



Valerie Woodward

The City of Spokane

Weekly News Update for April 13

Information about Coronavirus Disease 19 (COVID-19) is evolving rapidly, and our important work as a City is continuing. We want to make sure our City employees have up-to-date information on both COVID and employee news. 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.

A Message from Mayor Woodward

Spokane took another big step in its progression through COVID. Our community advanced with the rest of the state three weeks ago and cleared the first evaluation period to remain in Phase 3.

That is critically important to employees and employers who are looking to safely protect jobs and the economy. Slowing the spread of the virus and protecting our healthcare system capacity also helps keep students learning more and more in schools and recreational opportunities more readily available, all of which improve our collective mental health.

While the news today is good there is still work left to do to keep us on the right path before the next evaluation on May 3. That means continuing to follow masking, social distancing, and limiting gatherings. Vaccinations also become much more widely available this week to anyone 16 years and older, another crucial part of our progression.

Consistent communication with the Governor's Office also continues to be important as we advocate for the unique needs of our community. We meet every other week with the Governor's Office to discuss our progress, work toward next steps, and ensure the perspectives of those in Spokane are voiced and heard. We are also working with other mayors across the state on gaining access to additional vaccine allotments from the federal government to make access even easier.

Managing through the pandemic takes time and teamwork to navigate. That includes creatively minimizing the impact to city services our community expects and partnering to help the small businesses you use stay safe.

We appreciate everything you have done in the face of adversity. Your contributions to our community have taken us this far and will be instrumental in the next step we will take together. We all share the desire to keep safely moving forward so that we may move past this pandemic.

Vaccines: All employees and immediate family members eligible for vaccine

All City of Spokane employees AND their immediate family/household members are eligible for vaccination at the Spokane Arena before Thursday, April 15.

People need to be 18 years and over to walk-up to the Spokane Arena mass vaccination site. You are asked to walk-up to one of the open ticket booths to register. From there, you are able to enter and go through the process of getting the Moderna vaccine. Depending on the level of people receiving their vaccine, the minimum amount of time spent is 20 minutes with observation.

Site hours before Thursday, April 15 are as follows:

- Tuesday, April 13 – 11 a.m. – 8 p.m. (limited capacity at this time)
- Wednesday, April 14 – 11 a.m. – 8 p.m.

For more information about the vaccination site, you can visit Spokane Regional Health District's [website](#).

Vaccines: Paid time for appointments

Numerous community resources are available to receive a vaccine, and the City would like to ensure that employees have flexibility in obtaining the vaccine.

Similar to the flu vaccine, employees will be allowed to get the COVID-19 vaccine during their shift or normal working hours, without use of their leave accruals.

- Use of paid time must be pre-authorized by the employee's supervisor and arranged for a mutually agreeable time that creates the least impact to the workplace.
- Proof of appointment is required. Proof of appointment can be obtained through the online scheduling system. Employees can either print, email or show proof of appointment to their supervisor on their smart phone.
- Employees are only authorized paid time to obtain the vaccine. If they show signs or symptoms following the vaccine administration, they must use their personal leave accruals for additional time off.
- Paid time is only authorized for employees who are able to get their vaccine during their normal shift. Employees will not be eligible for overtime if they obtain the vaccine on personal time.

More Information to Assist Our Employees

Here are some more resources from our Employee Assistance Program:

- [Ten Ways to Control High Blood Pressure without Medication](#)
Weight loss is one of the most effective lifestyle changes for controlling blood pressure. In general, you may reduce your blood pressure by about 1 millimeter of mercury (mm Hg) with each kilogram (about 2.2 pounds) of weight you lose. Besides shedding pounds, you generally should also keep an eye on your waistline. Carrying too much weight around your waist can put you at greater risk of high blood pressure.
- [Adjustment Disorders](#)
Work problems, going away to school, an illness, death of a close family member or any number of life changes can cause stress. Most of the time, people adjust to such changes within a few months. But if you have an adjustment disorder, you continue to have emotional or behavioral reactions that can contribute to feeling anxious or depressed. You don't have to tough it out on your own, though. Treatment can be brief and it's likely to help you regain your emotional footing.

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](https://covid19.spokanecity.org/) 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.