

From: [Mayor](#)
To: [Mayor](#)
Subject: COVID-19 Update: Safe Start Washington
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Nadine Woodward

The City of Spokane **COVID-19 News Update for May 4**

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.

Safe Start Washington – The Reopening Plan

On Friday, Washington Gov. Jay Inslee laid out a four-phase plan to reopen the Washington economy. Washington state currently is in Phase 1, with construction and other essential activities under way.

Outdoor activities and additional sales and retail activities begin tomorrow, Tuesday, May 5. Golf, fishing, hunting, and some park access is included starting tomorrow. Also, watch for vehicle sales, curbside pickup at retail outlets, car washing landscaping and some pet services.

Each subsequent phase builds the available activities in the earlier phase. [Check out this article](#) on the Governor's web site, and then [the detailed plan](#) of information.

The plan did include options for some counties with lower numbers of COVID-19 cases to open on a faster track. Mayor Nadine Woodward is expected to talk to the Governor tomorrow about an appropriate plan for Spokane.

#GivingTuesdayNow

#GivingTuesdayNow is a new global day of giving and unity that will take place on May 5, 2020 – in addition to the regularly scheduled Dec 1, 2020 #GivingTuesday – as an emergency response to the unprecedented need caused by COVID-19.

You can help by [contributing to the Spokane County United Way](#) to help people impacted by COVID-19.

Golf at the City's Courses

Golf gets going on our City courses tomorrow. Remember, tee times can be reserved by phone only at this time. Please call the course directly to schedule your tee time.

- Esmeralda: [487-6291](tel:487-6291)
- The Creek at Qualchan: [448-9317](tel:448-9317)

- Downriver: [327-5269](tel:327-5269)
- Indian Canyon: [747-5353](tel:747-5353)

Addressing Intimate Partner Violence during Stay Home Order

The YWCA Spokane staff have joined together to create a unique online engagement opportunity focused on cultivating increased community education and awareness surrounding issues related to intimate partner domestic violence. The [11-part “Prevention at Home Video Education Series”](#) presents engaging, educational content for individuals from any background or current knowledge base.

The videos and blog posts also offer watchers an opportunity to get to know YWCA Spokane advocates on a personal level; each contributor brings their own personality into their writing and presentation style.

More Information to Assist Our Employees

Here are some more resources from our Employee Assistance Program:

- [Maintaining Composure During COVID-19](#)

It is not unusual to feel heightened anxiety and a sense of uncertainty given the scale of the outbreak and media coverage. “Stress hormones” aid in alertness, muscle preparedness, and energy to help the body protect itself.

- [Managing Your Team After COVID-19](#)

Being a manager during a stressful event, such as COVID-19, is an unfamiliar experience for you. Learning to adapt to changes in your work environment, workload, and your employees are essential. Once the dust settles, a new normal will present itself. The normalcy can create emotions you have never recognized or addressed before in your staff. When going back into the work environment, each employee will handle the transition differently.

To access more topics related to COVID-19 visit: EAPHelpLink.com, using company code: **CITSPO**

Employee Information Portal (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.