

COVID-19 UPDATE--June 18, 2020

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HELP US MOVE TO PHASE 3

As of June 8, 2020, Governor Inslee required employees to wear a face covering while at work. (There are a few exceptions.) To address this requirement, Spokane County has purchased a bulk order of cloth and disposable masks if you don't have your own.

If you follow news and reports from the Spokane Regional Health District you'll see our COVID-19 cases are increasing in phase 2. Spokane Regional Health District Health Director Bob Lutz has indicated that the Spokane community is not ready to move ahead to Phase 3 of the Safe Start Washington Plan. Part of this increase may be due to increased testing (see article below).

Getting to Phase 3 will require everyone to be vigilant and follow the guidance around wearing masks and physically distancing. [Look at this blog post that Spokane Regional Health District developed on wearing masks](#) and why it is so important.

Under new rules released by the Washington State Department of Labor & Industries that went into effect last week, employees will now be required to wear at least a cloth face mask at all times except when working alone in room, vehicle, or on jobsite, unless there is some other feasible measure (such as a partition between cubicles, sneeze guard, or other physical barrier) in place to prevent the spreading of the virus. Even if 6 feet of physical distancing can be achieved, face coverings are now required.



ZERO CO-PAY FOR COVID-19 TESTING

To help ease any financial burden or stress, HR has directed Kaiser Permanente and Premera Blue Cross to waive copayments, deductibles and coinsurance for all **in-network** COVID-19 testing and treatment (both inpatient and outpatient) through December 31, 2020. We don't want any employee and their family members to feel reluctant to seek testing and treatment. Please note: This does not include COVID-19 Antibody Testing. If you have questions, please contact Jamie Burchett at jburchett@spokanecounty.org.

EXPANDED FAMILY MEDICAL LEAVE (EFMLA) FOR CLOSED DAYCARE

If your child's day care is closed due to COVID-19 you may be eligible for the Expanded Family Medical Leave program. Information about the program is found [here](#).

If you previously applied for EFMLA because your child's school closed due to COVID-19 and now you are faced with a closed day care, you must recertify for the program. Information is found [here](#).

TIPS FOR TAKING HELPFUL BREAKS #8

Here's good short article supporting our sanity by taking breaks. If you don't know, you can sign up for a regular email from the Washington Department of Health. Impressive content like this comes to you directly.

<https://medium.com/wadepthealth/take-a-break-a9b3bcb71db9>

Want to try something new as a healthy stress reliever? Check out the Zentangle drawing method by founders, Rick and Marie, at Zentangle.com. You can sign up for their free newsletter and Zentangle Mosaic app to see wildly different adaptations of this relaxation practice. Through the Zentangle Method of drawing, you can: relax, focus, expand your imagination, trust your creativity, increase your awareness, respond confidently to the unexpected, discover the fun and healing in creative expression, feel gratitude and appreciation for this beautiful world and all that you can do, and have fun! Of course, there are plenty of free coloring resources on Pinterest when you search for Zentangle if you prefer to relax coloring someone else's Zentangle.



Just for fun, send a small photo of your completed Zentangle (completed on your own time, please) to Sherry Barrett at EmployeeDev@spokanecounty.org on or before June 30 to be entered into a Zentangle drawing. One entry per person, please. 3 winners will each receive a gift card

provided by Canopy Credit Union. The winners' work will be posted on the HR website through July. Good luck!