King County Pandemic Community Advisory Group
March 26, 2020 10:30 – 11:30 a.m.

AGENDA

1. Welcome (Matias Valenzuela)
2. An encouragement for self-care (Janna Wilson)
3. Community mitigation group structure – sector task forces (Matias)
4. Seattle Foundation COVID-19 Response Fund Update (Bao-Tram Do)
5. Latest mitigation strategies: Stay Home, Stay Healthy (Matias) and accompanying social marketing campaign (Sarah Ross-Viles)
6. Supporting mental health: what would be helpful? (Maureen Horgan)

Stay informed! Check and subscribe to www.kingcounty.gov/covid

Public Health
Seattle & King County

Caring for yourself during stressful times

- **Stay connected**. Our relationships will see us through. Connect through phone calls, video chats, text messages, and social media.
- **Take care.** Think nourishing foods, lots of sleep, deep breaths, meditation, exercise.
- **Monitor media consumption**. Balance media consumption with other activities you enjoy.
- **Know when to call for help.** If you continue to feel overwhelmed and struggle to get through the day, set up a telehealth appointment with your provider, or call a helpline.
- **Make time to focus on what brings you energy and joy.** Cook, garden, play games, sing, create, read, write.

Crisis Connections
24-hour crisis line:
866-427-4747

Substance Abuse and Mental Health Services Administration (SAMHSA) Disaster Distress Helpline**:**
800-985-5990

National Suicide Prevention Lifeline: **800-273-8255** or text MHFA to 741741 to talk to a Crisis Text Line counselor.

Caring for yourself during stressful times

Hang (Administrative Team) just finished her first cross-stitch project

Carrie (Higher Ed Task Force) has started sourdough bread baking again, using her starter that dates back to 1996

Arun (Equity Task Force) is planning to finish a watercolor of Mt. Baker she started a few years ago while on the ferry

Maureen (Mental Health Task Force) enjoys daily walks with her 14 ½-year-old pup

Penny (Speakers Bureau) is organizing pictures and creating photo books of past trips

Janna (Advisory Group) is attempting to take up nature journaling

Mary (Older Adults & People with Disabilities Task Force) is trying to get in a quick run every day.

What about you and your team?

Community Mitigation Group

Community mitigation strategies help slow the transmission of virus in our communities.

Community Mitigation Group (Matias Valenzuela, Director)

Pandemic Community Advisory Group

www.kingcounty.gov/covid/advisory-group

Note: Meeting slide decks are now being posted at this site after our meetings.

Sector-specific task forces and groups

- Structures vary
- Stakeholder calls and/or emails; sharing resources
- Outreach to organizations & communities
- Centering on equity considerations
- Identifying high priority gaps & areas where guidance is needed; elevating questions within Public Health
- Encouraging participants to share solutions and ideas with one another

Sector Task Forces

Task Force Sector	Task Force Lead	Email address
Behavioral Health	Maureen Horgan	Maureen.Horgan@kingcounty.gov
Business	Ninona Boujrada	Ninona.Boujrada@kingcounty.gov
Community Based and Faith Based Orgs (CBOs and FBOs)	Khanh Ho Candace Jackson	khho@kingcounty.gov Candace.Jackson@kingcounty.gov
Equity	Arun Sambataro	Arun.Sambataro@kingcounty.gov
Governmental Agency	Van Badzik	govtsectortf@kingcounty.gov
Higher Education	Carrie S. Cihak	Carrie.Cihak@kingcounty.gov
Housing	Kelly Rider	krider@kingcounty.gov
Older Adult and People w/Disabilities	Mary Snodgrass	Mary.Snodgrass@kingcounty.gov
Pre-K-12 Schools and Childcare	Priti Mody-Pan	pmodypan@kingcounty.gov
Speakers Bureau	Penny Lara Debra Baker	Penny.Lara@kingcounty.gov Debra.baker@kingcounty.gov

Note: Staff leads may change over time or rotate.

Related Groups

Emerging groups:	**Contact:**	
Undocumented individuals	Matias Valenzuela	Matias.Valenzuela@kingcounty.gov
LGBTQ community	Matias Valenzuela	Matias.Valenzuela@kingcounty.gov
Standing Community Partner Call: Mondays at 4:00 – 4:45 pm *Organized by the Community & Faith-Based Organizations Task Force*		Join Skype Meeting https://meet.kingcounty.gov/candace.jackson/NRT11F9P Or call in: (206) 263-8114 Code: 560794
Houseless/homelessness response: COVID-19 Homelessness Response		Email covidhomelessnessresponse@kingcounty.gov to be added to list serve. Learn about calls, webinars, and resources. Go to www.kingcounty.gov/hch for up to date information

Selected Resources

1. Governor's Proclamation - Stay Home, Stay Healthy Order
2. New COVID-19 Data Dashboard from Public Health-Seattle & King County
3. Signs to print and post – for grocery stores, restaurants, and childcare – Public Health
4. What to do if you or someone in your home are sick (CDC)
5. Updated COVID-19 child care recommendations – Public Health
6. Resources for the deaf and hard of hearing community – Public Health
7. Working together to protect older adults in our communities – Public Health
8. King County Dept. of Community & Human Services COVID-19 Website (includes list of community & school resources)
9. COVID-19 Homelessness Response Resources – Public Health & Dept. of Community and Human Services
10. Information on COVID-19 for managers, staff and residents of apartment buildings, condominiums, and similar residential communities – Public Health
11. King County Regional Donations Connector – King County Department of Emergency Management
12. United Way of King County – COVID-19 Resource List and United Way of King County – Safe ways to volunteer
13. COVID-19: Resources for Community - City of Seattle
14. Anti-stigma resources – King County
15. COVID-19 Response Fund Hosted by Seattle Foundation – Seattle Foundation
16. COVID-19 Community Response Fund and Hate & Bias Response Fund - King County Office of Equity and Social Justice
17. Washington State COVID-19 Response
18. CDC Environmental Cleaning and Disinfection Recommendations
19. King County Novel Coronavirus Call Center, **206-477-3977** 8 AM – 7 PM daily (language line available)
20. Washington State Novel Coronavirus Call Center, **800-525-0127** and press #. 6 AM – 10 PM daily (language line available)

Update on Seattle Foundation COVID-19 Response Fund

- Thank you for your input and guidance on March 20
- Expecting public announcement of grantees on March 30
- General information at www.seattlefoundation.org
- Questions? Contact Bao-Tram Do at b.do@eattlefoundation.org

COVID-19 Response Fund

The COVID-19 Response Fund is rapidly deploying resources to community-based organizations that are supporting local workers and families most affected by the coronavirus crisis.

Stay Home, Stay Healthy Order

- On March 23rd at 5pm, Governor Inslee announced a statewide **Stay Home, Stay Healthy** order that will last for two weeks and could be extended.
  - Requires every Washingtonian to stay home unless they need to pursue an essential activity.
  - Bans all gatherings for social, spiritual and recreational purposes.
  - Close all businesses except essential businesses.
- For questions or reports related to compliance with the Order, please email: coronavirus@kingcounty.gov
- Emerging questions and issues

Marketing Campaign

- Gates Foundation provided $500,000 for marketing to get key messages to all King County residents
- Campaign objectives:
  - Staying home and keeping six feet away from others when you need to go out
  - Social cohesion – supporting each other and slowing spread together
  - Protecting the healthcare system so it can handle demands (second wave)
- Creative consultant with related experience is leading work
- Identifying local consultant to ensure we reach all King County with right message
- Primarily running in donated media and other communications

Marketing Campaign

Digital ads and prepared posts for social media

Print ads

Broadcast spots

Marketing Campaign

- Current asks:
  - If you have outward or inward facing communications channels, please consider promoting the current campaign pieces.

- Future asks:
  - Help Public Health-Seattle & King County (PHSKC) and local marketing contractor identify audiences and ways to effectively reach them

Supporting mental health

- What resources or tools would be most helpful at this time? A few examples:
  - Resources to help manage stress among your staff/clients/students?
  - Webinar training on how to provide "mental health first aid" to support others?
  - Coping with stay at home and social distancing; addressing social isolation?
  - Grief & loss support?
  - Intimate partner violence prevention & response?

Crisis Connections: https://www.crisisconnections.org/

CDC Resource: Mental health and coping during COVID-19

Thank You

Post-Meeting Survey Questions:

1. What would most help your organizations and networks better understand and adhere to the Stay Home, Stay Healthy order?
2. What mental health resources and tools would be most helpful to support your organizations and networks?

Meetings of this group every Thursday at 10:30 – 11:30 a.m.

Advisory Group Contacts:

Janna Wilson janna.wilson@kingcounty.gov
(206) 263-8281

Matias Valenzuela matias.valenzuela@kingcounty.gov
(206) 263-8697

Parking Lot Slides for Reference

Public Health
Seattle & King County

Important Resources to Stay Informed on COVID-19

- Subscribe to Public Health's website www.kingcounty.gov/COVID
- Subscribe to the blog www.publichealthinsider.com
- Anti-stigma resources: www.kingcounty.gov/ncov/anti-stigma
- Follow us on social media @KCPubHealth
- Join a community partners phone call: Mondays, 4:00 – 4:45
  - 206-263-8114 Code: 560794
  - Join by Skype: https://meet.kingcounty.gov/candace.jackson/NRT11F9P

- WA State Dept of Health COVID-19 website: www.doh.wa.gov/Emergencies/Coronavirus
- WA State: https://www.coronavirus.wa.gov/

Role of Advisory Group (Near-Term)

- Help share accurate information and messages about recommended steps to reduce the spread of COVID-19 – within your own organization, to other institutions and organizations in your sector, and with the public.
- Inform us and each other on opportunities, successes, and barriers to implementing recommended and required measures.
- Join us in helping prevent, interrupt, and respond to misinformation and stigma.
- Advise Seattle Foundation on COVID-19 Response Fund

Call Centers

- King County Novel Coronavirus Call Center,
  206-477-3977 8 a.m. – 7 p.m. daily

- Washington State Novel Coronavirus Call Center,
  800-525-0127 and press #. 6 a.m – 10 p.m. daily

The operators are able to connect with a third-party interpreter. The caller will need to be able to tell them in English what language you need for interpretation.

Speakers Bureau for COVID-19 Community Mitigation Support

Public Health – Seattle & King County

For webinars and information please contact us

Debra Baker – Speakers Bureau Task Force Lead

Debra.Baker@kingcounty.gov

Penny Lara – Speakers Bureau Staff

Penny.Lara@kingcounty.gov

Where possible please give us 48 hours notice of webinar presentations.

This will give us time to ask questions and prepare for your team.