



Chelan-Douglas Health District

COVID-19 Resource Guide



English



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What is COVID-19?

Facts and Data Sheets

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVID-19-Factsheet-English.pdf>



COVID-19 is a new coronavirus. It can cause a mild illness, such as a cold, or a serious illness, such as pneumonia. There are no treatments or vaccines to combat it. It is spread through tiny drops of moisture when an infected person sneezes, coughs, or talks.

Symptoms: Fever, chills, cough, shortness of breath, fatigue, muscle pain, headache, loss of taste or smell, sore throat, stuffy or runny nose, nausea, vomiting, diarrhea. If you have these symptoms, stay home and call your healthcare provider. **People at high risk for serious illness:**

- Older than 65 years or older
- People who live in a care center
- People who have a medical condition or a weakened immune system.

How to prevent the spread of COVID-19:

Stay home as much as possible. Stay 6 feet away from people who do not live with you. Wear a cloth mask so you don't spread your germs.

Recommendations against COVID-19:

- Protect your health.
- Wash your hands frequently with warm soapy water
- Rub them in for 20 seconds.
- Cover when you cough or sneeze.
- Use a handkerchief or the crease of the elbow.
- Do not touch your face or the cloth mask if you didn't wash your hands.
- Avoid contact with sick people.
- If you are sick, stay home and away from other people.
- Keep a distance of 6 feet.

HELP OUR VALLEY Reopen & STAY OPEN - SAFELY!
We all want to get back to a more normal routine, here's how you can help our Valley get there.

Ayuda a que nuestro valle pueda Reabrir
¡Y se mantenga abierto de una manera segura!

Todos queremos volver a una rutina más normal, así es cómo puede ayudar a nuestro valle

WEAR A FACE MASK when in public
SOCIAL DISTANCE as much as possible
EVITE LA CONGREGACIÓN de grupos y las reuniones
WASH YOUR HANDS or use hand sanitizer
LÁVESE LAS MANOS o use de desinfectante de manos

For more information about fighting the spread of the COVID-19 virus, visit www.cdhd.wa.gov/covid-19.
Para obtener más información sobre la lucha contra la propagación del virus COVID-19, visite www.cdhd.wa.gov/covid-19.

#MASKUP #STOPHESPREAD #SUSUMASCARILLA #DETENGLA PROPAGACION



COVID-19: What is Contact Tracing?

What will they ask me if I tested positive?

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/CT-WhatToExpectPositiveEnglish.pdf>



What will they ask me? (overview)

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/CT-WhatToExpectOnePagerEnglish.pdf>



Contact tracing is a way to identify people who might have COVID-19. Help track and prevent the spread of COVID-19. It starts with a person who has tested positive for COVID-19, results are obtained through the Washington State Department of Health or Health Provider.

1. An investigator will call you to see how you are doing and they will ask you to confirm your information, your name, address, date of birth and race / ethnicity (they will not ask for a Social Security number, immigration status or financial information)
2. You will be asked to stay home for at least 10 days after the first symptoms, three days after the fever has dropped or whichever lasts the longest.
3. You will be asked about your symptoms: Fever? Difficulty breathing? Cough or muscle pain? Shaking chills? Sore throat? Symptoms can be mild or severe. They can take up to 14 days to present.
4. You will be asked where you have been, with whom you have had close contact, what health conditions you suffer from that could increase your risk or cause severe illness.
5. Contact close people who may be at risk. For example, people who have been 6 feet away from the patient for more than 15 minutes. People who have been near the patient while coughing or sneezing. People who have cared for you or who live in the same house.
6. If you were the one who was exposed to a positive case, they will not tell you who could have infected you with covid-19. Those who are considered close contacts should be quarantined. Quarantine means that they must stay home and monitor their health for 14 days after having contact with the sick person.
7. When the interview is over, the interviewer will provide you with the necessary information and resources so that you know the steps to follow.

Note: Participation is voluntary. All the information you provide is confidential and your health information is protected by law. Interpreters are available.

Monitor your health. Call a healthcare provider if your symptoms get worse.



Quarantine vs. Isolation

What is the difference?

https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/IsolationQuarantine_English.pdf



Quarantine

If you were exposed to COVID-19 but don't have symptoms, you will be asked to do QUARANTINE. Why? To avoid spreading the virus before you know if you are sick. How? Stay home and avoid contact with anyone who is not a household member. Should I get tested? Contact your healthcare provider if you: Have symptoms of COVID-19; or were in close contact with someone who has COVID-19; or you are in contact with many people where you live or work. If you test positive for COVID-19 or have symptoms during quarantine, you will need to ISOLATE. End of quarantine: Fourteen days after the last contact with a sick person.

Isolation

If you test positive for COVID-19 or have symptoms, you will need to ISOLATE. Why? To avoid spreading the disease. How? Stay home and avoid contact with other people (including household members). Stay in a separate room and use a separate bathroom, if possible. End of isolation: At least 24 hours after the fever has disappeared without using medication. And after all other symptoms have improved (for example, coughing and shortness of breath). Ten days after the last contact with a sick person.

To be referred to our Isolation and Quarantine facility you need a referral from

Confluence Health, CDHD, CVCH, Cascade Medical Center, Lake Chelan Hospital, local shelters or care centers, etc.

If you have questions:

Emergency Coordinator | Jim Kaing | Jim@ServeWenatchee.org



Health Services

Cascade Medical

817 Commercial, Leavenworth
509-548-5815

Confluence Health - Medical Clinic

820 N. Chelan Ave, Wenatchee
509-663-8711

Lighthouse Clinic

Médica y Dental

410 S. Columbia St., Wenatchee
509-888-7796

Upper Valley Free Clinic

Médica a la semana/Dental al mes
817 Commercial St, Leavenworth
509-548-0408

Confluence Health - Central Washington Hospital

1201 S. Miller, Wenatchee
509-662-1511

Columbia Valley Community Health

600 Orondo, Wenatchee
509-662-6000

Columbia Valley Community Health

105 S. Apple Blossom Dr, Chelan
509-682-6000

Lake Chelan Community Hospital

503 E. Highland Ave, Chelan
509-682-3300

Lake Chelan Community Clinic

219 E Johnson Ave, Chelan
509-682-2511

Where to Get Tested for COVID-19

Confluence Health

615 N Emerson Ave
Wenatchee, WA 98801
Monday to Friday 8:30am a 4:30pm.
Saturday 8:30am a 12pm.
Phone 509-663-8711

Columbia Valley Community Health

600 Orondo Ave. Suite 1
Wenatchee, WA 98801
Monday to Friday 8am a 6pm.
Saturday 8:30am a 4pm.
Phone 509-662-6000

The test is free if you have symptoms or were exposed. Call your doctor for a referral or call the clinic directly. Your insurance or employer will be charged if you are testing due to your employer's referral.

If you were exposed or are having symptoms, a doctor can see you without an appointment. If you don't have insurance, they offer sliding scale discounts, but they can also help you apply for a program that can cover the appointment and test.



Counseling Services

Catholic Charities

145 South Worthen St, Wenatchee
509-662-6761

If you are in crisis:

Phone: 509-888-2118
Crisis line available 24 hours:
509-662-7105 / 1-800-852-2923

Children's Home Society Support and Counseling for Families

1014 Walla Walla Ave, Wenatchee
Phone: 509-663-0034 (Spanish available)

Confluence Health

1201 S. Miller St., Wenatchee
Phone: 509-663-8711

Youth and Family Behavioral Health

820 N. Chelan Ave, Wenatchee
509-664-4868

Beacon Health Options WA

Crisis line for substance use and mental counseling services. Call to reach a free counselor 24 hours a day.
(Interpreters available)
1-800-852-2923

Center for Alcohol and Drug Treatment

327 Okanogan Street, Wenatchee
Line available 24 hours a day: 509-662-9673

Mental Health Counseling Services

Phone: 509-662-6761
Crisis line available 24 hours:
1-800-852-2923

Services for Domestic Violence and Victims of Crime (SAGE)

Line available 24 hours:
509-663-7446 (Spanish available)

Columbia Valley Community Health

600 Orondo, Wenatchee
509-662-6000

Adult Behavioral Health

Wenatchee: 509-662-4296
Chelan: 509-682-6000

National Alliance on Mental Illness (NAMI)

Chelan-Douglas Chapter www.namicd.org
Support for mental counseling, education and guidance
Phone: 509-663-8282
(Interpreters available)

The Well Being Project by Confluence Health and Wenatchee School District

A series of informative and motivational virtual presentations to support social-emotional wellness and resilience for school faculty, students and community members.

Website: www.wenatcheeschools.org/thewellbeing

WA Listens

A new program that provides nonclinical support to people experiencing elevated stress due to COVID-19.

Website: <https://www.walistens.org/>



Food Banks - Chelan County

Cashmere Emergency Food Pantry

Temporary Location in Riverside Park
Riverside Dr. Cashmere / 509-741-7551
Wednesday, 2pm-4:00pm

Lighthouse Christian Ministries

410 South Columbia Street / Wenatchee
509-888-4864
Tuesday, Saturday at 1:30 pm

Community Cupboard

219 14th Street / Leavenworth
Monday to Saturday, 11:00 am-5:00pm

Plain Pantry

12447 Chapel Drive / Plain
Thursday, 1 pm-7:00pm

Lake Chelan Food Pantry

417 South Bradley St. / Chelan
Tuesday 9am-10am / Saturday 9am-10am

Salvation Army

1205 S. Columbia / Wenatchee/ 509-662-8864
Monday to Friday, 1 pm-3:00pm

Wenatchee Food Pantry

504 S. Chelan Ave / Wenatchee
Thursday, 9am-11:00am

St. Vincent de Paul

600 St. Joseph Place / Wenatchee
Saturday, 8 am-10:00am

Entiat Valley Food Pantry

2084 Entiat Way, Entiat / 509-888-3999
**1st & 3rd Saturday of the month
9 am-11:30am**
*Home delivery for the elderly and health problems.

SERVE Wenatchee Valley

Fresh HOPE Market/Food voucher
12 Orondo Ave., Wenatchee / 509-663-4673

Food Banks - Douglas County

Bridgeport

1300 Foster Ave / Bridgeport
509-989-9687 Friday 7:00 PM

Waterville Food Pantry

413 S. Central / Waterville
1st and 3rd Thursday of the month 2pm-3pm

Rock Island Food Pantry

5 N. Garden Ave, Rock Island
Tuesday, 8am-10:00am

SERVE Wenatchee Valley

Fresh HOPE Market/Food voucher
12 Orondo Ave., Wenatchee / 509-663-4673

Mansfield Food Pantry

26 Main Street Mansfield, WA * Behind the City Hall Alley
1st and 3rd Saturday of the month / 10 am-11am



Hot Meals

Salvation Army

1205 S. Columbia St, Wenatchee / 509-662-8864
Monday to Friday 3:30 pm-3:45pm

Entiat Valley Food Bank

2084 Entiat Way, Entiat / 509-888-3999

Cashmere- Free Community meal

213 S Division St, Cashmere / 509-782-3811
Thursday, 5pm to 7pm

Hospitality House

Breakfast, lunch and dinner
1450 S. Wenatchee Ave, Wenatchee / 509-663-4289

Lighthouse Christian Ministries

410 South Columbia Street, Wenatchee / 509-888-4864
Breakfast 8:30 am, and dinner 5:00 pm. Monday to Saturday

Pantry Aid (Stamps)

Online application:

<https://www.washingtonconnection.org/home/>

Application in Spanish:

<https://www.dshs.wa.gov/sites/default/files/for ms/pdf/14-001sp.pdf>



Clothing Banks

Hospitality House Men’s Shelter

Men only - You can bathe
1450 S. Wenatchee Ave, Wenatchee
509-663-4289 / www.hhmwen.org

Veterans Closet Men’s Clothing

Military clothing
1450 S. Wenatchee Ave, Wenatchee
509-663-4289

Salvation Army

You can bathe with hot water 1 pm-2:30pm
1205 S. Columbia St, Wenatchee
509-662-8864

YWCA Store

Referral assistance available
231A N. Wenatchee Ave, Wenatchee
509-423-7599

Women’s Resource Center

Items for the house and personal hygiene
206 Palouse St, Wenatchee / 509-662-2485



Farm Workers and Workers Resources

Protecting Farm Workers from COVID-19

<https://aghealth.ucdavis.edu/sites/g/files/dgvnsk261/files/files/page/ENGLISH-UCLA-LOSH-Farmworkers-COVID-Infographic.pdf>



Report Any Unsafe Work Condition. It is confidential.

<https://www.osha.gov/Publications/OSHA4069.pdf>



Labor and Industries - Latest Publication for Agricultural Workers

<https://content.govdelivery.com/accounts/WADLI/bulletins/29fb5c1>



Labor and Industries - Previous Posts

<https://lni.wa.gov/agency/outreach/novel-coronavirus-outbreak-covid-19-resources>



Unemployment Benefits- Employment Security Department

<https://esd.wa.gov/>



To Find Work. WorkSource:

<https://worksourcewa.com/>





Transportation, Protection Measures and Extra Aid

Link and DART Services

<http://www.linktransit.com/>



Carpooling - Fact Sheet

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/community/organizations/carpooling-fs.pdf>



Help Protect Yourself and Others from COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/COVID19-social-distancing-cloth-face-coverings-poster.pdf>



How to Put on the Face Cover Correctly

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>



Electricity Bill Payment Assistance and Rental Assistance - Chelan-Douglas Community Action Council

<http://www.cdcaac.org/energy-assistance.html>

620 Lewis Street, Wenatchee, Washington 98801

Phone (509) 662-6156

Monday to Thursday 8 am-5pm, Friday 8 am-4pm



To Apply for Health Insurance

If you need help applying for health insurance, Columbia Valley Community Health offers assistance. They also have a discount scale if you are not eligible.



Go to the Washington Health Plan Finder site for the online application.

https://www.wahealthplanfinder.org/_content/Homepage.html



Immigration Information

Mexican Consulate of Seattle, WA

<https://consulmex.sre.gob.mx/seattle/index.php/es/>



Immigration Detention

<https://consulmex.sre.gob.mx/seattle/index.php/es/proteccion/detencion-migratoria>



Unpaid Wages

<https://consulmex.sre.gob.mx/seattle/index.php/es/proteccion/salarios-no-pagados>



Emergency insurance for the undocumented

You may be eligible if:

- You need emergency room care and admission or surgery
- You need cancer treatment
- You need dialysis treatment
- If you need medicine to avoid rejecting an organ transplant

See more information: <https://www.dshs.wa.gov/esa/community-services-offices/alien-emergency-medical-programs>





Legal Aid Offices

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

620 N Emerson Ave Ste 201, Wenatchee, WA 98801

Phone: 509-570-0054



Columbia Legal Services <https://columbialegal.org/>

101 Yesler Way Suite 300, Seattle, WA 98104

Phone: 206-464-5911 / Toll Free: 800-542-0794



Northwest Justice Project

NJP provides legal assistance to eligible low-income families and individuals who need help with civil (non-criminal) legal problems in Washington State.

Hotline at 1-888-201-1014, Monday through Friday between 9:15 a.m. and 12:15 p.m.

Seniors (60 years of age or older) can also call CLEAR * Sr at 1-888-387-7111 (statewide)

Facing Foreclosure? Call 1-800-606-4819.

People who are deaf, hard of hearing, or have speech difficulties can call CLEAR or 2-1-1 (or toll free 1-877-211-9274) using the relay service of their choice.

You can also begin the process of requesting legal assistance online using CLEAR * Online. You will be asked about your financial situation and legal problems. If it appears that you are eligible for legal assistance, you will be referred to a legal assistance program for the next step.

Wenatchee for Immigrant Justice: wenatcheeij@gmail.com

The Immigration Justice Group of Leavenworth: lxhappns@nwi.net



School Information

**** To apply for free and reduced price meals at school contact your school district, they can give you the application for your child. ****

Cascade School District <https://www.cascadesd.org/>
330 Evans St, Leavenworth, WA 98826
Phone: 509.548.5885



Entiat School District <https://www.entiat.schools.org/>
2650 Entiat Way, Entiat, WA 98822
Phone: (509)784-1800



Manson School District <https://www.manson.org/>
135 S Hill St, Manson WA 98831
Phone: 509-687-3140



Stehekin School District <https://stehekinschool.org/>
PO Box 37, Stehekin, WA 98852
Michelle Price michellep@ncesd.org
Teacher Liz Courtney ejcourtney75@gmail.com
Jen Courtney shaj_sanders@yahoo.com



Cashmere School District
<https://www.cashmere.wednet.edu/>
210 S Division St, Cashmere WA
Phone: 509-782-3355



Lake Chelan School District <https://www.chelanschools.org/>
309 E. Johnson Ave, Chelan, WA 98816
Phone: 509-682-3515





Wenatchee School District

<https://www.wenatcheeschools.org/>
235 Sunset Avenue, Wenatchee, WA 98801
Phone: 509-663-8161



Bridgeport School District

<https://www.bridgeport.wednet.edu/>
1400 Tacoma Ave, Bridgeport, WA 98813
Phone: 509-686-5656



Mansfield School District

<https://www.mansfield.wednet.edu/>
491 Road 14 Northeast, Mansfield, WA 98830
Phone: 509-683-1012



Eastmont School District <https://www.eastmont206.org/>

800 Eastmont Ave, East Wenatchee, WA 98802
Phone: 509-884-7169



Orondo School District <https://www.orondo.wednet.edu/>

100 Orondo School Rd, Orondo, WA 98843
Phone: 509-784-2443



Waterville School District <https://www.watervilleschool.org/>

200 E Birch St, Waterville, WA 98858
Phone: 509-745-8583



Grand Coulee Dam <https://www.gcdsd.org/>

505 Crest Dr, Coulee Dam, WA 99116
Phone: 509-663-1442





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For more information, visit us at:

Website:

<https://cdhd.wa.gov/>



Facebook:

@ChelanDouglasHD



Twitter:

@ChelanDouglasHD

