



**AURORA
COMMONS**

COVID-19

**INFORMATION &
RESOURCE GUIDE**

Aurora Commons Address:

8914 Aurora Ave N, Seattle, WA 98103

Hours:

M 10-1, T 10-1, W 10-1, Th 10-1

CLINICS: SHE W 11-2 & TH 11-2, FOOT & WOUND CARE W 12-2

WALK-IN SUBOXONE W 11-2

Commons Community Line:

206-299-2278, option 1 Mon-Thurs 10-1:30

COVID-19 INFO

COVID-19, an illness caused by a newly identified type of coronavirus, can cause a respiratory infection and lead to health problems. It's usually mild and most people recover quickly if they have it, but it can be very serious for people with stressed immune systems or underlying conditions or older adults, so it's important to stay informed.

The most important thing is to be prepared and knowing what to do will help you. Even if you don't see a widespread COVID-19 outbreak in your area, the hand-washing and other prevention actions described here are good practices for fighting off bugs like the cold or the flu.

HOW DO PEOPLE GET INFECTED WITH COVID-19?

COVID-19 is **spread from person-to-person by coughing or sneezing** and getting exposed to droplets that have the virus in them. There are no known risk factors that appear to make a person more or less vulnerable to getting infected with the virus. **The main risk is close contact with someone who has it.**

WHAT ARE THE SYMPTOMS OF COVID-19?

The main symptoms feel like the flu or a really bad cold:

- Fever
- Cough
- Shortness of breath/difficulty breathing
- Fatigue

These symptoms show up between 2 and 14 days after you've been exposed to the virus. People who are considered at increased risk include those with underlying health conditions, including heart disease, lung disease such as asthma/CO PD, diabetes, HIV, people who are immunocompromised, or people over age 60.

WHAT TO DO

HOW CAN I PREVENT COVID-19?

- Wash your hands often with soap and water for at least 20 seconds. Using an alcohol-based hand sanitizer-it must have at least 60% alcohol to kill the virus.
 - Avoid close contact with people who are sick.
 - Cover your cough and sneeze with a tissue and throw it away in a lined trash can, or if you don't have a tissue, cough into the bend in your elbow. Wash hands with soap and water afterwards.
 - Keep your hands away from your eyes, nose, and mouth.
 - Get a flu shot. It won't prevent COVID-19 but it will prevent the flu and keep you out of clinics, pharmacies, or emergency departments and minimize your risk of contact with others who may be sick.
 - When helping someone who is sick, wear gloves and a safe mask to minimize the risk of body fluids that may have COVID-19 from getting into you. Wash your hands before you put on gloves and after you take them off.
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IF I'M FEELING SICK, WHAT SHOULD I DO?

- Stay home if you are sick, and if you don't have a place to stay, **try to minimize your close contact with other people.** Monitor your fever at home and avoid others for at least 24hours after the last fever and all other symptoms have subsided. If you have to be around other people, this is the time to wear a safe mask if you have one, so that you don't cough on them and transmit a virus. If you self-quarantine, attend to your mental health and ensure you have as much support as you can get (emotional support, food, hygiene, medications, finances).
 - Call or contact a medical provider if you can to ask about your symptoms and see if you need to even come in. Tell them your symptoms and that you are concerned about COVID-19.
 - If you feel like your symptoms have become severe call or contact a medical provider or go to urgent care or the emergency department.
 - Right now, there is no vaccine to prevent COVID-19 and no specific medicine to treat it. There are still good things a medical provider can do for you and it's important to check you out if you're sick and not getting better.
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HARM REDUCTION

Some of these are easier to do than others, and some may seem impossible depending on your current situation. **Do the best you can.** Reach out to friends, harm reduction, syringe service providers (SSP), and other health or social service providers to plan for what to do to so you can stay safe and take care of one another.

PRACTICE SAFER DRUG USE:

MINIMIZE THE NEED TO SHARE YOUR SUPPLIES.

Don't share e-cigs/cigarettes, pipes, bongs or joints, or nasal tubes such as straws. If you have to share, practice harm reduction with your supplies (wipe down the mouthpieces with an alcohol swab before sharing or use separate mouthpieces). Put used smoking, snorting, and injecting equipment in a bio-bucket so people know they are used.

MINIMIZE CONTACT.

If you are having sex or doing sex work, COVID-19 can be transmitted by close contact like coughing, kissing, or direct contact with bodily fluids. Try to minimize close contact and ensure condom use.

PREPARE YOUR DRUGS YOURSELF.

Wash your hands thoroughly for 20 seconds with soap and water and prepare your own drugs. Keep your surfaces clean and wipe them down before and after use, with microbial wipes, alcohol (at least 60%), or bleach. If you can't prepare your own drugs, stay with the person who is. Get them to wash their hands thoroughly, and to clean up before and after.

PLAN & PREPARE FOR OVERDOSE.

Emergency services might be stretched in a COVID-19 outbreak, and slow to respond to 911 calls. Load up on naloxone and fentanyl testing strips. If you are alone, experiment with using less to lower your risk of OD, and go slowly. If you are using with others, make an OD plan with them and stagger use if possible. Store a breathing mask for use in case rescue breathing is needed.

KEEP CLEAN & PRACTICE HYGIENE

KEEP YOUR SPACE CLEAN.

Wipe down surfaces where you prepare drugs, before and after use, with antimicrobial wipes, alcohol (at least 60%), or bleach. Before and after handling drugs, wash your hands with soap and water or use alcohol-based hand sanitizer, including after you purchase the drugs. Wipe down drug packages. Wipe down countertops, sinks, doorknobs, and any other surfaces that hands can touch.

WASH YOUR HANDS.

If you have access to clean water, wash your hands with soap for 20 seconds. (Sing the "Happy Birthday" song twice or the "ABC Song" once.) If you don't have soap and water, use an alcohol-based hand sanitizer (at least 60%). Wash after every time you are around other people, such as on public transportation, after purchasing drug packages, etc.

STAY CLEAR IF YOU'RE SICK.

If you have symptoms or think you're getting sick, don't go to your local SSP. Hopefully you have enough of a stash to get through, but if not, does your SSP deliver? Are there secondary exchangers who can come by? If you have symptoms of COVID-19, get checked out by a doctor. If you have HIV or have a weakened immune system, it is particularly critical to remember to take all your medications daily.

SOCK UP ON SUPPLIES.

Work with your local SSP to get enough syringes and injecting equipment to last you 2 to 4 weeks. Note: Your local SSP may have syringe and supply shortages, so they may not be able to do this.

STOCK UP ON DRUGS.

If possible, try to stock up on your drug of choice. Be safe: Having larger amounts of drugs can be dangerous if you are stopped by police or someone desperate enough to target you for them. **Access to prescription meds may be limited in an outbreak. Ask your medical provider about getting a full month's supply if possible.** If you take methadone/buprenorphine, ask your clinic or doctor to make a plan to prevent disruptions to your dose. Ask about their emergency plans for patients (refills over the phone, telehealth visits, etc.).

PREPARE FOR A DRUG SHORTAGE.

You might lose access to your drug of choice in an outbreak. Consider alternative drugs or medications that could help take the edge off. If facing potential opioid withdrawal, consider buying over the counter medications to make it less difficult (Ibuprofen, Pepto-Bismol, Imodium). For opioid dependence, you can work with your local SSP to enroll with a local provider for buprenorphine or methadone.

WE NEED TO LOOK OUT FOR ONE ANOTHER

LIST OF QUESTIONS YOU CAN ASK YOUR FRIENDS:

If illness is suspected, be sure that they are wearing a mask.

1. Have you had close contact with a person who has confirmed COVID-19 illness?
2. Have you had any of the following in the last two weeks?
 - Fever or feel feverish
 - Cough (especially a new or changed cough)
 - Shortness of breath

If the person answers **YES** to any of the above, call the COVID-19 Call Center at **206-477-3977** or follow instructions in the next section.

CALL 911 IF THE PERSON:

- Has trouble breathing
 - Persistent chest pain
 - New confusion
 - Unable to rouse
 - Bluish lips or face
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WHAT TO DO IF YOU MEET SOMEONE WITH SYMPTOMS IN NORTH SEATTLE:

- Anyone with even a slight fever or any respiratory symptoms will need to go to Northwest Emergency Department
- Call 911 and then Northwest Hospital Emergency Department to give them a heads-up that a possible COVID-19 patient will be heading their way. The number to call is: **206-668-0500**.
- If you do not have a phone then please ask someone else (even a stranger) to call or have person get on the bus to NW ER.
Buses fares RETURN Oct 1.

KEEP YOURSELF & OTHERS SAFE AT ENCAMPMENTS

SETTING UP A CAMPSITE OR TRAPHOUSE TO LIMIT THE SPREAD OF INFECTION:

- As much as possible, have your own space, tent or room. **Try not to share space with anyone. Even if you are not sick.**
- As much as possible, **people who are camping should work to separate individuals with respiratory illness symptoms** (coughing, fever, shortness of breath) from those without.
 - This will stop the sick person's respiratory droplets from getting into a well person through the air. This is helpful even if coughing people are wearing masks, and especially important if there are no masks.
- **Outdoors, people can space themselves out.** Ideally, there would be about six feet between a well person and a sick person. Again, as much as possible, people who are sick should avoid sharing a tent with those who do not have symptoms of respiratory illness (like coughing).
- **If space is constrained, create a six-foot buffer** to separate those who have symptoms of respiratory illness from those who do not.
- **Remind people not to share bedding and clothes and other personal items**, especially with someone who has those symptoms and has been coughing on their blankets and clothes.
- As much as possible, **people who are coughing should try to keep their tissues, bedding, worn clothes and trash, separate** and contained from refuse produced by other campers.

REMINDER:

The city/police are being much more lenient on camping right now. But please keep your camp clean and respect your neighbors!!

UPDATES

COMMONS COMMUNITY PHONE LINE

206-299-2278, option 1

Monday - Thursday

10a - 1:30p

Aurora Commons is hotline for connection to area resources,
local support, and information until further notice.

STIMULUS CHECK INFORMATION

Most Americans are eligible for a \$1200 stimulus check, **even if you don't file taxes**. Find the Stimulus Check Form here:
www.freefilefillableforms.com/#/fd/EconomicImpactPayment

Call the Commons Community Line above for more information
or help filling out the forms.

BUS UPDATE

Fees for all King County Metro will begin again on
October 1st.

We have free ride passes available, 1 per person per
day. Please ask a staff member about them.

PUBLIC RESTROOM RESOURCE LIST

PUBLIC SHOWERS

Greenlake Community Center

East Green Lake Way Dr & NE 71st St

Operating Times: Mon-Fri 10:00a - 8:00p, Sat 9:00a - 4:30p

Urban Rest Stop - U-District

1415 NE 43rd St, Seattle 98105

Operating Times: Tues-Thurs 9:00a - 5:00p, Fri 9:00a - 5:30p

**Closed Daily 12:00p - 1:00p*

***Showers available by in-person appointment, Tue-Thurs last shower at 5:30p, Fri last shower at 5:00p*

Urban Rest Stop - Ballard

2014 -B NW 57th St, Seattle, Entrance left of Cheryl Crow Court

Operating times: Mon-Fri 6:30a-2:30p

**Closed daily 10:30-11:30am*

***Showers available by in-person appointment, last shower is 12:30pm*

PUBLIC RESTROOMS

EAST SIDE OF HWY 99/AURORA:

Greenwood Park

Evanston Ave N & N 87th St

Operating times: 7am-7/9pm

Sandel Playground

NW 92nd St & 1st Ave NW

Operating times: 7am-7/9pm

Bitterlake Playfield

Linden Ave N & N 130th St

Operating times: 7am-7/9pm

PUBLIC RESTROOM RESOURCE LIST

PUBLIC RESTROOMS

WEST SIDE OF HWY 99/AURORA:

North Acres Park PF

1st Ave NE & N 128th St
Operating times: 7am-7/9pm,
1 sanican (24 hours)

Licton Springs

Densmore Ave N & N 95th St
Operating times: 7am-7/9pm

Greenlake Wading Pool

East Green Lake Way Dr N &
Wallingford Ave N
Operating times: open 24 hours

Green Lake Shellhouse & Aqua Theater

Green Lake Way N, by Pitch & Putt
Operating times: 7am-7/9pm

PUBLIC RESTROOMS

BALLARD:

Salmon Bay Park

NW 70th St & 20th Ave NW
Operating times: 7am-7/9pm

Webster Park

32nd Ave NW & NW 68th St
1 sanican (24 hours)

Ballard Community Center

28th Ave NW & NW 60th St
Operating times: 7am-7/9pm

Ballard Commons

NW 56th St & 22nd Ave NW
3 sanicans, handwashing station,
Portland Loo (24 hours)

Woodland Park Bowling Green

Off of Whitman Pl N
Operating times: 7am-7/9pm

Woodland Park Rio Seattle

Inside Woodland Park,
close to skate park area
Operating times: 7am-7/9pm

Upper Woodland Park Tennis Courts

Off of N 50 St
1 sanican - ADA (24 hours)

Meridian Playground

N 50th St & Meridian Ave N
Operating times: 7am-7/9pm

Wallingford Playfield

Wallingford Ave N & N 42nd St
Operating times: 7am-7/9pm

Gilman Playground

NW 53rd St & 9th Ave NW
Operating times: 7am-7/9pm,
1 sanican (24 hours)

BF Day Playfield

Fremont Ave N & N 41st St
1 sanican (24 hours)

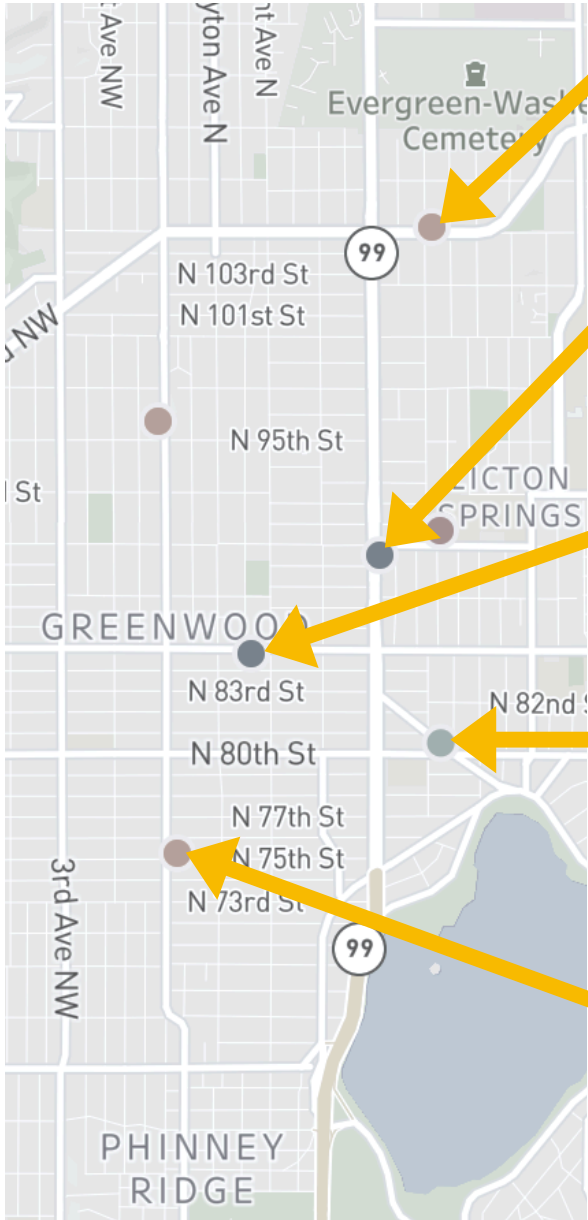
Ross Playground

3rd Ave NW & NW 43rd St
Operating times: 7am-7/9pm

Loyal Heights Community Center

NW 77 St & 21st Ave NW
Operating times: 7am-7/9pm

LOCAL FOOD RESOURCES



EPIC LIFE

10510 Stone Ave N

Food Bank

Mondays 9:30a-12:45p

AURORA COMMONS

8914 Aurora Ave N

Meals to Go

Mon-Thurs 10a-1pm

GREENWOOD SENIOR CENTER

525 N 85th St

Meals to Go

Mondays 4p-6p

BETHANY COMMUNITY CHURCH

80230 Green Lake Dr N

Food Bank

Mondays 6p-7p

Meals to Go

2nd/4th Mon 6p-7p

PHINNEY RIDGE LUTHERAN

7500 Greenwood Ave N

Food Bank

Tues 1:15p-3p

Wed 6:15p-8p

WE LOVE YOU

CALL US WITH ANY QUESTIONS: COMMONS COMMUNITY PHONE LINE

206-299-2278, option 1

Mon-Thurs 10a-1:30p

COMMONS HOURS:

MONDAY - 10am - 1pm

Food & Harm Reduction

Peoples Harm Reduction Alliance - 12pm - 2pm

Hand out clean works

TUESDAY - 10am - 1pm

Food & Harm Reduction

WEDNESDAY - 10am - 1pm

Food & Harm Reduction

Foot & Wound Care Clinic - 11am - 2pm

SHE Clinic - 11am - 2pm

Walk-in Suboxone Clinic - 11am - 2pm

THURSDAY - 10am - 1pm

Food & Harm Reduction

SHE Clinic - 11am - 2pm



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