

# King county Covid Resource Guide 2022

## Free testing sites:

### UW sites

#### Angle Lake

[19639 28th Ave S, SeaTac, WA 98188](#)

Mon-Sat 9 a.m. - 5:30 p.m.

Appointment encouraged | Directed/assisted swab

Testing: On foot; no testing in preparation for surgery

Info line: [833.562.1212](tel:833.562.1212)

#### Aurora

[12040 Aurora Ave N, Seattle, WA 98133](#)

Mon-Sat 9 a.m. - 5:30 p.m. |

Appointment encouraged | Directed/assisted swab

Testing: Drive-through and on foot; no testing in preparation for surgery

Info line: [833.562.1212](tel:833.562.1212)

#### Ballard

[5415 Ballard Ave NW, Seattle, WA 98107](#)

Mon-Sat 9 a.m. - 5:30 p.m. |

Appointment encouraged | Directed/assisted swab

Testing: On foot; no testing in preparation for surgery

Info line: [833.562.1212](tel:833.562.1212)

## Harborview

[319 Terry Avenue, Seattle, WA 98104](#)

Open every day 8 a.m. - 3:15 p.m. | [Holiday hours](#) | [Prepare for your appointment](#)

Appointment required | Directed/assisted swab

Testing: Testing in preparation for travel, events or gatherings may be scheduled up to 14 days in advance; Shelter screening and patients without homes may still walk up for testing.

## Rainier Beach

[5117 Rainier Ave S, Seattle, WA 98118](#)

Mon-Sat 9 a.m. - 5 p.m. | [Holiday hours](#)

Appointment encouraged | Directed/assisted swab

Testing: On foot; no testing in preparation for surgery

Info line: [833.562.1212](tel:833.562.1212)

## Church by the Side of the Road

[Make reservations online](#)

Address: [3455 S 148th St, Tukwila, WA 98168](#)

Phone: [206-477-3977](tel:206-477-3977)

Available: Monday through Saturday, 9:30 a.m. to 5:30 p.m.

Languages: Interpretation available including ASL and tactile interpretation

Type: Drive-thru or walk-up

Method: Self-swab\*

*\*At self-swab testing sites, the patient collects their sample on site under the supervision of staff and it is sent to the lab by the testing site.*

**PARTNER: CHI FRANCISCAN**

## **Creekside Two at Center Point**

20425 72nd Ave S

Kent, WA 98032

Lab Based PCR (Observed)

Results typically expected within 48 - 72 hours

Testing Hours

- Wednesday, March 2: 8:30 AM - 6:00 PM

When you arrive at the testing location, please follow instructions on the signage and given to you by onsite personnel.

If you receive an appointment, it is VERY IMPORTANT that you bring proof of voucher with you on the day of your test.

**Vaccination sites:** COVID-19 vaccine is always free. Everyone ages 5 and older can get a vaccine. Ages 5-17 can get Pfizer ONLY, ages 18+ can get Pfizer, Moderna or J&J. CDC recommends the Pfizer or Moderna vaccines over J&J for both initial and booster vaccinations. Learn more about vaccination for youth at [kingcounty.gov/vaccine/youth](https://kingcounty.gov/vaccine/youth)

## **Find vaccine sites on this link**

<https://kingcounty.gov/depts/health/covid-19/vaccine.aspx>

King County Eviction Prevention and Rent Assistance Program

Department of Community and Human Services

Información sobre el **Programa de Prevención de Desalojos y Asistencia de Alquiler del Condado de King** está disponible en español.

King County's rent assistance program is currently operational per [Proclamation 21-09](#).

The King County Eviction Prevention and Rent Assistance Program (EPRAP) helps residents behind in rent and utility payments due to COVID-19 hardships. Eligible households throughout King County who have past due rent due to unemployment, lost wages, or health crises as a result of the COVID-19 pandemic.

*The EPRAP program has limited funds and assistance cannot be guaranteed. Tenants who have already applied are not guaranteed assistance. Given the limited resources available, King County will not accept new applications through the EPRAP tenant portal after February 28, 2022 at 11:59 p.m. Existing applicants can continue to log into the tenant portal after this date.*

**For questions, contact:**

**The EPRAP Team:**

206-263-3481

### **Eviction-related Legal Assistance**

Paying rent assistance on behalf of eligible households is one half of the effort to maintain housing stability in the shadow of the COVID pandemic.

EPRAP now includes an additional tool to prevent eviction: funding the Housing Justice Project and Dispute Resolution Centers to provide legal aid to stop evictions based on unpaid rent. Dedicated funding has been committed to intervene in the event an EPRAP-eligible tenant faces eviction proceedings.

**DUE TO HIGH CALL VOLUMES, HJP CAN ONLY ASSIST TENANTS WITH ACTIVE EVICTION CASES IN COURT. PLEASE CALL 211 FOR INQUIRIES ABOUT RENTAL ASSISTANCE.**

To request eviction-related legal assistance, you can contact the Housing Justice Project in three different ways:

1. Complete [this online form](#) to request legal assistance.
2. Call (206) 267-7069 to leave a message
3. Email [hjpstaff@kcba.org](mailto:hjpstaff@kcba.org).

The Housing Justice Project can help by:

- Providing free legal advice (legal consultations) for low-income renters with eviction related issues
- Answering questions about eviction paperwork
- Negotiating with landlords if you're a renter facing eviction
- Representing renters at courthouse eviction hearings (show cause hearings)
- Sharing referral and resource information

## **Important information from the CDC**

### **About COVID-19**

COVID-19 (coronavirus disease 2019) is a disease caused by a virus named SARS-CoV-2 and was discovered in December 2019 in Wuhan, China. It is very contagious and has quickly spread around the world.

COVID-19 most often causes respiratory **symptoms** that can feel much like a cold, a flu, or pneumonia. COVID-19 may attack more than your lungs and respiratory system. Other parts of your body may also be affected by the disease.

- Most people with COVID-19 have mild symptoms, but some people become severely ill.
- Some people including those with minor or no symptoms may suffer from **post-COVID conditions** — or “long COVID”.
- Older adults and people who have **certain underlying medical conditions** are at increased risk of severe illness from COVID-19.
- Hundreds of thousands of people have died from COVID-19 in the United States.
- Vaccines against COVID-19 are **safe and effective**. Vaccines teach our immune system to fight the virus that causes COVID-19.

About SARS-CoV-2, the virus that causes COVID-19

COVID-19 is caused by a virus called SARS-CoV-2. It is part of the coronavirus family, which include common viruses that cause a variety of diseases from head or chest colds to more severe (but more rare) diseases like severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).

Like many other respiratory viruses, coronaviruses spread quickly through droplets that you project out of your mouth or nose when you breathe, cough, sneeze, or speak.

The word corona means crown and refers to the appearance that coronaviruses get from the spike proteins sticking out of them. These spike proteins are important to the biology of this virus. The spike protein is the part of the virus that attaches to a human cell to infect it, allowing it to replicate inside of the cell and spread to other cells. Some antibodies can protect you from SARS-CoV-2 by targeting these spike proteins. Because of the importance of this specific part of the virus, scientists who **sequence the virus** for research constantly monitor mutations causing changes to the spike protein through a process called **genomic surveillance**.

As genetic changes to the virus happen over time, the SARS-CoV-2 virus begins to form genetic lineages. Just as a family has a family tree, the SARS-CoV-2 virus can be similarly mapped out. Sometimes branches of that tree have different attributes that change how fast the virus spreads, or the severity of illness it causes, or the effectiveness of treatments against it. Scientists call the viruses with these changes “variants”. They are still SARS-CoV-2, but may act differently.

## Prevention

COVID-19 most commonly spreads between people who are in close contact through respiratory droplets or small particles produced when an infected person coughs, talks, or breathes. Growing evidence shows that droplets can remain suspended in the air and travel distances beyond six feet, according to the CDC. Indoor environments with poor ventilation increase the risk of transmission.

To prevent infection and to slow transmission of COVID-19, do the following:

- Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- Cover your mouth and nose with a mask when in public settings or around others.
- Maintain at least six feet distance between you and people coughing or sneezing.
- Avoid touching your face.
- Cover your mouth and nose when coughing or sneezing.
- Stay home if you feel unwell.
- Refrain from smoking and other activities that weaken the lungs.
- Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people

## Impact of Racial Inequities on Our Nation's Health



**Racism**, either structural or interpersonal, negatively affects the mental and physical health of millions of people, preventing them from attaining their highest level of health, and consequently, affecting the health of our nation. A growing body of research shows that centuries of racism in this country has had a profound and negative impact on communities of color. The COVID-19 pandemic and its disproportionate impact on people from some racial and ethnic groups is a stark example of these enduring health disparities. COVID-19 data shows that Black/African American, Hispanic/Latino, American Indian and Alaska Native persons in the United States experience higher rates of COVID-19-related hospitalization and death compared with non-Hispanic White populations.[18] These disparities persist even when accounting for other demographic and socioeconomic factors.

Both historical and current experiences of racism and discrimination contribute to mistrust of the healthcare system among racial and ethnic minority groups. This mistrust may extend to vaccines, vaccination providers, and the institutions that make recommendations for the use of vaccines. To prevent widening health inequities, healthcare providers should engage with communities to tailor strategies aimed at overcoming mistrust and delivering evidence-based information to encourage uptake of COVID-19 vaccination, testing, and treatment.[19] Inequities in COVID-19 impact can worsen mistrust and lead to suboptimal healthcare behaviors.[19]