

From: [Mayor](#)
To: [Mayor](#)
Subject: COVID-19 Update: Tele-Health & Enjoying Parks
Date: Friday, April 3, 2020 5:23:34 PM



A handwritten signature in purple ink that reads "Valerie Howard".

The City of Spokane

COVID-19 News Update for April 3

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.

Words of Encouragement from City Administrator Wes Crago

Earlier today, City Administrator Wes Crago sent a message of encouragement to employees. He quoted Theodore Roosevelt, who said, “***Far and away the best prize life has to offer is the chance to work hard at work worth doing.***” He says City employees are doing that work. [Take a moment to read the whole message.](#)

Access Tele-Health Services

Using tele-health services is a great way to seek medical advice as we seek to slow the spread of COVID-19 and comply with the “Stay Home, Stay Healthy” order. And, if you’re seeking care for COVID-19, both Premera and Kaiser Permanente have waived cost shares for COVID-19 tests and treatment for their members through June 30, 2020.

Each of our insurance companies has different options for tele-health and ways to access those services. Here is a flyer on [Premera’s tele-health offerings](#). And here is a link to [Kaiser Permanente’s telephonic and online services](#).

Getting Outside Over the Weekend

The City’s Parks system has gotten a lot of use recently. Here’s a great little graphic that shows how we all can use our parks safely this weekend during the “Stay Home, Stay Healthy” order.



A Glimpse at Telecommuting

We've seen all the stories about how many people are telecommuting and doing school work on line. Here are a few interesting statistics from Comcast. Compared to a March 1 baseline, Comcast has seen a 32 percent increase in peak traffic on its network. VoIP and Video Conferencing is up 212%. VPN traffic is up 40%.

Comcast, which has served our community for many years, is providing two months of complimentary service under its Internet Essentials product to new, qualifying low-income families. This service normally allows low-income families to connect to Internet for under \$10 a month. They also increased internet speeds for the service to help people complete the work they need to do at home. Information is available on [their web site](#).

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.