



Covid Financial Resources

Fitting the puzzle together

Avoid Coronavirus Scams

Here are some tips to keep the scammers at bay:

1. Don't click on links from places you don't know. They could download viruses to your computer or phone.
2. Watch out for emails claiming to be from the Centers for Disease Control (CDC) or other experts. Instead go to the actual CDC or King County Public Health websites.
3. Ignore online offers for vaccinations. There currently are no vaccines, pills, potions, lotions, lozenges, prescriptions, or over-the-counter products available to treat or cure Coronavirus.
4. Do your homework when it comes to donations. Know your charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it!

Here are some helpful sites for managing your finances. Talk with your social worker too, they may have more information on the latest resources.

Unemployment and Workers' Comp

If you lost your job due to coronavirus, took time off to self-quarantine, or care for a sick relative without paid or sick time from work, you should apply for UNEMPLOYMENT at esd.wa.gov/unemployment.

If your job brought you into direct contact with someone with coronavirus and you became ill or are required to quarantine, then you can file for worker's compensation at <https://www.lni.wa.gov/>.

Paying Utilities

If you need help paying utility bills, contact your service provider right away.

- Puget Sound Energy will waive late fees, not disconnect customers, and has payment plans.
- Seattle City Light and Seattle Public Utilities will not shut off service during the emergency. They offer deferred payments and discount programs.
- Utilities and Transportation Commission offers energy assistance programs at utc.wa.gov/consumers/energy/Pages/energyAssistance.aspx
- The federal government has assistance programs for telephone and heating bills at usa.gov/help-with-bills.
- Comcast is offering free WiFi hot spots, unlimited data, and no disconnects or late fees.



Food Assistance

If you're looking for help feeding yourself or your family, visit the Food Lifeline website <https://foodlifeline.org/need-food/> to find a food bank, food pantry, or hot meal program near you. The food is free and available to you even if you don't qualify for food stamps, SNAP or EBT.

Insurance Issues

The Washington State Office of the Insurance Commissioner has resources and information available for consumers who have insurance related questions at insurance.wa.gov/coronavirus.

Paying Rent or Mortgage

If you don't have enough money to pay, contact your lender or landlord immediately. They may have programs available to help. Seattle renters have a 30-days grace given on evictions through mid-April.

- Homeownership Hotline (877-894-HOME)
- Consumer Financial Protection Bureau
- Rental assistance & counseling (800-569-4287)

Additional Resources

- COVID-19 resource list for impacted Washington businesses and workers: Information from the Governor's office. <https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-resources-businesses-and-workers>
- Protect Yourself Financially from the Coronavirus: Information from the Consumer Financial Protection Bureau. <https://www.consumerfinance.gov/about-us/blog/protect-yourself-financially-from-impact-of-coronavirus/>
- Job Interrupted —A To-Do List for Tough Times: Information from the Financial Industry Regulatory Authority. <https://www.finra.org/investors/insights/do-list-tough-times>
- Financial Peace of Mind in the Age of Coronavirus: Information from the Financial Industry Regulatory Authority. <https://www.finra.org/investors/insights/financial-peace-mind-age-coronavirus>
- Avoiding Coronavirus Scams: Information from the Federal Trade Commission: <https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>
- Financial resources for US citizens and undocumented individuals: <https://www.kingcounty.gov/council/gethelp/immigrantresources.aspx> or call King Country Council at 206-477-1000.