

# Coronavirus | Information and Resources

## Information for you and your family

- **What You Need to Know** (from the Centers for Disease Control and Prevention)
  - Symptoms - <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>
  - If You Are Sick - <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/index.html>
  - If You Are at Higher Risk - [https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhigh-risk%2Fhigh-risk-complications.html](https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fhigh-risk%2Fhigh-risk-complications.html)
  - How It Spreads - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/transmission.html>
  - How To Protect Yourself - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html>
  - Protect Your Family - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-family.html>
  - Protect Your Home - <https://www.cdc.gov/coronavirus/2019-ncov/prepare/protect-home.html>
  - Frequently Asked Questions - <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- **Resources for the community**
  - Travel - <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
  - Guidance for School Settings - <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>
  - Resources for Businesses and Employers - <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/businesses-employers.html>
  - Resources for Community – and Faith-Based Leaders - <https://www.cdc.gov/coronavirus/2019-ncov/community/organizations/index.html>
- COVID-19 Cases in the U.S. - [https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcases-in-us.html](https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fcases-in-us.html)
- Latest Updates - <https://www.cdc.gov/coronavirus/2019-ncov/whats-new-all.html>
- Information for Healthcare Professionals - <https://www.cdc.gov/coronavirus/2019-ncov/hcp/index.html>

## Recent announcements and news releases from the Governor's Office and Department of Health

- Inslee announces statewide shutdown of restaurants, bars and expanded social gathering limits | March 16, 2020 - <https://medium.com/wagovernor/inslee->

[announces-statewide-shutdown-of-restaurants-bars-and-expanded-social-gathering-limits-bb19095b2251](#)

- Inslee statement on statewide shutdown of restaurants, bars and limits on size of gatherings expanded | March 15, 2020 - <https://www.governor.wa.gov/news-media/inslee-statement-statewide-shutdown-restaurants-bars-and-limits-size-gatherings-expanded>
- Leave some for your neighbors: Don't buy more than you need | March 14, 2020 - <https://www.doh.wa.gov/Newsroom/Articles/ID/1118/Leave-some-for-your-neighbors-Dont-buy-more-than-you-need>
- State waives costs for COVID-19 testing | March 14, 2020 - <https://www.doh.wa.gov/Newsroom/Articles/ID/1120/State-waives-costs-for-COVID-19-testing>
- Inslee announces statewide school closures, expansion of limits on large gatherings | March 13, 2020 - <https://medium.com/wagovernor/inslee-announces-statewide-school-closures-expansion-of-limits-on-large-gatherings-63d442111438>

### **Information for parents from the Office of Superintendent of Public Instruction (OSPI)**

- Novel Coronavirus (COVID-19) Guidance & Resources - <https://www.k12.wa.us/about-ospi/press-releases/novel-coronavirus-covid-19-guidance-resources>
- Guidance for Long-term School Closures as of March 13, 2020 - <https://www.k12.wa.us/sites/default/files/public/bulletinsmemos/bulletins2020/B019-20.pdf>
- School Closure FAQ - <https://www.k12.wa.us/sites/default/files/public/communications/SchoolClosuresQandA.pdf>
- Novel Coronavirus (COVID-19) in K–12 Schools: A Parent Guide - [https://www.k12.wa.us/sites/default/files/public/communications/COVID-19%20in%20Schools\\_Parent%20Guide.pdf](https://www.k12.wa.us/sites/default/files/public/communications/COVID-19%20in%20Schools_Parent%20Guide.pdf)

### **Information for employers and employees**

**Governor's Office | Partial list of resources to support economic retention and recovery related to COVID-19:**

- COVID-19 resource list for impacted Washington businesses and workers - <https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers?fbclid=IwAR3zRUUmt-Xp1nf1QoxEs17UxErBwSbp5iBSqmNlpOrnm035EsLfhD4vNLY>
  - Financial assistance.
  - Export assistance.
  - Employer and worker assistance.
  - Insurance assistance.

### **Employment Security Department:**

- For workers and businesses affected by COVID-19 - <https://esd.wa.gov/newsroom/covid-19>
- COVID-19 | Scenarios & Benefits Available - <https://esdorchardstorage.blob.core.windows.net/esdwa/Default/ESDWAGOV/newsroom/COVID-19/covid-19-scenarios-and-benefits.pdf>

### **U.S. Small Business Administration:**

- Guidance for Businesses and Employers to Plan and Respond to Coronavirus Disease 2019 - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>
  - Economic Injury Disaster Loan Program - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-0>
  - Guidance for Businesses and Employers - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-2>
  - SBA Products and Resources - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-4>
  - Government Contracting - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-10>
  - Local Assistance - <https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources#section-header-12>

### **Centers for Disease Control and Prevention:**

- Interim Guidance for Businesses and Employers - [https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-business-response.html](https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-business-response.html)

### **Department of Labor:**

- Guidance on Preparing Workplaces for COVID-19 - <https://www.osha.gov/Publications/OSHA3990.pdf>

### **Department of Financial Institutions:**

- Financial Resources for Washington Residents Impacted by COVID-19 - <https://dfi.wa.gov/coronavirus/financial-resources?fbclid=IwAR1jldQJ2ziLlyoPJt5VqQvL5w-SThXlkNZttR8G1h5kPcNFXyNzosSpb0>
  - Accessing Your Financial Institution.
  - Unemployment Help.
  - Trouble Paying Credit Cards.
  - Trouble Paying Your Mortgage.

- Trouble Paying Rent.
- Student Loans Deferment.
- Short Term and Emergency Loans.
- Paying Utilities.
- Insurance Issues.
- Avoiding Scams.
- At Home Financial Education Resources for Students.
- Additional Resources.

### **Department of Labor & Industries:**

- Workers' Compensation Coverage and Coronavirus (COVID-19) Common Questions - <https://lni.wa.gov/agency/outreach/workers-compensation-coverage-and-coronavirus-covid-19-common-questions>
  - Can COVID-19 ever be allowed as a work-related condition?
  - When to file a claim.
  - When will a claim likely be denied?
  - How can I file a COVID-19 claim?
  - Filing a worker's compensation claim: Exposure vs. contraction of COVID-19
  - Quarantine.
  - Covered treatment and post-exposure care.
  - Additional information on COVID-19.

### **Office of the Insurance Commissioner:**

- Coronavirus - <https://www.insurance.wa.gov/coronavirus>
  - Health insurance.
  - For insurers and medical providers.
  - Travel insurance.
  - Other types of insurance

## **Agriculture**

### **U.S. Department of Agriculture (USDA):**

- [Coronavirus Disease \(COVID-19\) | Frequently Asked Questions](#)
  - Food Safety.
  - Access to Food.
  - Pet Safety.
  - Trade and Foreign Agricultural Affairs.
- [Food and Nutrition Service \(FNS\) Program Guidance on Human Pandemic Response](#)
  - Automatic State Flexibilities.
  - Additional USDA Authorities.
  - Partnering to Ensure Access to Food.
  - USDA Information.
  - Federal Resources.
- [FNS Actions to Respond to COVID-19](#)

- Child Nutrition Programs.
- Supplemental Nutrition Assistance Program.
- FNS Pandemic Guidance.
- Additional Resources.
- What's New.

## **Veterans**

### **U.S. Department of Veterans Affairs:**

- [Novel Coronavirus Disease \(COVID-19\)](#)
  - What is VA doing?
  - What should Veterans do?
  - How to protect yourself
  - VA COVID-19 Cases

### **Washington State Department of Veterans Affairs:**

- [COVID-19 updates for family members and representatives of residents](#)

## **Global Perspective**

### **Johns Hopkins University & Medicine:**

- [Coronavirus Resource Center](#)