

Slow the Spread

Listen and follow the directions of your **STATE & LOCAL AUTHORITIES**.

IF YOU FEEL SICK, stay home. Do not go to work.

IF YOUR CHILDREN ARE SICK, keep them at home. Contact your health care provider.

IF YOU ARE AN OLDER PERSON, or have a serious underlying health condition, stay home and away from other people.

If someone in your household has **TESTED POSITIVE**, keep the entire household at home.

Work or study **FROM HOME** whenever possible.

AVOID DISCRETIONARY TRAVEL, shopping, trips & social visits.

EVEN IF YOU ARE YOUNG, OR OTHERWISE HEALTHY, YOU ARE AT RISK AND YOUR ACTIVITIES CAN INCREASE THE RISK FOR OTHERS. IT IS CRITICAL THAT YOU DO YOUR PART TO SLOW THE SPREAD OF THE CORONAVIRUS.

ADAPTED FROM THE CDC | CORONAVIRUS.GOV



Watch Out for COVID-19 Scams

MALICIOUS LINKS...You may receive e-mails with links offering information about the virus that appear to be from reputable sources, but are, in fact, fraudulent. **TIP:** Look carefully at the sender’s e-mail address as well as the URL the link is trying to send you to before clicking anywhere within the message. Malicious links often are used to steal personal information, capture login credentials, or install malware on your device.

FAKE CHARITIES...Another tactic often deployed in times of crisis is the fake charity. There are people who want to exploit your kindness by asking for donations to a crisis-related cause. **TIP:** Be wary and do your research before opening your wallet.

STIMULUS CHECKS...The federal government recently authorized stimulus payments for many Americans. These funds will be distributed by direct deposit when possible and by check. **TIP:** The government will not ask you to pay anything up front to receive this money. **TIP:** The government will not call to ask for your social security, bank account, or credit card numbers. Anyone who does is not legitimate. **TIP:** Anyone who tells you they can get you the money faster is using this tactic to get your money.

When in doubt...reach out to a family member, friend or neighbor to help you assess the validity of an e-mail or phone call. Don’t act out of fear or feel pressured to make a decision quickly.



Palouse Acts Together

The current health emergency (COVID-19) is unlike any crisis Palouse has faced in the recent past. By rising above and working together, we can tackle the challenges that will arise. It has always been the Palouse way to look out for our neighbors and keep our community safe.

Palouse Cares

We can limit exposure and health risks by practicing self-care within our families and diligent care for our community. We must carefully follow the five critical rules as outlined by the World Health Organization:

1. HANDS: Wash them often
2. ELBOW: Cough/sneeze into it
3. FACE: Do not touch it
4. SPACE: Keep at least 6 feet of distance between yourself and others
5. HOME: Stay home if you can

We have all the knowledge and tools we need to take care of one another. More helpful fact-checked information can be found at:

Palouse Hotline: <http://palouse.persona.co>
E-mail: palousehotline@gmail.com
Phone: (509) 608-3648

Palouse IS Compassion

Members of our community may already and will become infected with coronavirus. This is not their fault and they did nothing “wrong.” Many of us did not know we were at risk and the virus properties, biological effects, and transmission rates are better understood with each passing day. Thankfully, many infected people will be able to recover at home with help from their friends and family for groceries and supplies. Please reach out to those in your neighborhood who may need a network of support and communication. Let’s continue to help one another with compassion, safety, courage, and care; it’s the Palouse way.

The Heartbeat of Palouse

We take care of one another.
We look out for our elders.
We support working families.
We share our resources.
We talk about our feelings.
We reach out to our neighbors.



This publication is presented as a joint effort of the following community groups:

- City of Palouse
- Garfield-Palouse Schools
- Palouse Federated Church
- Palouse Hotline
- Palouse Joint Fire Board

COMMUNITY RESOURCES

PALOUSE HOTLINE

Local Community Care

Phone: (509) 608-3648
Web site: <http://palouse.persona.co>
E-mail: palousehotline@gmail.com

Up-to-date information, community announcements, food resources, financial resources, educational resources, local business support, volunteer database, and more. This is your one-stop source for all COVID-19 resources in Palouse the town. If you are a neighbor in need, please get in touch with us! We can connect you to folks that are ready to help.

Does your community group need to hold a virtual meeting (by phone or computer)? Reach out to palousehotline@gmail.com and we can set you up. The Palouse Hotline account can accommodate meetings up to 100 people.

PALOUSE & WHITMAN COUNTY LIBRARY

Web site: www.whitco.lib.wa.us

Services like downloadable eBooks and audio books will remain available from the library's Web site, as will valuable electronic resources like Lynda.com, Mango Language Instruction, NewsBank Newspapers, Microsoft Coursework and more. In addition, the library has gathered a variety of Web site resources to assist the community during this difficult time. All are found under the "Library Resources" link in the left hand menu.

To access these resources or find the most current information , visit www.whitco.lib.wa.us where you'll also find links to Whitman County Library's Facebook, blog and newsletter.

PALOUSE FEDERATED CHURCH

Phone: (509) 878-1509
Web site: www.palousechurch.org
Facebook: www.facebook.com/PalouseChurch/
YouTube: <https://bit.ly/palousechurchYT>

Pastor Corey Laughary
Phone: (509) 336-9154
E-mail: corey@palousechurch.org

Tim Sievers, Connection Director
Phone: (509) 595-2778
E-mail: tim@palousechurch.org

For up-to-date information about church services and activities, please contact us or visit the Web site, Facebook page or YouTube channel.

Church services will take place online only until further notice.

COMMUNITY FOOD RESOURCES

PALOUSE FOOD PANTRY

Your supplemental food source

Phone: (509) 595-3048 (9 am - 5 pm)
Web site: <https://tinyurl.com/PFP99161>
E-mail: palousefoodpantry@gmail.com

The Palouse Food Pantry provides nutritious supplemental food to individuals and families in need within the 99161 zip code. Call for emergency food and other critical human needs (non-medical).

Regular distribution will be delivery-only, until further notice. The next distribution day is April 22.

Please place orders by e-mail on April 21 or the morning of April 22. Call Charlotte at (509) 595-3048, or e-mail if you have any questions.

SENIOR MEALS

Phone: (509) 330-0755 - Susan
(509) 397-4305 - Paige
E-mail: suewilcomb@gmail.com

Senior meals will be available at the Community Center for takeout every Wednesday. We also can deliver the meal to your home, please call and let us know. Meals are by donation, but no one will be turned away for lack of funds.

PALOUSE LIBRARY FOOD SHELF

The Palouse Library Food Shelf now is located at the Palouse Post Office. Be mindful and take what you need and drop off what you can share. Please no perishable items.

PALOUSE FAMILY FOODS

Phone: (509) 878-2012
Address: 215 East Main Street

You can arrange pre-paid shopping that will be ready for pickup at the front of the store by you, a family member, or volunteer (Palouse Hotline). If you aren't feeling well, call on friends, family, or a Palouse Hotline volunteer to shop for you. Please limit the number of people that come in to shop to just one, when possible and leave 6+ feet of personal space. Wash hands before coming in and after you put your groceries away at home.

PALOUSE CABOOSE - TAKEOUT

Phone: (509) 878-1704
Facebook: www.facebook.com/PalouseCaboose/

THE CONGRESS - TAKEOUT

Phone: (509) 878-1818
Facebook: www.facebook.com/TheCongressBar/

GARFIELD-PALOUSE SCHOOLS

EMERGENCY CONTACTS DURING CLOSURE

Offices are closed

Check the Web site regularly for the most up-to-date information about school closures and supplemental services during the COVID-19 closure.

Web site: www.garpal.net

Palouse Superintendent, Calvin Johnson
Phone: (406) 781-0738
E-mail: cjohnson@garpal.net

Palouse Principal, Mike Jones
Phone: (509) 288-2630
E-mail: mjones@garpal.net

Garfield Superintendent/Principal, Zane Wells
Phone: (509) 288-9655
E-mail: zwells@garpal.net

SUPPLEMENTAL MEALS

If your student has signed up for meals, they will be delivered weekly on Mondays from 8 - 11 am. Please DO NOT come to the school. Your homework/academic enrichment packets will be delivered with your meals (Pre-K - 8th Grade).

For questions about food services, please contact the cook at your district of residence as indicated below. Remember to use e-mail first, as the school offices are closed:

Palouse, Debbie Mitzimberg
E-mail: dmitzimberg@garpal.net
Phone: (509) 595-5913

Garfield, Darlene Ackerman
E-mail: dackerman@garpal.net
Phone: (208) 875-0065

ACADEMIC ENRICHMENT PACKETS

For those not receiving meals, enrichment packets are available weekly on Mondays for Pre-K - 5th Grade students from 9 am to Noon at both the Garfield and Palouse schools. Middle School students, please visit Garfield or contact the Garfield School for information (509) 635-1331. Elementary students, please contact your respective school for information [Garfield (509) 635-1331, Palouse (509) 878-1921]. Staff in both buildings are checking e-mail regularly, so please direct specific questions to staff or contact the school directly.

PALOUSE POST OFFICE

The Palouse Post Office currently is maintaining regular operating hours.

CITY & EMERGENCY SERVICES

PALOUSE JOINT FIRE BOARD

FOR ALL MEDICAL EMERGENCIES CALL 9-1-1

You will be asked if the patient or anyone in the household has a fever, cough, or shortness of breath. Based upon the answers and the nature of the medical emergency, EMS personnel will select the proper Personal Protective Equipment (PPE). This is no different than any call. With the coronavirus, a respirator also is standard PPE. Respirators reduce the wearer's exposure to airborne particles, and filter out at least 95% of particles in the air.

After EMS arrives, one EMS provider will meet with you and evaluate your condition. Based upon your health status and current condition, an on-duty EMS emergency physician will be called to determine if ambulance transport is appropriate or supportive care is needed. This will be discussed with you.

NON-EMERGENCY CALLS ABOUT COVID-19

Questions such as "Should I be tested?" or "Should I go to the hospital?" should be directed to your primary care provider (PCP). If you don't have a PCP, **CALL** any of the urgent care clinics in Moscow or Pullman or any of the three area hospitals and they will triage your care need. For contacts, visit: www.facebook.com/palousefd/

CITY OF PALOUSE

Palouse City Hall will maintain operating hours, but will be closed to walk-in customers. City Hall staff will work remotely and can be reached by phone and e-mail.

Kyle Dixon, City Administrator
Phone: (509) 879-4936
E-mail: cityclerk@palouse.com

Ann Thompson, Deputy Clerk
Phone: (509) 595-0641
E-mail: deputyclerk@palouse.com

HOW DO I MAKE MY UTILITY PAYMENT?

Pay via the drop box at City Hall, by phone (check the back of your bill) or online at: www.visitpalouse.com/payments

PARKS, PLAYGROUNDS & RESTROOM CLOSURES

All Palouse parks, playgrounds and public restrooms are closed until further notice.

CITY COUNCIL MEETINGS

Palouse City Council will begin meeting electronically. Look for more information about how you can participate through the city-wide e-mail, on the city's Web site, or contact city hall.

Stay up to date with changes by visiting our Web site: www.visitpalouse.com/government