Get the information you need.
Keep this sheet on your refrigerator or by your phone or computer.

Add your contacts here

Doctor:

Pharmacy:

Grocery:

Friends:

Others:

WA COVID-19 Hotline
1-800-525-0127
• 6 a.m. to 10 p.m. daily
• For questions about the coronavirus pandemic

WA Crisis Connections
866-4-CRISIS (866-427-4747)
• 24 hours a day, 7 days a week
• If you or a loved one is having an emotional crisis

coronavirus.wa.gov
• For the latest news, and to sign up for emails and texts

If you are having an emergency call 9-1-1

Do not go to an emergency room unless your provider tells you to.