

From: [Mayor](#)
To: [Mayor](#)
Subject: FW: COVID-19 Update: A Graphic that helps!
Date: Thursday, March 26, 2020 6:18:47 PM
Attachments: [Families First Coronavirus Response Act.pdf](#)
[image003.png](#)
[image004.png](#)



Valerie Howard

The City of Spokane COVID-19 News Update for March 26

Information about Coronavirus Disease 19 (COVID-19) is evolving rapidly. We want to make sure our City employees have up-to-date information. We will provide this update, as needed, to communicate what you need to know, while we work to reduce the spread of this disease in our community and continue to provide critical public services.

Pandemic Stress

As we work to process all that has changed in our lives, it can take a toll on our mental health. The Washington State Department of Health put together a [great little article on how to deal with “pandemic stress.”](#) They emphasize that we all still need to connect with friends and family, and that we should be sure to include time to focus on things that bring us joy!

Remember, our Employee Assistance Program (EAP) remains a resource to all of you. Resources and information related to COVID-19 are available on the EAP website [EAPHelpLink](#) (Use code: **CITSPO**), including two webinars on the topic in the webinar library. For any needs related to EAP or Work-Life services, please contact the national call center toll-free number **1-800-999-1077**.

Families First Coronavirus Response Act

The Families First Coronavirus Response Act is pretty complicated, and the explanatory information that we sent out yesterday, while important, is somewhat difficult to digest. We have attached a great [one-page information sheet](#) for you today that we think will be much easier for you and your family to absorb at a glance. We hope you find it helpful. And as an additional note, the US Department of Labor has clarified that the emergency paid sick leave and emergency paid FMLA is available starting April 1, rather than April 2.

Be Thoughtful and Kind

As we talk about the pandemic and its impacts, the City is asking our employees to refer to the illness as COVID-19 or coronavirus. Other terms could lead to racial profiling or blaming of others. As an executive from the World Health Organization recently said, “Viruses know no borders and they don’t care about your ethnicity, the color of your skin or how much money you have in the bank.”

#OrderUpSpokane

Our entire community is facing challenges as a result of the response designed to slow the spread of COVID-19. A great way to get a break and support our community is by ordering take out or delivery from Spokane’s restaurants. So you don’t have to dig up the information yourself, [here’s a list of takeout and delivery options](#).

Employee Information Portal (<https://covid19.spokanecity.org/>)

Remember, this Employee Information Portal is a great resource for employees to stay current on what’s happening with the COVID-19 response. The [Employee Information Portal](#) can be accessed from work or home, using a computer or mobile device. All of the emailed information we have sent to employees is archived here.

