



City of  
**Langley** Washington

## COVID-19 Community Guidance Updated

ISLAND COUNTY PUBLIC HEALTH

Administration

PO Box 5000 Coupeville, WA 98239 P: 360.679.7350 F: 360.679.7390

ISLAND COUNTY COVID-19

Updated Community Guidance April 21, 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.

- Stay at home except for essential activities. When conducting essential business in settings where adequate physical distancing is not possible, it is recommended to wear a cloth mask. Wash your hands and mask as frequently as possible to protect others.
- The state's current modelling is based upon continued community participation with physical distancing. Please remember that staying home and practicing physical distancing is the most important thing we as a community can do to be helpful.

- There is expected to be a slow lifting of physical isolation measures after May 4th, with many measures remaining in place for some time. Continue to follow all state and local guidance to prevent further spread and minimize the impacts of COVID-19.

#### 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.

- \_\_\_\_\_

#### The ‘Stay Home, Stay Healthy’ Order is Working

The ‘Stay Home, Stay Healthy’ order will remain in effect until May 4th. Continue to follow guidance to prevent further spread and minimize impacts of COVID-19.

#### “Always Working for Safer and Healthier Communities”

##### Cultivate Healthy Coping Skills

Between anxieties over living through a global pandemic, mixed with physical isolation measures, it is natural to turn to any coping skill available. For a lot of people, this may mean increased alcohol and substance use. COVID-19 also presents unique challenges for people with substance use disorders (SUDs) and people in recovery.

- Try to lean into healthier coping skills that fit your personality. Connect with others when and how you can. Be mindful of using substances to cope with stress and boredom.

- Utilize local resources. Island County Human Services is staffing a Mental Health Call Line. They are available if you are feeling anxious, scared, are concerned about a friend or neighbor, or just

would like to speak with someone. 360.678.2346 (M-F 10am – 8pm and Weekends 9am – 5pm)

- Utilize virtual recovery resources to support yourself and others.

- o Reddit Recovery: Offers a virtual hang out and support during recovery

<https://www.reddit.com/r/REDDITORS/NRECOVERY/>

- o Self-Management and Recovery Training (SMART) Recovery: Offers global community of mutual-support groups, forums including a chat room and message board <https://www.smartrecovery.org/community/>

- o Alcoholics Anonymous: Offers online support <http://aa-intergroup.org/>

- o Sober Recovery: Provides an online forum for those in recovery and their friends and family <https://www.soberrecovery.com/forums/>

## 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.

---

“Always Working for Safer and Healthier Communities”