](#)

Stream unlimited documentary, performance, how-to, and educational videos on any computer, tablet or smartphone.



#### [Hoopla](#)

Access 10 movies, TV shows, music albums or digital comic books per month (borrow for 3 days).



#### [Kanopy](#)

Stream up to 5 films per month (Great Courses and Kanopy Kids videos are unlimited).



#### [OverDrive / Libby](#)

Read unlimited e-books or listen to audiobooks.

## Museums with Virtual Tours

- [British Museum](#) London
- [Guggenheim Museum](#) New York
- [International Spy Museum](#) – Spycast podcasts
- [MASP](#) São Paulo
- [Musée d'Orsay](#) Paris
- [National Gallery of Art](#) Washington, D.C.
- [National Museum of Anthropology](#) Mexico City
- [National Museum of Modern and Contemporary Art](#) Seoul
- [Pergamon Museum](#) Berlin
- [Rijksmuseum](#) Amsterdam
- [The J. Paul Getty Museum](#) Los Angeles
- [The Louvre](#) Paris
- [Uffizi Gallery](#) Florence
- [United States Holocaust Memorial Museum](#)
- [Van Gogh Museum](#) Amsterdam

## Performing Arts with Virtual Performances

- [Metropolitan Opera](#) – stream encore presentations from the Live in HD Series of cinema transmissions for the duration of the closure.
- [Seattle Symphony](#) – stream live performances and rebroadcasts



## Managing Stress

*T*raumatic experiences tend to be sudden and overwhelming. In some cases, there are no outwardly visible signs of physical injury, but there is nonetheless a serious emotional toll. It is common for people who have experienced traumatic situations to have very strong emotional reactions. Understanding normal responses to these abnormal events can aid you in coping effectively with your feelings, thoughts and behaviors and help you along the path to recovery. It is important to understand that there is a natural grieving process that follows any loss and that an emergency of any size will cause unusual and unwanted stress.

### **What happens to people after a disaster or another traumatic event?**

Shock and denial are typical and normal responses to disasters and other kinds of trauma, especially shortly after the event. Shock is a sudden and often intense disturbance of your emotional state that may leave you feeling stunned or dazed. Denial involves your not acknowledging that something very stressful has happened or not fully experiencing the intensity of the event. You may temporarily feel numb or disconnected from life. As the initial shock subsides, reactions vary from one person to another. The following, however, are normal responses to a traumatic event:

- **Feelings are intense and sometimes unpredictable.** You may become more irritable than usual and your mood may change back and forth dramatically. You might be especially anxious, nervous or depressed.
- **Thoughts and behavior patterns are affected by the trauma.** You might have repeated and vivid memories of the event. These flashbacks may occur for no apparent reason and may lead to physical reactions such as rapid heartbeat or sweating. You may be easily confused or find it difficult to concentrate or make decisions. Sleeping and eating patterns also may be disrupted.
- **Interpersonal relationships may become strained.** Greater conflict, such as more frequent arguments with family members and coworkers, is common. On the other hand, you might become withdrawn and isolated and avoid your usual activities.
- **Physical symptoms may accompany the extreme stress.** For example, headaches, nausea and chest pain may result and may require medical attention. Preexisting medical conditions may worsen due to the stress.

### **How do people respond differently over time?**

It is important for you to realize that there is not one standard pattern of reaction to the extreme stress of traumatic experiences. Some people respond immediately while others have delayed reactions (sometimes months or even years later). Some have adverse effects for a long period of time, while others recover rather quickly. Reactions can change over time. Some who have suffered from trauma are energized initially by the event to help them with the challenge of coping, only to later become discouraged or depressed.

### **How should I help my family and myself?**

There are a number of steps you can take to help restore emotional well-being and a sense of control following an emergency, including:

- **Give yourself time to heal.** Anticipate that this will be a difficult time in your life. Allow yourself to mourn the losses you have experienced. Try to be patient with changes in your emotional state.
- **Ask for support from people who care about you and who will listen and empathize with your situation.** Keep in mind that your typical support system may be weakened if those who are close to you may also be affected. Communicate your experience in whatever ways feel comfortable to you, such as by talking with family/friends or keeping a diary. Make a list of your support system – your family, friends, neighbors, co-workers. You may be able to share babysitting, clean-up, cooking, rides and other services.

- **Engage in healthy behaviors** to enhance your ability to cope with excessive stress. Eat well-balanced meals and get plenty of rest. If you experience ongoing difficulties with sleep, you may be able to find some relief through relaxation techniques. Avoid alcohol and drugs.
- **Establish or reestablish routines** such as eating meals at regular times and following an exercise program. Take some time off from the demands of daily life by pursuing hobbies or other enjoyable activities.
- **Avoid major life decisions** if possible because these activities tend to be highly stressful.
- **You are not alone.** Family, friends, your workplace EAP, and other agencies are here to assist you. See the last page for some of those agencies.

## Budget

Below is a guide to assist you in tracking your income and expenses:

Monthly Income		
	Date Receive	Dollar Amount
Pay Check		
Partner's Pay Check		
Savings Account		
Checking Account		
Retirement Plan		
Social Security Retirement		
Social Security Disability		
DSHS - Basic Food		
WIC		
VA Benefits		
Child Support and/or Alimony		
Other Public Assistance:		
Other Income:		
<b>Total Monthly Income</b>		

Monthly Expenses		
	Date Due	Dollar Amount
Rent/Mortgage		
Electricity		
Heat		
Water/Sewage/Garbage		
Phones		
Groceries		
Transportation		
Medical/Dental Care		
Credit Cards		
Recreational Activities		
Other Expenses:		
Total Monthly Expenses		

## Additional Resources and Notes

**211**

King County

800-621-4636 or 211

crisisconnections.org

## Crisis Lines

**King County Crisis Clinic**

866-427-4747

[crisisconnections.org](http://crisisconnections.org)

National Suicide Prevention Lifeline

800-273-8255

[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## Teen Link

866-833-6546

[crisisconnections.org](http://crisisconnections.org)

**Transportation:**

King County Metro

206-553-3000

Record any notes and/or the names and phone numbers of those who helped you for easy reference:

[illegible]