

Pete von Reichbauer
King County Councilmember



District 7 Health Resource Guide

*"Three things in life - your health, your mission, and the people you love.
That's it." - Naval Ravikant*

"Health is a vehicle, not a destination." - J.F. Millburn



"Prevention is better than cure." - Desiderius Erasmus

*"They who have health have hope; and they who have hope have
everything." - Middle Eastern Proverb*

Dear Friend:

It is often said that health is our greatest wealth, and the last year has made that even clearer. As we begin to emerge from one of our country's greatest health crises in recent memory, I cannot express enough gratitude to those frontline workers who have worked tirelessly to keep us healthy, and will continue to do so long after the pandemic has passed.

In addition to providing facts about the COVID-19 vaccines that have been approved and are being distributed, I have included information on how to go about scheduling an appointment to get a vaccination as well as the most up-to-date guidelines from the Centers for Disease Control and Prevention (CDC).

While COVID-19 has dominated our health care news for the past year, it is important we do not forget about other general health challenges we face in non-pandemic times. These include heart disease and hypertension, mental health struggles, difficulty sleeping, and the consequences of smoking and/or vaping.

To help those who may have concerns about their health and questions about where to turn, this guide provides general health care information and resources.

With best wishes,



Pete von Reichbauer
King County Councilmember



This information has been compiled by my intern, Chris Cho from Auburn, now a junior at Vassar College who is majoring in Neuroscience and Behavior. Upon graduation, Chris plans to serve his community as a physician-scientist.

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Left: With King County Executive Dow Constantine and Auburn Mayor Nancy Backus at Auburn GSA COVID-19 mass vaccination site

Right: Councilmember von Reichbauer with Medical Leadership at Harborview Medical Center



Resources for South King County Residents

King County Services

King County General Contact Information

King County Courthouse
516 Third Avenue
Seattle, WA 98104
(206) 296-0100
www.kingcounty.gov

King County COVID-19 Medical Line Call Center

(206) 477-3977

If you need help with medical questions, this line is available seven days a week from 8:00 a.m. to 7:00 p.m. For general questions about COVID-19 in Washington State, call 1-800-525-0127

King County Emergency Food Access Resources

www.kingcounty.gov/covid/emergency-food

Washington State Basic Food Program

1-877-501-2233
www.dshs.wa.gov/esa/community-services-offices/basic-food

State program helps low-income individuals and families have a more nutritious diet by adding Basic Food benefits to your household's income. Basic Food will also qualify you for free or reduced school meals for your child.

Community Health Access Program (CHAP)

1-800-756-5437
chap@kingcounty.gov
www.kingcounty.gov/chap

Telephone assistance program serving King County residents by connecting them to health insurance, health care services and other resources. CHAP services are free and confidential.

Mental Health Resources

- National Suicide Prevention Lifeline: 1-888-628-9454
- Veterans Crisis Line: 1-800-273-8255 (PRESS 1)
- Crisis Connections Hotline: 1-866-427-4747
- Crisis Textline: TEXT HOME to 741741

King County and Regional Hospitals

Auburn Regional Medical Center

202 N Division St.
Auburn, WA 98001
(253) 833-7711

MultiCare Covington Medical Center

17700 SE 272nd St.
Covington, WA 98042
(253) 372-6600

MultiCare Indigo Urgent Care in Covington

27111 167th Pl SE, Suite 101
Covington, WA 98042
(253) 372-6600

St. Elizabeth Hospital

1455 Battersby Ave
Enumclaw, WA 98022
(360) 802-8800

St. Francis Hospital

34515 9th Ave S
Federal Way, WA 98003
(253) 835-8100

Seattle Children's South Clinic

34920 Enchanted Pkwy. S
Federal Way, WA 98003
(253) 838-5878

MultiCare Good Samaritan Hospital (Pierce County)

401 15th Ave SE
Puyallup, WA 98372
(253) 697-4000

Valley Medical Center

400 S 43rd St.
Renton, WA 98055
(425) 690-1000

Harborview Medical Center

325 9th Ave
Seattle, WA 98104
(206) 744-3000

VA Puget Sound Health Care System - Seattle

1660 South Columbian Way
Seattle, WA 98108
(206) 762-1010

Madigan Army Medical Center (Pierce County)

9040 Jackson Ave
Tacoma, WA 98433
(253) 968-1110

VA Puget Sound Health Care System - American Lake Division (Pierce County)

9600 Veterans Drive SW
Tacoma, WA 98493
(253) 582-8440



From the outset, we distributed complimentary masks to those who requested them to help prevent the spread of COVID-19 throughout South King County

Healthcare Provider Resources

Public Health Centers and Other Locations

(206) 296-4600

www.kingcounty.gov/depts/health/locations

Services vary by location. Medical interpretation is available to limited or non-English speaker patients

Auburn Public Health Center

901 Auburn Way N, Suite A

Auburn, WA 98002

(206) 477-0600

www.kingcounty.gov/depts/health/locations/navos

Services provided include family planning, health insurance enrollment, HIV screening, infant care management, maternity support, nutrition (WIC), sexual health and Teen clinic.

Primary Care at Navos (Burien)

1210 SW 136th St.

Burien, WA 98166

(206) 257-6870

www.kingcounty.gov/depts/health/locations/navos

Kent Public Health Center

25742 104th Ave SE

Kent, WA 98030

(206) 477-6950

www.kingcounty.gov/depts/health/locations/kent

Federal Way Public Health Center

33431 13th Place S

Federal Way, WA 98003

(206) 477-6800

www.kingcounty.gov/depts/health/locations/federal-way

Healthcare Provider Resources

Community Service Offices (CSO)

(877) 501-2233

www.kingcounty.gov/cso

Public health nurses consult with women and men of all ages about resources including medical insurance enrollment, family planning services, sexual and reproductive health services, maternity support services (WIC), pregnancy counseling and support services, maternal care providers (prenatal and other pregnancy option providers), vision and dental services, services for victims of domestic violence, drug and alcohol treatment services, and mental health services.

Federal Way

Federal Way Community Services Office

616 S 348th St.

Federal Way, WA 98003

(877) 501-2233

www.dshs.wa.gov/location/dshs-cso-045

Kent

1313 W Meeker St.

Kent, WA 98035

(877) 501-2233

www.dshs.wa.gov/locations/dshs-cso-043

Oral Health Program

1-800-756-5437

www.kingcounty.gov/oralhealth

Program provides clinical and community-based services to improve the oral health of King County residents and reduce the level of dental disease in accordance with the US Healthy People 2020 goals and the Washington State Public Health Improvement plan.

Vision Resource List

1-800-756-5437

www.kingcounty.gov/health/ACCESS

**Vision resources are listed under the Health Services tab.*

COVID-19 Essential Information

Vaccine FAQs

As King County strives to vaccinate more people equitably and quickly, informing its residents of accurate and up-to-date information about the vaccines is vital. It is important for the public to know that all three vaccines are effective in preventing serious COVID-19 illness, hospitalization, and death.

- **Safety:** Public Health-Seattle & King County Health Officer Dr. Jeff Duchin, stated that "data for these vaccines was evaluated with scientific rigor and independent review to ensure it met FDA's standards for safety, effectiveness and quality."
- **Clinical Trial Efficacy:** Pfizer (95%) and Moderna (94.1%) trials focused on prevention of asymptomatic COVID-19 infections and were tested prior to the emergence of new, concerning variants. Johnson & Johnson (72% in the U.S., 66.1% overall) trials focused on prevention of moderate to severe infection. The Johnson & Johnson vaccine is 85% effective against serious illness and was tested while new variants were circulating.
- **Age:** The following age groups are currently authorized to receive vaccination:
 - **Pfizer:** age 16 years and older
 - **Moderna and Johnson & Johnson:** age 18 years and older
**Children and adolescents who do not meet the required authorized age groups should not be vaccinated.*
- **Timing:**
 - **Pfizer:** two vaccine doses 21 days apart
 - **Moderna:** two vaccine doses 28 days apart
 - **Johnson & Johnson:** single dose vaccine
**Full Immunity will be reached 2-weeks after last vaccine dose.*
- **Mechanism:** The vaccines do not change your RNA or DNA. Pfizer and Moderna are mRNA vaccines and Johnson & Johnson is a DNA viral vector vaccine. Although the mechanisms differ, their results are similar. All three prompt your body to make harmless versions of the spike protein, the key identifier on the virus that causes COVID-19. Your immune system knows that these proteins do not belong and begins producing antibodies that will fight the virus. You can find a visual explanation of how vaccines work at www.doh.wa.gov/Emergencies/COVID19/VaccineInformation/HowVaccinesWork.
- **Possible Side Effects:** The vaccinations do not cause COVID-19 infection, but it is not uncommon to experience arm pain, redness and swelling, tiredness, headache, muscle pain, chills, fever and nausea within 24-48 hours after vaccination. Additionally, there have been 9 cases of extremely rare blood clots reported in individuals who have received the Johnson & Johnson vaccination.
- **Variants:** Public Health-Seattle & King County are closely monitoring concerning variants in the U.S. All three vaccine manufacturers are working on booster vaccines that will be effective against these variants should we need them.

How to Schedule a COVID-19 Vaccine Appointment

As our state is refining its distribution plan, information about the vaccines and scheduling vaccination appointments can evolve day to day. King County residents can find updated and detailed information on these topics at this link: www.doh.wa.gov/Emergencies/COVID19/vaccine

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Option 1: Call your doctor's office or health care provider hc'gYY']Zh'Ym\Uj Y'Uj U]UV'Y'j UW]bU]cb' Uddc]bra Ybhg'

Option 2: For residents of South King County zfy[]ghf'Uh'www.Vtj]Xj UW]bY'"_]b[Vti bhm[cj "'`Di V']W Health-Seattle and King County has high-volume vaccinations sites in Auburn and Kent.

Option 3: Register by phone by calling King County Public Health Call Center at (206) 477-3977 or Washington COVID-19 Assistance Hotline at 1-800-525-0127, then press #.

Option 4: In-home vaccination is available for people age 16 and older who:

- Have not yet been vaccinated AND
- Have an injury, developmental disability or medical condition that makes it difficult to leave the home AND
- Would require considerable and taxing effort to get vaccinated outside the home.

To request an appointment, call the King County COVID-19 Call center at (206) 477-3977, 8:00 a.m. to 7:00 p.m. Interpretation is available. Appointments are limited and individuals with the greatest challenges leaving their homes will be prioritized. During in-home vaccination appointments, other adults in the home who have not already been vaccinated can also receive the vaccine. When scheduling, please note how many other adults in the home to include.

Option 5: For veterans, call (206) 716-5716 or visit www.va.gov/health-care/covid-19-vaccine.

Option 6: Check Washington State's Vaccine Locator at www.vaccinelocator.doh.wa.gov.

For more information, visit www.kingcounty.gov/depts/health/covid-19/vaccine/distribution.

What We Can Do to Protect Ourselves and Others from COVID-19

COVID-19 vaccines are an important breakthrough, but they cannot end the pandemic alone. We still need everyone's help to stop the spread. Whether you have been vaccinated or not, continue the **CDC COVID-19 safeguards**: *wear a mask, stay at least 6 feet apart, avoid crowds and poorly ventilated areas, delay travel, wash your hands often, and monitor your daily health.*

The CDC has updated information on masks. If you would like to read about ways we can further protect ourselves, please visit the CDC's website where you can find [Your Guide to Masks & Improve How Your Mask Protects You.](#)

Choose This Type of Mask

- Multi-layered mask made of a washable, breathable fabric
- Fits snugly against the side of your face with no gaps
- Completely covers your nose and mouth, even when talking
- Preferably contains a nose wire to prevent air leaking out of the top of the mask

Avoid This Type of Mask

- Made of unbreathable fabric or material, or has exhalation valves or vents
- Is specified for healthcare workers
- One that you constantly need to re-adjust or refit

How to Wear and Take Off Your Mask

- Wash your hands or use hand sanitizer prior to putting on your mask
- Do not touch your mask when wearing it
- To remove mask, touch only its loops or string
- Wash the cloth mask after each use

Making Your Mask More Protective

- Use a mask fitter or brace over a disposable mask or cloth mask to prevent air from leaking from the edges of the mask
- Add multiple layers of material to primary mask:
 - A cloth mask with multiple layers of fabric, or
 - Double mask - wear one disposable mask underneath a cloth mask. The cloth mask should push the edges of the inner mask against your face. Make sure you can see and breathe easily.
- Knot and tuck layers of a 3-ply mask:
 - Knot the ear loops of a 3-ply mask where they join the edge of the mask, then fold and tuck the material between the loops under the edges.
 - Video instructions: <https://youtu.be/UANi8Cc71A0>
- Do NOT combine two disposable masks. They are not meant to fit snugly and this will not improve the fit.
- Use only one KN95 mask at a time.

General Health Updates: Your Best Health

The Importance of Regular Health Exams for You and Your Family

Although many people seek medical care only when they feel sick, healthcare providers stress the importance of preventive health care - seeking medical care on a regular basis even if you are feeling healthy. Regular check-ups, especially if they begin during pregnancy and early childhood, can help improve a person's overall quality of life and potentially lengthen their lifespan. Factors such as your family history or age cannot be changed, but personal lifestyle choices (i.e. smoking, physical activity, diet) can greatly impact your health. Furthermore, some serious conditions or diseases may not show symptoms in early stages, but early detection increases the chance for successful treatment and survival.

As you grow older, your healthcare provider will monitor your health through appropriate tests and screenings and can recommend meaningful ways to be healthier. The first step toward better health is to schedule a wellness-visit which includes the following benefits:

- Preventing potential conditions or diseases
- Decreasing your risk or severity of illness
- Early detection of serious physical and mental conditions
- Connecting you with the resources you need for your best health
- Reducing your healthcare costs

If you need help finding a healthcare provider, King County has the resources to get started. Please see the Resources List at the beginning of this guide for a clinic near you. Clinics vary by the services they provide and often offer translation or language services for limited and non-English speaking residents.

With Seattle-King County Public Health Director Patty Hayes and Federal Way Public Schools Superintendent Dr. Tammy Campbell at a community meeting on public health and pandemic preparedness prior to COVID-19



Heart Disease and Hypertension: "The Silent Killers"


Cardiovascular disease (CVD), also known as heart disease, is the second leading cause of death in Washington state and King County. CVD is the cause of one in every four deaths in Washington per year. The most common form of heart disease, coronary artery disease (CAD), causes a narrowing of the inside of the arteries through the buildup of cholesterol and other substances in the artery walls. Eventually, this narrowing decreases the flow of oxygenated blood to the heart muscle, often leading to chest pain, heart failure, or heart attacks.

Although you cannot change risk factors such as your age or family history, you can prevent or delay the onset of CVD by making healthier lifestyle choices. Recommended ways to lower your risk for CVD may include limiting alcohol consumption, eating foods with less sodium, increasing physical activity, avoiding tobacco usage, maintaining a healthy weight, and reducing stress.


What's the **BIG DEAL** about controlling my blood pressure ?

Small changes make a HUGE difference:

Even one lifestyle change I make for my health ...	→	can decrease my blood pressure by small amounts	→	and small decreases in blood pressure result in huge health benefits.
Walking 30 minutes, five days a week	→	can decrease blood pressure 10 points	}	Every 5 points decrease in blood pressure reduces
Losing 5–10 lbs. of weight	→	can decrease blood pressure 5 points		♦ risk of stroke by 34% ♦ risk of heart attack by 21%
Quitting tobacco (call 1-800-QUITNOW)	→	can decrease blood pressure 5–10 points		Every 3 points decrease in blood pressure reduces
Limiting sodium (salt) to 1,500 mg. per day	→	can decrease blood pressure 2–8 points		♦ risk of stroke by 8% ♦ risk of heart attack by 5%



For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TTY/TDD 711).



PUBLIC HEALTH
HEALTHIER WASHINGTON

These changes in behavior can markedly reduce your risk for hypertension (high blood pressure), obesity, diabetes, and high blood cholesterol - all contributors to CVD. One of the major contributors to CVD is hypertension. Hypertension damages blood vessel walls and strains the heart when the blood pushes too hard against the artery walls. CVD and hypertension often go undetected, hence their name "The Silent Killers." Regular health check-ups are important to screen and monitor these and other risk factors.

Healthy Eating and Access to Nutritional Foods

One essential ingredient to better health is good nutrition. Eating a well-rounded diet helps children develop optimally and reduces the risk of many chronic diseases (i.e. obesity, heart disease, type 2 diabetes, some cancers, brain function deficits) in all age groups. Furthermore, recent research confirms that higher intakes of fruits and vegetables are associated with the lowest rate of death.

Healthy Eating Tips From the CDC:

- **Add healthy fats** - monosaturated and polyunsaturated fats, found in foods like olive oil and some fish, are essential to brain and heart health. Try to incorporate more of these good fats into your diet and limit the amount of trans fats you consume.
- **Cut the sodium** - Aim for the recommended 2,300 mg/day (approximately 1 teaspoon).
- **Bump up your fiber** - Fiber helps keep you regular, feel fuller longer, control blood sugar, and lower cholesterol levels. Good sources are fresh fruits and vegetables, whole grains, and legumes. For great sources of fiber, visit www.health.clevelandclinic.org/11-best-high-fiber-foods.
- **More color variety** - Essential vitamins, fiber, and minerals are found in colorful fruits and vegetables. Two servings of fruits and 3 servings of leafy green and beta-carotene rich vegetables are recommended.

Despite the significant health benefits, only 1 in 10 adults meet the current recommendations for a healthy diet. Public Health and King County support many programs to help King County residents dealing with food insecurity and/or lacking access to health foods. For more information please visit www.kingcounty.gov/health



WHAT'S A SERVING?

FRUITS
4 servings per day
ONE MEDIUM FRUIT
= About the size of your fist
FRESH, FROZEN OR CANNED
= 1/2 CUP
DRIED
= 1/4 CUP
FRUIT JUICE
= 1/4 CUP

VEGETABLES
5 servings per day
RAW LEAFY VEGETABLE
= 1 CUP
FRESH, FROZEN OR CANNED
= 1/2 CUP
VEGETABLE JUICE
= 1/2 CUP

*based on a 2,000 calorie eating pattern

The good news is eating the right amount of fruits and vegetables doesn't have to be complicated. Here are some examples of about one serving:

- | | |
|---|---|
| FRUITS | VEGETABLES |
| Apple, pear, orange, peach or nectarine: 1 medium | Bell pepper: Half of a large |
| Avocado: Half of a medium | Broccoli or cauliflower: 5 to 8 florets |
| Banana: 1 small (about 6" long) | Carrot: 6 baby or 1 whole medium (6 to 7" long) |
| Grapefruit: Half of a medium (4" across) | Corn: 1 small ear (6" long) or half of a large ear (8 to 9" long) |
| Grape: 16 | Leafy vegetable: 1 cup raw or 1/2 cup cooked (lettuce, kale, spinach, greens) |
| Kiwifruit: 1 medium | Potato: Half of a medium (2 1/2 to 3" across) |
| Mango: Half of a medium | Squash, yellow: Half of a small |
| Melon: Half-inch thick wedge of sliced watermelon, honeydew, cantaloupe | Sweet potato: Half of a large (2 1/4" across) |
| Pineapple: 1/4 of a medium | Zucchini: Half of a large (7 to 8" long) |
| Strawberry: 4 large | |

EAT SMART ADD COLOR MOVE MORE BE WELL

#HEALTHYFORGOOD LEARN MORE AT HEART.ORG/HEALTHYFORGOOD



BLUE & PURPLE

blackberries
blueberries
black currants
dates
eggplants
grapes

plums
prunes
purple figs
raisins

RED & PINK

beets
cherries
cranberries
pink grapefruit
pomegranates
radicchio
red radishes
red apples
red grapes
red peppers
red potatoes
rhubarb
strawberries
tomatoes
watermelons



The best way to get all of the vitamins, minerals and nutrients you need is to eat a variety of colorful fruits and veggies. Add color to your plate each day with the five main color groups.

GREEN

artichokes
asparagus
avocados
bok choy
broccoli
Brussels sprouts
celery
collard greens
cucumbers
green beans
green cabbage
green grapes
green onions
green peppers
kale
kiwis
leeks
limes
mustard greens
okra
pears
peas
romaine lettuce
snow peas
spinach
sugar snap peas
watercress
zucchini

WHITE

bananas
cauliflower
garlic
Jerusalem
artichokes
mushrooms
onions
potatoes
parsnips
shallots

ORANGE & YELLOW

acorn squash
butternut squash
apricots
cantaloupes
carrots
corn
sweet potatoes
tangerines
yams
yellow apples
yellow peppers
yellow squash
orange peppers
papayas
peaches
pineapples
pumpkins
summer squash

EAT SMART MOVE MORE BE WELL

heart.org/HealthyForGood

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A Challenging Time: Mental Health and Suicide Prevention

During these challenging times, it can be difficult to navigate mental health struggles. If this past year has left you feeling overwhelmed, you are not alone. Many people are experiencing physical and emotional health issues caused by the stress of financial instability and decreased social support. An ongoing Washington state study revealed that the number of residents feeling depressed increased by 34% between March 2020 and May 2020. Depression is a common risk factor for suicide. Over the past decade, the suicide rate for Washington youth has increased 35%, resulting in the loss of more than 100 young lives annually.

Especially now, it is important to take the time to check in on the mental health of your loved ones, as well as your own. Suicide is a serious problem and while some causes of stress are beyond our control, there are key ways you can help someone who may be experiencing a crisis. The first step is recognizing some of the common warning signs of suicide.

If you or someone you know is thinking about hurting themselves or suffering an immediate crisis, reach out to one of the resources listed at the beginning of this guide.

Warning Signs

The following indicate a need for emergency mental health services:

- Talking or writing about death, dying or suicide, especially if this is unusual
- Seeking means for suicide
- Directly or indirectly threatening suicide

The following indicate the need for further information about a person's suicide risk:

- Hopelessness
- Acting reckless or engaging in risky behavior
- Withdrawing from friends or family
- Dramatic mood changes
- Belief that there is no reason for living or lacking a sense of purpose
- Rage, uncontrolled anger, or revenge-seeking behavior
- Feeling trapped
- Increasing alcohol or drug use
- Anxiety, agitation, and sleeplessness or increased sleep

Washington State Suicide Prevention Plan 2016

Fitness Benefits for All Ages

Over the past year or so, we have been staying at home more to contain the COVID-19 pandemic in our community. Our normal routines have changed; many people are now working from home, learning online, and limiting our in-person activities. For many of us, our usual exercise modes have been disrupted, but it is still possible to maintain our physical fitness or even become more physically active. The Washington State Department of Health states that "physical activity benefits people of 'all ages and abilities' in numerous ways: reduced stress and anxiety, weight control, immune system support, reduced health risks and disease, improved overall strength and fitness, and enhanced cognitive health." Additionally, studies point to the importance of regular physical activity to the health, concentration, and behavior of children and adolescents.



The World Health Organization recommends 150 minutes of moderate-intensity activity per week for adults to remain healthy and emphasizes that being active can be achieved without special equipment or with limited space. Suggestions for activity include:

- **Taking short active breaks throughout the day** - dancing, playing with children, gardening, cleaning, active recesses from online learning.
- **Following an online exercise class** - free classes are available on YouTube.
- **Walking outdoors or indoors/in place** - during phone calls, walk your pet.
- **Standing up** - aim for at least once every 30 minutes during the day.
- **Focusing on mentally stimulating activities** - puzzles, reading, board games.
- **Relaxing** - meditation and breathing exercises.

**Consult with your healthcare provider for their approval and recommendations prior to starting any physical activity.*

Connection Between COVID-19 and Vaping in Young Adults

In the latest data, young adults aged 20-39 represent 30% of all COVID-19 cases in Washington state (youth aged <19 represent 16%) - the highest of any age group. While young adults and teens often have less severe coronavirus symptoms and illness, another kind of epidemic may alter this situation - the alarming increase in vaping by King County's young adults and teens. In 2018, nearly 8% of 8th graders, 17% of 10th graders, and 25% of 12th graders reported vaping with nicotine.

While often touted as a safer form of smoking, Public Health - Seattle & King County wants young people to know that vaping greatly increases their risk of serious health issues. Aside from the ability of nicotine to cause serious lung issues, it can also negatively affect brain development in young people up to age 25, contributing to emotion or impulse control issues and anxiety. Additionally, nicotine can worsen cardiovascular disease and harm fetal development. Finally, nicotine can be highly addictive and toxic in high doses. E-cigarette contents are unregulated, so nicotine concentrations are often unknown.


A recent study published online in the Journal of Adolescent Health links vaping with a significantly greater risk of COVID-19 in adolescents and young adults. This study revealed that participants who had used e-cigarettes anytime in their past were 5x more likely to be diagnosed with COVID-19 than non-users. Participants who used both e-cigarettes and conventional cigarettes in the previous 30 days were 6.8x more likely to be diagnosed with COVID-19. Dr. Shivani Mathur Gaiha, the study's lead author, suggests that young people believe their age protects them from catching COVID-19 or experiencing symptoms should they be infected, but this is not true. Healthcare providers are seeing more serious cases of COVID-19 in young adults who vape nicotine and it is important that they understand that they may be at risk. If you or someone you know needs information or help quitting vaping or tobacco, resources can be found in this guide.

Smoking/Vaping & Coronavirus (COVID-19) Give your lungs a fighting chance


How is your risk of COVID-19 increased?

**SMOKING OR VAPING
CANNABIS OR TOBACCO**


- Damages lungs
- Harms the immune system (body is less able to fight diseases)



COVID-19 Exposure



Infection is **↑ more severe**




We can help you quit!


WASHINGTON STATE TOBACCO QUITLINE
📞 1-800-QUIT-NOW

SMARTPHONE APP
📱 doh.wa.gov/quit


When you quit smoking or vaping, **your lungs and your immune system get healthier**



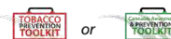
COVID-19 Exposure



Infection is **↓ less severe**



For more information visit: tobaccopreventiontoolkit.stanford.edu



Sleep: A Powerful Contributor to Good Health

Most people will spend about 1/3 of their lives sleeping and this is for good reason; sleep directly affects every aspect of one's health. Past studies have shown that a chronic lack of good sleep (proper amount and quality) is linked with a higher risk for health problems such as diabetes, high blood pressure, obesity, poor mental health, and behavioral/cognitive issues in children and adolescents.

During the past year, healthcare providers have been concerned by an increasing number of new sleep issues resulting from anxiety and/or changes in daily routines. A recent article discusses the ways good sleep may help prevent and lessen the seriousness of many respiratory infections, including COVID-19.



For Better Quality Sleep, Healthcare Providers Suggest We Try the Following:

- **Create a sleep schedule** - go to sleep and wake up at the same time each day.
- **Limit screen time before bedtime** - turn off devices one hour before bedtime.
- **Avoid a big meal or drinking a lot (especially caffeine) right before bedtime.**
- **Minimize naps** - less than 30 minutes and before 2pm if possible.
- **Improve your sleep environment if possible** - control lighting, temperature, and noise.
- **Stress management** - stay virtually connected with friends and family, exercise, and hobbies.
- **Follow a structured daytime schedule that includes regular activities.**

Vitamin D and Your Health

"Finish your milk, it makes your bones strong!" How many of us grew up hearing this? Well, it turns out this adage is true. Vitamin D, found in fortified milk, helps our bodies absorb calcium and phosphorous - elements essential to building strong bones - but its role in our good health involves so much more. Research shows that vitamin D helps us maintain healthy hearts and nervous systems, as well as fight infections, some cancer cell growth, and inflammation. Recent studies investigating the relationship between vitamin D deficiency and COVID-19 seem to indicate a link in prevention and treatment, but much more research is needed to confirm what, if any, connection exists.



Sources of Vitamin D:

- **Fortified Foods:** The source of most of our dietary vitamin D because it doesn't occur naturally in many foods - milk (dairy, soy, almond, oat), cereals, some brands of orange juice, and yogurt. Cheese and ice cream are not usually fortified.
- **Natural Sources:** Fatty fish (salmon, tuna, mackerel, trout) and fish liver oils.
- **Dietary Supplements:** Multivitamins or vitamin D supplements.
- **Sunlight:** Our bodies make vitamin D with direct sunlight exposure on our bare skin. This source should be limited, and a minimum of SPF 15 sunscreen should be used to avoid possible skin cancer from too much UV exposure.

How Do I Know If I Am Getting Enough Vitamin D?

The first step is to consult with your healthcare provider to determine if you're getting the right amount of vitamin D. Too much vitamin D can be harmful to your health and it can interact negatively with medications and other dietary supplements you may be taking. According to the Mayo Clinic, the recommended daily amount of vitamin D is 600 international units (IU) for individuals under 70 years old, and 800 IU for individuals 70 years and older.

Unintentional Injuries: Preventing Serious Falls in Your Home

In this time of decreased mobility and social interactions, many of us are spending more time at home. While often a comfortable and familiar setting, many serious accidents can occur in our homes. Unintentional injuries are the leading cause of death in Washington state for people aged 15 to 44, the 3rd leading cause of death in people aged 45 to 64, and the 5th leading cause of death in people aged 65+. Causes include poisoning from medications or household products, carbon monoxide poisoning, smoke inhalation, and drowning in pools or tubs.

For seniors (65+), falls are a dire type of unintentional injury with 60% of fatal falls occurring at home. The risk of falling increases as you age. 1 in 3 seniors fall at least once a year and two-thirds of seniors who experience a fall will fall again within six months. When seniors fall, 1 in 40 will be hospitalized as a result. Only half of seniors who are hospitalized due to a fall will survive the year.

Despite these bleak statistics, there are many things you can do to reduce your risk of falling. Start by following these four strategies:

- 1 Find a good balance and exercise program**
 Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
 
- 2 Talk to your health care provider**
 Ask for an assessment of your risk of falling. Share your history of recent falls.
 
- 3 Regularly review your medications with your doctor or pharmacist**
 Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
 
- 4 Get your vision and hearing checked annually and update your eyeglasses**
 Your eyes and ears are key to keeping you on your feet.
 
- 5 Keep your home safe**
 Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
 
- 6 Talk to your family members**
 Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.
 

1. **Make Your Home Safe** - Identify potential fall hazards (i.e. pick up toys, repair damaged stairs or flooring, remove throw rugs), modify your home (i.e. grab bars, non-skid mats in the shower or tub), improve lighting, keep walkways or paths clear of objects/furniture.
2. **Regular Exercise and Physical Activity** - Improve your fitness, balance, and strength to help reduce your risk of injury and increase your ability to heal quickly and fully.
3. **Yearly Vision Care** - Poor vision can result in impaired distance judgment, seeing possible tripping hazards, or misreading medication instructions.
4. **Medication Management** - Review your medications for fall-related side effects with your healthcare provider or pharmacist.

You can learn more about these strategies at www.kingcounty.gov/ems/falls. Additionally, if you believe you or a loved one may be especially at risk for falling, consider enrolling them in the One Step Ahead Fall Prevention Program. To learn more, email FallPrevention.EMS@kingcounty.gov or call (206) 263-8544.



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Pete served on the founding board of trustees of St. Francis Hospital with Faye Clerget, who served as the first board president.



Pete met with Harborview Medical Center Interim CEO Sommer Kleweno-Walley to discuss the hospital's role as a regional trauma center.



King County

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