

PRESS RELEASE

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Kittitas County is Feeling Behavior Impacts of COVID-19

The Kittitas County Incident Management Team recognizes that Kittitas County is feeling the impacts of COVID-19, which has been referred to as an unprecedented time in history. COVID-19 is being considered a “natural disaster” and as such, we know there are phases associated with a disaster and corresponding behavioral health. Since the beginning of 2020, we have experienced a significant range of human emotion. Right now, most of us are feeling disillusioned or disheartened. But then after the phase of being disillusioned comes rebuilding.

In light of this and the recent events across the United States, the Kittitas County Incident Management Team will continue to be responsive, model kindness, and do our best to provide up to date and accurate information to our community, along with everything in our power to get Kittitas County to Phase 3 and beyond for recovery.

Please use this time to connect with people in your social circle, since Phase 2 allows for more contact. Take care of your health and help others. If you are using your right to protest, please be aware of physical distance and wear a cloth face covering. Stay focused on what we can change moving forward. Be aware of how you are thinking, and feeling, and your perspective. Reach out for help if you need it.

To read more about the phases of a disaster, visit <https://www.samhsa.gov/dtac/recovering-disasters/phases-disaster>. To read more about how to build resilience in response to trauma, visit <https://www.apa.org/topics/resilience>.

If you have questions about your health, please contact your healthcare provider or you can call the Temporary COVID Clinic at KVH at 509-933-8850. If you are having a medical emergency, call 911 or go to the Emergency Department at KVH. If you have general questions about COVID-19, please call the EOC at 509-933-8315 or 509-933-8305.

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