

COVID-19 E-Newsletter

City Hall Closures

In This Issue

Opportunities Like Us on Facebook City Closures **Cloth Face Coverings** Homebound and Looking for Help During the COVID-19 Outbreak? COVID-19 Local & State Resources **City Hall Operations -**Finance Department Additional COVID-19 State & Federal

Employment **Opportunities**

The following position is currently open and the City is seeking applications: Police Officer - Entry Level.

Click here for job postings.



To help stop the spread of the novel coronavirus, or COVID-19, the City of Poulsbo customer service counters in City Hall have been closed since March 23, 2020, until further notice. Exceptions may be made for City Council meetings on an as needed basis. The Public Works office, Parks & Recreation office, Police Administration office, and Municipal Court office counters are currently closed, as well as restrooms in City parks. City staff are still working, and available by email or

Cloth Face Coverings Recommended

phone. To learn more on how to reach us, click here.

Social distancing is still the most important thing we can do to protect our health and prevent the spread of COVID-19. However, the Washington State Department of Health and the Centers for Disease Control (CDC) now recommend people wear cloth face coverings when they are in public places and cannot stay at least 6 feet away from others. Click here to learn how to properly wear a mask, and how to make your own mask at home.

Wearing cloth face coverings will not prevent the spread of COVID-19 without use of other protective measures. It is critical to stay home whenever possible, wash hands often, and disinfect frequently used objects.

Homebound and Looking for Help During the COVID-19 Outbreak?



VOLUNTEERS IN POULSBO

Parks & Recreation News

We are sad to anno year's Easter Can

Spring Programs Spring programs are on hold for now, but te are rescheduling and updating them as ore information becomes available. Checl our online catalog for updates at CityofPoulsbo.com/Register.

Arbor Day We hope to hold an Arbor Day event at Centennial Park on April 25, but it is still entative. Stay tuned for more information

Summer will be Summer whi is here soon! ve expect summer rograms to go as planned ind are working hard to or summer and now is a great time to start pp, including Summerime Discovery, Tim Molton Dance camps, Sewing, Cooking, Saling, Tennis, Styhawks, a new Gymass-earon for inder kids and many more. g, rennis, Skynawks, a new Gymn imp for older kids, and many more our online catalog and register at Poulsbo.com/Register.

We are here to serve you!

e still happy to serve you Mon-Fri 30p by phone (360-779-9898) and 824-30p by phone (360-779-9888) and e-mail (parksrec@cityofpoulsbo.com). Our online catalog and online registratio are available 24/7 at CityofPoulsbo.com Register. For ongoing updates, "LIKE" ou cacebook page. We are looking forward seeing our Parks & Recfamilies soon! We are happy when to serve you ! MAY BE ABLE TO PICK UP **ITEMS FOR YOU OR DELIVER** MEALS.

CALL 360.517.5037

Call our volunteer phone line to request assistance. Deliveries will be made outside your door to avoid contact; no one will come into your home

Are you able to assist? We are in need of volunteers. Call the volunteer hotline or sign up with Empact Northwest at www.bit.ly/KitsapCovid

Stay well, neighbors! You are part of a community that cares.

NUMBERS TO CALL:

911	_ EMERGENCY ASSISTANCE
YOUR HEALTHCARE PROVIDER	_ SYMPTOM CONCERNS
360.517.5037	VOLUNTEER HOTLINE FOR NON EMERGENCY NEEDS IN POULSBO
888.910.0416	24 HOUR CRISIS LINE - ALL AGES
360.377.5560	_ TEXT "HELP" - TEXT LINE FOR YOUTH IN CRISIS
800.525.0127	WASHINGTON STATE COVID HOTLINE

The City of Poulsbo is coordinating people in need of help with local residents and nonprofits. It is not providing direct services or managing the work of volunteers.

Poulsbo Cares -Mental Health Wellness Tips for **Staying Home**

1. Stick to a routine. Go

COVID-19 Local and State Resources

<u>City of Poulsbo Coronavirus Resource & Information</u>

to sleep and wake up at a reasonable time, write a schedule that is varied and includes time for work as well as selfcare.

2. Dress for the social life you want, not the social life you have. Get showered and dressed in comfortable clothes, wash your face, brush your teeth. Take the time to do a bath or a facial. Put on some bright colors. It is amazing how our dress can impact our mood.

3. Get out at least once a day, for at least thirty minutes. If you are concerned of contact, try first thing in the morning, or later in the evening, and try less traveled streets and avenues. If you are high risk or living with those who are high risk, open the windows and blast the fan. It is amazing how much fresh air can do for spirits.

4. Find some time to move each day, again daily for at least thirty minutes. If you don't feel comfortable going outside, there are many YouTube videos that offer free movement classes, and if all else fails, turn on the music and have a dance party!

5. Reach out to others, you guessed it, at least once daily for thirty minutes. Try to do FaceTime, Skype, phone calls, texting-connect with other people to seek and provide support. Don't forget to do this for your children as well. Set up virtual playdates with friends daily via FaceTime, Facebook Messenger Kids, Zoom, etc-your kids miss their friends, too!

#StayHealthyPoulsbo



Page

- <u>Kitsap County EOC Coronavirus Resource & Information</u>
 <u>Page</u>
- <u>Kitsap Community Foundation's Kitsap Cares Page</u>
- <u>Kitsap Public Health Coronavirus Information Page</u>
- <u>Washington State Coronavirus Response Page</u>

Other Local Resources

- 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, or how the virus is spread, please call 1-800-525-0127. Phone lines are currently staffed from 6 a.m. to 10 p.m, seven days a week, and available in multiple languages. Please note that this call center can not access COVID-19 testing results. For testing inquiries or results, please contact your health care provider.
- Gateway Fellowship in Poulsbo is opening its doors, on Monday, to the homeless and hungry in the North Kitsap area. Day shelter and community kitchen will be open 7 days a week from 11am to 3pm. Call the City's volunteer HELP line for more information 360-517-5037. Meals served at 11:30 a.m. daily.

City Hall Operations - Finance Department

City Hall remains closed to the public but open to limited staff, who continue to perform essential services. Utility bills will be mailed as usual.

Although the counters at City Hall are not open, payments are still being received. The City of Poulsbo is not accepting cash payments at this time. Information on ways to pay your bill can be found using the link below:

https://cityofpoulsbo.com/wpcontent/uploads/2020/03/PR 2020-02-1 City Hall Closure.pdf

In addition, the following policy decisions were made in conjunction with the Mayor's Emergency Proclamation:

- Utility Billing late penalties have been eliminated through the month of April
- Utility Shut-offs have been eliminated through the month of April

The Finance Department may be reached at 360-394-9881 or <u>utilitybilling@cityofpoulsbo.com</u>. In the event your call is not immediately answered, voicemail messages with contact information are highly encouraged and available staff will respond in a timely manner.

Please note that Second Quarter dues per the Historic Downtown Poulsbo Association (HPDA) Executive Order will not be billed to support the local businesses who have not been able to be open for business.

Like us on Facebook!

Join Our Mailing List!

Additional COVID-19 State & Federal Resources

- <u>Washington State COVID Business Resources</u>
- <u>CDC on managing anxiety and stress related to the crisis.</u>
- US Small Business Administration Disaster Loan Assistance for Washington State
- <u>This is a good article from the FTC regarding avoiding</u> <u>scams stemming from the Coronavirus</u>
- FEMA's recommendations on how the public can help