

Community Resources

Meal Resources

211 Washington <https://wa211.org/> OR call 211

Pierce County Home Meal Delivery <https://www.co.pierce.wa.us/489/Home-Delivered-Meals>

Sumner Senior Center

- Catholic Community Services will offer hot meals to go. Pick up will be at the Sumner Senior Center. Seniors do need to call at 9am each day and then can pick up the meal at 12. More info on the Sumner senior center website <https://sumnerwa.gov/living/senior-center/>

Food Banks

Puyallup Food Bank

- Available by appointment only, call 253-848-5240 between 9am-2pm Mon, Tues, Wed, or Friday to schedule an appointment, located 110 23rd St SE, Puyallup, WA 98372. info@puyallupfoodbank.org

St. Francis House

<https://www.puyallupfrancishouse.org/> for more information. 253-770-6991

- St. Francis House will be responding to emergency needs. This will be in effect from March 16-April 24 and will be reevaluated towards the end of that period.

MEAL PROGRAM- Hungry dinner guests can pick up "dinner in a bag" from St. Francis House between 4-5pm weekdays.

Salvation Army Food Bank

South Hill located 4009 9TH St. SW, Puyallup WA 98373

Call 253-841-1491 ext. 205

We will continue to offer meals to our neighbors, served in "to-go" boxes for the foreseeable future. All are welcome; advance registration is not necessary.

To-go meals at The Salvation Army Puyallup Valley Corps will be available for residents of Puyallup, Milton, Graham, Sumner, Bonney Lake, and surrounding areas:

EFFECTIVE March 18th

- Mondays: 12:00 pm – 1:00 pm
- Tuesdays: 12:00 pm – 1:00 pm
- Wednesdays: 12:00 pm – 1:00 pm
- Thursdays: 12:00 pm – 1:00 pm
- Fridays: 12:00 pm – 1:00 pm

Food Banks continued

Graham South Hill Food Bank

Call: 253-846-3805, drop-in when open, no appointment needed.

Nourish Pierce County Food Banks

Food bank <https://co.pierce.wa.us/454/Food-Banks>

<https://nourishpc.org/need-food/>

Bethlehem Lutheran and Gaudrone Middle School distribution sites are closed today, Monday, March 16th. We are still serving at Pierce College-Puyallup (1-3pm); Cedarcrest Middle School, Spanaway (4:30-6:30pm); Graham at Holy Disciples Catholic (10am-1:30pm); Lakes at United Methodist in Lakewood (2-6pm); SE Tacoma at Lutheran Christ the King (11am-4pm). Please check our website for full details.

Edgewood Community Nourish Food Bank (located on the lower floor)

3607 122nd Ave East, Suite B

Edgewood WA 98372

Phone: 253-826-4654

Tacoma Rescue Mission

Located at 425 South Tacoma Way, Tacoma, WA 98402 Call 253-383-4493 or email info@trm.org if you need help or have any questions regarding the services offered.

SNAP EBT Washington State online ordering options

Washington State is allowing SNAP EBT food purchases to be made online from some stores. More details and a list of retailers at <https://www.fns.usda.gov/snap/online-purchasing-pilot>

Resources Provided by Schools including Food

Puyallup School District

<https://www.puyallup.k12.wa.us/cms/One.aspx?portalId=141151&pageId=7503339>

Meals

Please visit your closest elementary school from 11:00 am—12:00 pm to receive daily breakfast and lunch.

- As of Monday March 23rd, we will be providing Monday through Friday meal service for all children 0-18 from 11:00 to 12:00 at each of our 22 elementary schools.
- We are also launching childcare service for medical workers and first responders Monday through Friday from 8:00-4:00 at all elementary schools beginning March 23rd. To register for childcare service, [take the survey: PSD Childcare for Healthcare Workers and First Responders](#).

Resources Provided by Schools including Food continued

Special Education

Special Education staff will be communicating with families regarding resources and strategies that support individual students. If you have questions you are welcome to reach out to the Special Education Director that supports the school your student attends via email or phone at (253) 841-8700 (see table below).

Karen Mool
Executive Director of Special Education
Moolkm@puyallup.k12.wa.us

<i>Directors of Special Education</i>	<i>Email</i>	<i>Schools</i>
Karen Van Wieringen	Vanwiekm@puyallup.12.wa.us	ERHS, RHS, PHS, WHS, Ballou JH, Ferrucci JH, Glacier View JH, Kalles JH & Stahl JH
Kim Leger	Legerks@puyallup.k12.wa.us	Aylen JH, Edgemont JH, PODS/POA, Northwood, Mt. View, Karshner, Spinning, & Waller Road Elementary
Sunday Ferris	Ferrisd@puyallup.k12.wa.us	Edgerton, Firgrove, Fruitland, Hunt, Meeker, Pope, Stewart, Sunrise & Woodland Elementary
Kelly Carrick	CarrickL@puyallup.k12.wa.us	Brouillet, Carson, Dessie Evans, Maplewood, Ridgecrest, Shaw Road, Wildwood & Zeiger Elementary

Resources Provided by Schools including Food continued

Fife School District

https://www.fifeschools.com/news/what_s_new/c_o_v_i_d-19_update

- Providing childcare for our families of first-responders and healthcare workers during the closure, following the guidance of Governor Inslee. More on this process to come next week.

https://www.fifeschools.com/news/what_s_new/mealdelivery

Updated Monday 23rd March 23, 2020

See route schedules and pickup options for breakfast as well as lunch

**GRAB & GO
BREAKFAST
& LUNCH
PROVIDED**



**FREE TO ALL
CHILDREN
AGES 0-21**

Route Schedule - Beginning Monday, March 23

ROUTE 1 - MILTON & EDGEWOOD:

1703 Milton Way (Faith Family Church parking lot) **10:30-10:45**
27th Ave at Alder St (Sundance Apts) **Drive through stop 10:50**
S 379th St at 20th Pl Ct (Hillcreek) **Drive through stop 10:55**
380th and 38th Ave S (Meadow Glen) **Drive through stop 11:05**
S 384th St/County line Rd E at 49th Ave S turn around **Drive through stop 11:10**

ROUTE 2 - FIFE APARTMENTS, SADDLE CREEK, RADIANCE & SL VILLAGE APARTMENTS:

16501 20th St E (Willow Green Apts)/6643 20th St E (Rainier Pointe Apts) **Drive through stop 10:30**
2126 62nd Ave (The Park Apts) **Drive through stop 10:40**
2524 62nd Ave E (Pointe East Apts) **Drive through stop 10:40**
Radiance Blvd E at Oxbow Ave E (at the Park) **Drive through stop 10:50**
43rd St E at 66th Ave E (Saddle Creek, 43rd St pull off) **Drive through stop 11:00**
2800 Queens Way (Surprise Lake Village Apts) **Drive through stop 11:10**

ROUTE 3 - FIFE HEIGHTS, BENTEN LOOP, PACIFIC HWY & CHATEAU RAINIER APARTMENTS:

10th St E at 68th Ave E (Fife Heights) **Drive through stop 10:50**
4th St E at 64th Ave Ct E **Drive through stop 10:55**
Northwood Ave NE at Cedarcrest St NE **Drive through stop 11:00**
70th Ave E at 12th St E **Drive through stop 11:05**
5719 15th St E (Old Grange) **Drive through stop 11:10**
4th St E at 55th Ave E (Bentene Loop) **Drive through stop 11:15**
5003 Pacific Hwy E (behind old Bank of America, behind burger King) **Drive through stop 11:20**
3021 Pacific Hwy E (GuestHouse Fife Motel) **Drive through stop 11:25**

MINI VAN ROUTE 4 - PACIFIC HWY, SUNRIDGE APARTMENTS:

****These stops for SpEd--- will have extras for the public****

8323 Pacific Hwy E (Spring Valley Mobile Park) **Drive through stop 10:30**
70th Ave E at 5th St Ct E (Sunridge Apts) **Drive through stop 10:30**

Other Pickup Locations & Times

DISCOVERY PRIMARY11:20-11:45 am
HEDDEN ELEMENTARY11:20-11:45 am

FHS STATION - GYM SIDE10:45-11:45 am
CHATEAU RAINIER APTS.11:30-11:45 am
4600 16th St E

Resources Provided by Schools including Food continued

Sumner School District

<http://www.sumnersd.org/coronavirus>

In home online learning resources

[link to online in-home learning resources](#)

Childcare

Child care for first responders (police, fire, paramedics, EMTs), healthcare providers & uniformed service members will begin on Monday, March 23. There is **no fee** for this service. Please [fill out the registration form](#) and submit it to Pam Stoner at pam_stoner@sumnersd.org. We ask families to provide healthy snacks for their child each day. Breakfast and lunch are provided. Child care will be open during Spring Break, April 6-10. If you have further questions about child care, please call 253-891-6000.

Meals

Grab-n-Go Meals:

Grab-n-go meals -- breakfast and lunch -- are available for children 18 years or younger. A student does not need to attend school at the distribution location to get meals. Students must be present to receive a meal. The new sites -- beginning pickup service on March 23 -- are Bonney Lake Elementary, Lakeridge Middle School and Mountain View Middle School. Grab-n-go meal hours are 10 a.m. to 12 p.m. Monday through Friday.

- Bonney Lake Elementary: 18715 80th St E (Bonney Lake) -- Begins March 23
- Daffodil Valley Elementary: 1509 Valley Ave (Sumner)
- Lakeridge Middle School: 5909 Myers Rd E (Bonney Lake) -- Begins March 23
- Liberty Ridge Elementary: 12202 209th Ave Ct E (Bonney Lake)
- Mountain View Middle School: 10921 199th Ave Ct E (Bonney Lake) -- Begins March 23

Federal law and USDA regulation require nutrition programs to make reasonable modifications to accommodate children with disabilities. Under the law, a disability is an impairment which substantially limits a major life activity or bodily function, which can include allergies and digestive conditions, but does not include personal diet preferences.

Please complete the [Dietary Accommodations Request Form](#) as an accommodation offered through the Grab-n-Go Meal program during COVID-19 school closures.

Extended Learning

Optional enrichment opportunities. Students can find these [digital learning tools](#) on the Student Dashboard. Student username and password are the same for home and school.

Beginning March 18, students without access to a digital device or the internet, **may pick up a Chromebook and hotspot at the following locations:**

- Daffodil Valley Elementary | 10 a.m.-12 p.m. | 1509 Valley Ave, Sumner
- Liberty Ridge Elementary | 10 a.m.-12 p.m. | 12202 209th Ave Ct E, Bonney Lake
- Central Office | 7:30 a.m.-4 p.m. | 1202 Wood Ave, Sumner

We will be sending frequent updates with information and resources through email, robo calls, the website and social media channels.

Resources for Vulnerable Populations Grocery Store Special Hours

- **Target:** The **first hour of shopping each Wednesday** will be reserved for vulnerable guests. It will help to support vulnerable guests, including the elderly and those with underlying health concerns. Also all stores **will close by 9 p.m.** This will help Target to replenish stores and deeply clean stores. More info at <https://corporate.target.com/article/2020/03/target-coronavirus-supporting-guests-team>
- **Safeway:** From **7 to 9 a.m. Tuesdays and Thursdays**, the company is reserving time for "those vulnerable shoppers who must leave home to obtain their groceries, unless otherwise locally mandated."
- **Whole Foods Market:** As of Wed. March 18, all Whole Foods Market stores in the U.S. will service customers who are 60 and older **one hour before opening to the general public**, under the new adjusted hours posted on the store's web page. (*example: if a store's new hours are 9am-8pm, customers who are 60+ can shop starting at 8am.*) Also Whole Foods Market **stores will close up to two hours early** to give our Team Members more time to restock shelves, sanitize our stores. **During this time, stores will remain open for pickup (in stores that offer it), and we will continue to fulfill Prime delivery orders** in an effort to meet unprecedented demand and ensure that people who need to remain at home can still get their groceries in a timely manner. More info at <https://media.wholefoodsmarket.com/news/how-whole-foods-market-is-responding-to-covid-19>

Resources for Online Ordering - Grocery and Food Delivery

Instacart Delivery From Multiple Stores <https://www.instacart.com/>

Stores Providing Delivery options and some pickup options

Safeway <https://www.safeway.com/> and **Albertsons** <https://www.albertsons.com/>

<https://www.safeway.com/faq/online-shopping.html>

<https://www.albertsons.com/faq/online-shopping.html>

FredMeyer <https://www.fredmeyer.com/> and **QFC** <https://www.qfc.com/>

<https://www.fredmeyer.com/i/ways-to-shop/delivery>

<https://www.qfc.com/i/ways-to-shop/delivery>

Walmart <https://www.walmart.com/> More Info at <https://grocery.walmart.com/>

Target <https://www.target.com/>

More Options for Grocery and Food Items

Amazon <https://www.amazon.com/>

Full Circle <http://www.fullcircle.com/>

Boxed <https://www.boxed.com/>

Costco <https://www.costco.com/> (membership)

Sam's Club <https://www.samsclub.com/> (membership)

CSA Farm Box <https://www.wildhareorganicfarm.com/>

Nuts and other Pantry Staples <https://nuts.com/>

Health Resources

No Cost Virtual e-Visits

As a public health service and to provide increased access to care for people experiencing COVID-19 symptoms, MultiCare Health System, and CHI Franciscan are offering FREE 24/7 virtual e-Visits to all individuals with cough, fever or difficulty breathing. Visit <https://www.multicare.org/virtualcare> or <https://www.chifranciscan.org/patients-and-visitors/covid-19.html> and use coupon code **COVID19** when prompted for payment.

A special enrollment period is available through April 8th for **Washington Apple Health**, you can see if you qualify here:

https://www.wahealthplanfinder.org/_content/Homepage.html?bmctx=B1EF2C76C22FC823F3BC4BBDAD8CA2C823B2A98DCF1D66A14F235198F62516A8&contextType=external&username=string&password=secure_string&challenge_url=https%3A%2F%2Fwww.wahealthplanfinder.org%2F_content%2FHomepage.html&request_id=4486770145133177089&authn_try_count=0&locale=en_US&resource_url=https%253A%252F%252Fwww.wahealthplanfinder.org%253A443%252FHBEWeb%252F

Internet Access and Technology Resources

- **Comcast** is offering 2 months free to new Internet Essentials customers in response to recent and anticipated emergency measures associated with the Coronavirus (COVID-19).

<https://www.internetessentials.com/> This accessible website also includes the option to video chat with customer service agents in American Sign Language. There are also two dedicated phone numbers 1-855-846-8376 for English and 1-855-765-6995 for Spanish.

Service details at <https://www.internetessentials.com/covid19>

Pricing and other info at https://www.internetessentials.com/covid19#gethelp&all_Pricingandotherinfo

- **Charter** will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription and at any service level up to 100 Mbps. To enroll call 1-844-488-8395. Installation fees will be waived for new student households. (<https://corporate.charter.com/newsroom/charter-to-offer-free-access-to-spectrum-broadband-and-wifi-for-60-days-for-new-K12-and-college-student-households-and-more>)

Audio Books, EBooks, and other entertainment if you are staying home

- **Ebooks and Audiobooks** LibriVox for audiobooks - it is completely free! Depending on where you live, Libby (Pierce County), Overdrive (Thurston/Mason Counties) or Hoopla with your library card. These apps provide audiobooks, ebooks, and even movies on smart phones, tablets, and computers.
- More free **Audio Books from the Washington Talking Book & Braille Library** The Washington Talking Book & Braille Library (WTBBL) is for anyone unable to read standard print, offering free audio books by mail, download, or mobile app. The collection includes more than 90,000 titles, and readers' advisors are available by phone weekdays from 8:30 a.m. to 5 p.m. Visit wtbbl.org or call 800-542-0866.
- **The Seattle Symphony** will provide video rebroadcasts and livestreams. The Seattle Symphony is organizing additional free livestreams and rebroadcasts until the orchestra can return to the Benaroya Hall stage. The material will be on their [YouTube](#) and [Facebook](#) More details will be shared in the coming days at seattlesymphony.org/live
- **Take a virtual museum tour.** The [Smithsonian Museum of Natural History](#) and the [Guggenheim Museum](#) are hosting online tours. [Google Arts & Culture](#) has a collection of virtual walk-throughs for dozens of international museums, from Paris to New Delhi.

Action by Community Members in Tacoma

Tacoma Mutual Aid Collective is mobilizing the people of Tacoma to help deliver food and supplies to vulnerable populations. They have set up an online form for people to submit their delivery requests.

Facebook page <https://tinyurl.com/utrv8zf>

Online Delivery Request Form https://docs.google.com/forms/d/e/1FAIpQLScQLH-RwSCAVCAm310EF91j74mvjIG49Za0F_8Mb1S3ZFEwA/viewform

Utilities

Puget Sound Energy:

- PSE will not be disconnecting customers during this time.
- PSE received approval from the Washington Utilities and Transportation Commission for a waiver that allows PSE to waive late fees.
- PSE will work with our customers on options such as [payment plans](#) and [choosing a new bill due date](#).

PSE has launched a new [energy assistance portal](#) to improve access to funds available to low income customers.

Resources for Workers and Businesses

The Employment Security Department has detailed information for individuals and employers at <https://esd.wa.gov/newsroom/covid-19> or call toll free 800-318-6022

Financial Resources for WA Residents Impacted by COVID-19

Washington State Department of Financial Institutions, information about accessing your accounts, loans, unemployment help, paying credit cards, mortgage, rent, student loans, emergency loans, utilities and insurance issues. Details at https://dfi.wa.gov/coronavirus-financial-resources?fbclid=IwAR1h_02h93R8A3nDkcfU0FC-dyX_VBEEDr-qEbDJjz_QwpigRS30YiH3d8

Resources for Tax Payers

This Internal Revenue Service (IRS) is providing updated information for tax payers due to COVID 19. More details at <https://www.irs.gov/coronavirus>

Resources for Parents and Guardians to Help Talk with Kids about COVID 19

- This article covers the basics and provides some materials about what to discuss with kids about COVID 19 Corona virus <https://medium.com/wadepthealth/talking-to-kids-about-covid-19-a909585b93bf>
- **The Seattle Times** has updated information about talking with kids about COVID 19 <https://www.seattletimes.com/education-lab/how-to-talk-to-kids-about-the-novel-coronavirus/>
- **Multilingual coloring book for explaining coronavirus** — [This short book](#) is available for download in 11 languages. It offers a place for children to express their feelings about the coronavirus and how it affects their families. Then it explains what the virus is and how they can help stop its spread.

Resources for Parents and Guardians Extra Learning Materials for Kids

Please note many schools are offering their students educational materials, these services vary by school.

- **Scholastic** the educational company has launched a "Learn at Home" website that has daily courses for students from Pre-kindergarten to grades 6 and higher. More details at <https://classroommagazines.scholastic.com/support/learnathome.html>
- **Khan Academy** a nonprofit that is continuing to offer online learning More about their organization <https://khanacademy.zendesk.com/hc/en-us/articles/360040167432-How-can-Khan-Academy-be-used-for-remote-learning-during-school-closures->
- **Resources Guides from the University of Washington** — The University's College of Education has compiled [this guide](#) filled with resources for children in kindergarten and younger and a separate [guide](#) for elementary school-aged kids.
- **Community Created Lists** — Community members are compiling lists of free educational resources for families. We haven't verified all of the resources on these pages. <http://www.amazingeducationalresources.com/>
- **Huffington Post** created a list of free tools, and asked teachers to share their favorite website and apps, to provide educational and entertaining activities for kids at home https://www.huffpost.com/entry/free-online-learning-activities-for-kids_I_5e73848dc5b63c3b648bc968

Resources for People with Chronic Illnesses seeking Support Groups

Support groups for people with chronic illnesses — The Center for Chronic Illness offers free, professionally facilitated, web-based support groups for people who have chronic illnesses or paralysis. You can learn more and sign up [here](#).

Resources for Stress, Anxiety, Mental Health Support

Crisis Text Line. The Crisis Text Line offers free, confidential 24/7 support for those in crisis. Text 741741 from anywhere **in the US** to text with a trained Crisis Counselor.

Disaster Distress Helpline – 1-800-985-5990 — This 24/7/365 service from the Substance Abuse and Mental Health Services Administration provides crisis counseling for people going through both natural and human-caused disasters. It's free, multi-lingual and confidential. You can also text **TalkWithUs to 66746**.

TeenLink — This Washington-based service is staffed by teen volunteers who receive 60 hours of training and often have experienced mental health issues themselves. The peer-to-peer connections make young people feel more comfortable sharing their concerns. The service can connect teens to local resources as well.

You can call 1-866-TEENLINK (833-6546) to talk by phone from 6-10 p.m. nightly or text from 6-9:30 p.m. every night. You can also call, chat or text in to connect with an adult substance use specialist from 1-6 p.m. Tues-Sat.

If you are an adult looking to help a young person, there are resources on the [TeenLink website](#) or you can call [1.866.4CRISIS](#).

Crisis Connections 866-427-4747 — This 24/7 number provides immediate support and resources for people in emotional crisis and will help you determine if you or your loved one needs professional help. They provide immediate translation into 155 languages.

Resources for AA Support Groups

Support Groups AA

<https://www.seattletimes.com/nation-world/amid-coronavirus-recovery-community-urges-even-if-you-skip-12-step-meetings-stay-connected/>

Resources for Outdoor Activity - Social Distancing

National Recreation and Park Association has information about outdoor activities during COVID 19 including best practices for staying healthy at public parks and guidelines for trail usage. Details at <https://www.nrpa.org/blog/keeping-a-safe-social-distance-in-parks-and-on-trails-during-the-covid-19-pandemic/>

Resources for College Students

UHaul is offering discounted truck rates, trailer rentals, and 30 Days Free Storage for college students impacted by COVID 19 since many school campuses have closed.

Details about discounted services at <https://www.uhaul.com/Articles/About/20625/College-Students-U-Haul-Offers-30-Days-Free-Self-Storage-amid-Coronavirus-Outbreak/>

For more details and to find local rates at a UHaul near you check out

https://www.uhaul.com/?utm_campaign=uhaulsm&utm_source=facebook&utm_medium=trucks&utm_content=20200311-manyschoolsaretakingprecautionsto OR call **1-800-GO-U-HAUL** (1-800-468-4285)

Companies that are Hiring

- Amazon: <https://www.amazondelivers.jobs/?cmpid=PRPRLC0780H6>
- Winco <https://www.wincofoods.com/about/careers/>
- Fred Meyer: <https://www.fredmeyer.com/topic/fred-meyer-careers> and <https://jobs.kroger.com/fred-meyer/go/Fred-Meyer/587600/>
- Walmart: <https://careers.walmart.com/stores-clubs/walmart-store-jobs>
- Safeway and Albertsons <https://www.albertsoncompanies.com/careers/safeway-careers.html>
- University of Washington <https://hr.uw.edu/coronavirus/policy-updates/recruitment-and-hiring-during-covid-19/>

When applying for any job make sure you know your rights and what questions an employer is allowed to ask you. Washington state and federal laws outline your rights. Helpful resources:

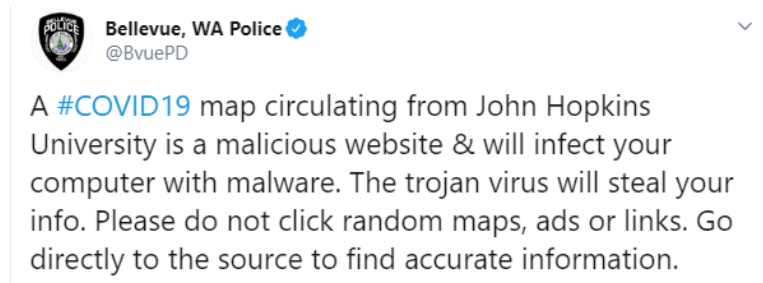
Washington State Department of Labor and Industries <https://lni.wa.gov/workers-rights/>

U.S. Department of Labor <https://www.dol.gov/general/topic/disability/employeeerights>

Resources to Avoid Scams

REMAIN VIGILENT- DON'T BECOME A VICTIM OF SCAMS

Q13 News has reported that the Bellevue PD is warning people about a fake corona virus map that infects computers when users click on it <https://q13fox.com/2020/03/13/bellevue-police-warn-of-fake-coronavirus-map-that-will-infect-your-computer/>



Forbes has also reported instances of scams targeting people via email and text messaging <https://www.forbes.com/sites/thomasbrewster/2020/03/12/coronavirus-scam-alert-watch-out-for-these-risky-covid-19-websites-and-emails/#c5007721099f>

NBC News has reported similar incidents where scam emails were sent out. These emails are part of a phishing scam. <https://www.nbcnews.com/news/us-news/coronavirus-scammers-are-seeking-profit-deadly-virus-n1156126>

AARP also has information about these email scams and as well as stock scams <https://www.aarp.org/money/scams-fraud/info-2020/coronavirus.html?intcmp=AE-HP-BB-LL1>

The Federal Trade Commission has tips on their website about what to look out for and how to avoid becoming a victim of these scammers. More information at <https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>

PLEASE BE AWARE this resource list is changing based on the information posted by various organizations and updated information will be added to this list as it becomes available.

How to Help

Volunteers Needed – Nourish Pierce County

Loaders and Drivers

<https://nourishpc.org/volunteer-drivers-and-loaders-urgently-needed/>

Blood Donations

Cascade Regional Blood Services want you to know that it is **SAFE TO DONATE BLOOD!**

Cascade Regional Blood Services (CRBS) is the sole provider of blood products for MultiCare Health System. It is imperative that healthy individuals continue to donate to minimize disruptions to the blood supply. As the coronavirus outbreak expands, our blood supply is affected by the decrease in the number of eligible donors and collection drives that are cancelled. Maintaining a sufficient blood supply is essential to ensure patients receive needed treatments. CRBS' donation centers in Tacoma, Puyallup, and Federal Way are operating on normal business hours, and we encourage you to donate if you are healthy and have not donated in the past 56 days, or have never donated before.

- The coronavirus does not pose any risk to blood donors, either during the donation process or from attending organized blood drives. Cascade Regional Blood Services is the place where healthy people gather to save lives. Please visit www.crbs.net/ 1-877-24-BLOOD to Set a Date to Donate.

Blood Works Northwest

<https://www.bloodworksnw.org/donate/locations>

<https://www.bloodworksnw.org/donate/find-mobile-blood-drive>

Providence 100 Million Mask Challenge – Sew Masks for Health Care Providers

The global demand for personal protective equipment (PPE) has created a severe shortage. So, we're calling on you! Anyone with a willing heart and the ability to sew can help us protect our caregivers by sewing masks they can wear on the front lines of the fight against COVID-19.

We are starting with Western Washington, which is one of the hardest hit areas in the nation.

Please note: Volunteers must have the ability to sew and a sewing machine at home.

<https://www.providence.org/p/100m-masks>

Here's how it will work.

Seeking volunteers willing to make at least 100 masks. If you know how to sew, have a sewing machine, and are up for that challenge, here's how you can help:

Sign up to learn when sewing kits will be available for pickup at a Providence location near you:

[Yes, I want to help](#)

Pick up a kit that will include all the materials you need to make 100 masks. We'll offer various pick-up and drop-off times and locations. The first date and location for picking up a kit is:

Monday, March 23: 12 pm - 4 pm

Providence St. Joseph Health | 1801 Lind Ave. S.W. | Renton, WA 98057

Be sure to check back for future kit distribution dates and locations as we will be updating regularly.

Masks will be inspected and sterilized.

For Up To Date Info about COVID 19

- Tacoma Pierce County Health Department <https://www.tpchd.org/healthy-people/human-coronavirus>
- Washington State Department of Health <https://www.doh.wa.gov/Emergencies/Coronavirus>
- The state Department of Health has a call center open to answer questions about COVID-19. The number is 1-800-525-0127.
- Center for Disease Control and Prevention <https://www.cdc.gov/coronavirus/2019-ncov/index.html>