

## **CAC LIHEAP Assistance**

People who have already received assistance may be eligible for additional assistance due to COVID-19 funding. Encourage families to call CAC if they might be eligible.

## **Meals for students in RSD:**

Summer Meals Program: <https://www.rsd.edu/news-announcements/news-details/~board/district-news/post/summer-meals-program-begins-june-17>

## **Food Distribution by Second Harvest:**

No Tri-Cities locations advertised at this time. (Tuesday, June 23rd)

## **Ben Franklin Transit offering a new On-Demand Bus Service:**

<https://www.bft.org/services/connect/>

## **Help for Low Income Seniors: Senior Farmers' Market Nutrition Program:**

<https://www.fns.usda.gov/sfmnp/senior-farmers-market-nutrition-program>

**Assistance for Homeless, Jobless & Veterans in Benton County:** <https://www.tri-cityherald.com/news/local/article242839446.html>

## **Assistance for People without Citizenship or proof of a Social Security Number:**

The Washington State Department of Social and Health Services has opened coronavirus relief funding to people without citizenship status or proof of a Social Security number.

People not eligible for other COVID-19 assistance programs can apply to the **Disaster Cash Assistance Program**: <https://www.dshs.wa.gov/sites/default/files/English-DisasterCashAssistanceProgramFAQ.pdf>.

Money is available to those who meet income and resource thresholds.

Single individuals can claim up to \$383, and the amount increases depending on the household size up to \$1,121 for eight or more in a home. Applicants receive a one-time payment in a 12-month period, DSHS spokesperson Norah West said.

People living in Washington can apply online at [WashingtonConnection.org](http://WashingtonConnection.org) and call Customer Service Contact Center at 877-501-2233 to complete the required interview. They also can call the same number and complete the entire application over the phone.

## Symptoms of COVID-19:

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.doh.wa.gov/Emergencies/Coronavirus> Washington State Health Department COVID-19 page is informative and is updated.
- The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington, how the virus is spread, and what to do if you have symptoms, please call 1(800) 525-0127 and press #.

How to protect yourself? Visit this link on the CDC website:

<https://tinyurl.com/tcn892b>

When to Seek Emergency Medical Attention

Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.