



# BACK TO SCHOOL

## COVID-19 TOOL KIT

PUBLISHED SEPTEMBER 2021



### WHAT'S INSIDE

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Tips for a healthy school year

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What to do if your child is exposed to COVID-19

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Vaccination information for kids aged 12+

## WELCOME BACK!

Learn more about how we can all work together to make this a healthy school year.



**SNOHOMISH**  
HEALTH DISTRICT  
[WWW.SNOHD.ORG](http://WWW.SNOHD.ORG)





September 17, 2021

## RE: COVID-19 Prevention Reminders

Dear Students, Families and Staff,

It's heartening to see students, teachers and staff heading back into the classroom. Your school and leadership have been doing a great job preparing facilities to welcome people back to campus. COVID transmission is high in Snohomish County right now. For that reason, we want to share some important reminders.

### Follow Isolation and Quarantine Directions

We know it can be scary and stressful to find out you or your student have COVID-19 or were a close contact of a case. It can also be confusing if you're hearing different or conflicting information. Here are the guidelines set for all schools and childcares in Snohomish County when it comes to isolation and quarantine.

- Isolation for a confirmed case of COVID-19  
Individuals with a positive COVID-19 test must isolate at home, away from others in the household, for at least 10 days. Students and staff may end isolation after:
  - 10 days have passed since symptoms started, or the date of the positive test if asymptomatic, AND
  - Symptoms have improved, AND
  - It's been at least 24 hours since any fever has resolved without medication.
- No quarantine for close contacts that are fully vaccinated individuals  
If a fully vaccinated student or staff member is notified that they are a close contact, they do not need to quarantine as long as they remain well and symptom-free. They should seek testing 3-5 days after last exposure. If they develop COVID symptoms, they should report that to the school, remain home, and seek testing as soon as possible.
- Quarantine for Students/Staff Not Fully Vaccinated  
Close contacts who are not fully vaccinated must quarantine for 14 days, unless your school offers modified quarantine. They should ideally get tested right away and again 5-7 days after last exposure. If getting two tests done is not feasible, then do one 5-7 days after exposure. **Unvaccinated students and staff must stay home for the full 14 days, even if results are negative or if your school offers modified quarantine.** Note that the quarantine period may be longer if the confirmed case is a household member.

We are also getting requests from students and parents to appeal their quarantine or confusion because a clinic or provider told them they were cleared. However, healthcare providers do not have authority to change the quarantine period set by the school or public health. If you have a question or concern about a discrepancy between what you have heard from the school or public health and what you heard from a clinician, please remain in quarantine and contact the school for further guidance.

### Stay Home When Sick

Contact tracers at the Snohomish Health District are seeing a number of cases that attended school, sports events, work or gatherings while symptomatic. Some had fevers or a cough, while others thought they were just fighting allergies. If you or your student aren't well, please stay home until symptoms resolve.

3020 Rucker Avenue, Suite 306 ■ Everett, WA 98201-3900 ■ tel: 425.339.5210 ■ fax: 425.339.5263

Letter to Schools – COVID Prevention Reminders  
September 17, 2021

## Get Tested

Unfortunately, we're also hearing reports of parents or friends urging people not to get tested to avoid an isolation or quarantine period. We cannot stress enough just how important testing, isolation of cases, and quarantining of contacts are to our fight against this virus. We can't interrupt transmission or prevent others from getting sick without them.

COVID symptoms can include one or more of the following:

- Fever
- Chills
- Cough
- Difficulty breathing
- Fatigue
- Muscle pain or body aches
- Headache
- Sore throat
- Runny nose or nasal congestion
- New loss of taste or smell

If symptoms develop, vaccinated or not, seek testing through your healthcare provider, clinic or pharmacy, or visit us online at [www.snohd.org/testing](http://www.snohd.org/testing). Those without internet access or needing language assistance can reach the Health District's call center at 425.339.5278 to schedule a testing appointment. The call center is open 8:30 a.m. to 4:30 p.m. Monday through Friday. Callers after hours or on weekends can leave a message to be returned on the next business day.

People should remain home and away from others until results are back. It is definitely permitted to seek medical care if needed; just remember to call ahead so they know you are coming and can take the proper precautions.

## Get Vaccinated

As a reminder, there are a number of ways to look for available vaccine appointments. Contact your primary care provider, local pharmacy or visit [www.snohd.org/covidvaccine](http://www.snohd.org/covidvaccine) for more resources.

There are a few important reminders when vaccinating minors:

- Pfizer-BioNTech is currently the only COVID-19 vaccine authorized for those 12 years of age and older. Moderna and Johnson & Johnson are authorized only for people 18 and older at this time. Please verify what brand is available at a location prior to making an appointment.
- Those age 12-17 will need consent from a parent or guardian to get the vaccine. Providers may have different requirements for documenting consent, so please check the website or call ahead to find out what is needed for parent consent.
- **Please do not seek or schedule appointments for ineligible minors.**

Trials are underway on vaccines for younger children. Until vaccines are authorized by the FDA for those 11 years of age and younger, it's important that youth, families and staff ensure that all public health prevention measures are followed consistently. This means, masking up when out of the home, deferring unnecessary social gatherings, keeping a distance from people they don't live with, maintaining good ventilation in indoor spaces, and washing hands or using hand sanitizer frequently.

Thank you and your student for your patience and perseverance through these challenging times.

Sincerely,

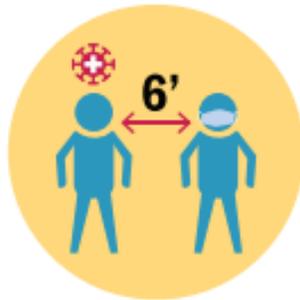


Christopher Spitters, MD, MPH  
Health Officer

3020 Rucker Avenue, Suite 306 ■ Everett, WA 98201-3900 ■ tel: 425.339.5210 ■ fax: 425.339.5263

# Determining Close Contacts in School Settings

In general a close contact is anyone who was within 6' of a confirmed case for 15 minutes or more over the course of a day. For all staff/adults in any school setting, and for students in general school settings (lunchrooms, common areas, etc.), the following apply:

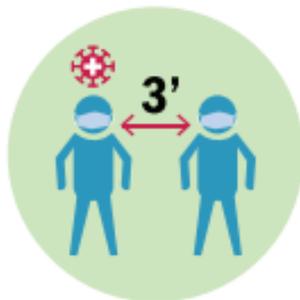


One positive regardless of masking – closer than 6' – **QUARANTINE**

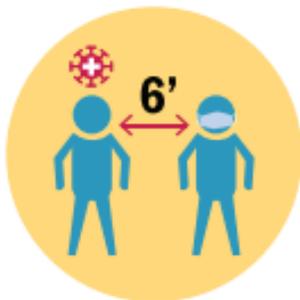


Vaccinated, identified as close contact: **MONITOR FOR SYMPTOMS** and test 3-5 days after exposure (*No quarantine unless symptoms develop*)

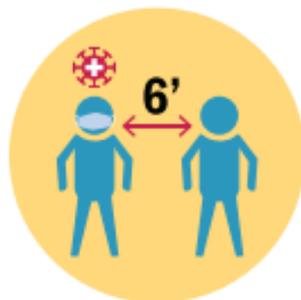
For students in **classroom settings** only. If students are seated closer than 6' apart, additional precautions, such as increased ventilation or screening and/or testing programs, must be in place for the following to apply:



One positive, both masked the whole time, closer than 3' – **QUARANTINE**



OR



One positive, at least one unmasked, closer than 6' – **QUARANTINE**



Vaccinated, identified as close contact: **MONITOR FOR SYMPTOMS** and test 3-5 days after exposure (*No quarantine unless symptoms develop*)

As of August 24, 2021





# Close Contact Quarantine

## GUIDELINES FOR FAMILIES

### 1) What is a quarantine?

During quarantine, you will remain home. If you have others in your household, they do not have to quarantine unless you become symptomatic or test positive. You should attempt to stay as isolated as possible. You should use contact-less delivery options for essentials (if available).

### 2) Why should I quarantine?

If you have been exposed to COVID-19, you will need to quarantine. This is an important action that you can take in order to stop the further spread of disease. Even if you do not have symptoms, it is important to stay away from others until the appropriate amount of time has passed. Your goal is to stop the spread of COVID-19.

### 3) How long should I stay in quarantine?

If you've been exposed to someone with COVID-19 and you have no symptoms, the safest option is to quarantine for 14 days after your last contact. Your school may offer

modified quarantine options based on DOH recommendations.

### 4) Who should quarantine?

A person with COVID is considered contagious from 2 days prior to symptoms appearing until 10 days after their symptoms appeared (if they do not have symptoms, use the date they tested positive).

So if you met a person for lunch on the 1st, and two days later they developed symptoms that turned out to be COVID, then you were exposed to them during their contagious period and are considered a "close contact" who will need to quarantine for 14 days from your exposure date (the 1st).

### 5) What about testing?

Once a known exposure to a COVID case occurs, obtaining a negative test within the 14-day quarantine period does not release a close contact from quarantine requirements, unless your school offers modified quarantine. The COVID virus can take up to 14 days to incubate or replicate enough in the body to show up on a test.

### 6) What if someone in my household tests positive or develops symptoms?

If you live in the same household with a person who has COVID, and that person is not able to completely isolate from others in separate living quarters, your 14 day close contact quarantine begins on the LAST day you were around them when they were still in their contagious period (10 days after their symptoms started).

### 7) Where can I find more info about how long I should quarantine?

Visit the Washington State Department of Health's Quarantine Calculator: <http://bit.ly/QuarantineCalc>



Updated 9/22/21

### HOUSEHOLD QUARANTINE EXAMPLE

A member of your household tests positive on:	They began to have symptoms on:	They are considered contagious from 2 days before their symptoms started until:	Because you are a close contact, your 14-day quarantine begins on:	As long as you remain symptom-free, your 14-day quarantine ends on:
A: _____ (testing date here).	B: _____ (first date of symptoms here).	C: _____ (count 10 days from line B, or use their test date if they were asymptomatic).	D: _____ (date from line C or the last date you were around them in your household).	E: _____ (count 14 days from line D)
<p>It is helpful for early detection and containment if you/other household members choose to test around day 5, however, <b>a negative test does not release a close contact from quarantine requirements, unless your school offers modified quarantine.</b></p>				

\*\*A probable case is defined as "Close contacts of a confirmed case that have developed symptoms of COVID-19 but have not yet been tested or results are pending."

# Stay Home if You're Sick

Even if you think it's just the sniffles

We know it's hard to miss a day, but please stay home from child care, school or work when feeling unwell. Even if you think it's allergies or "just the sniffles," staying home prevents others from catching any germs or viruses.

For COVID-19, we look at symptoms in two categories or classes. **If a child or staff member has one or more of the symptoms listed at right, in either category, they must be excluded from school/work and should be tested for COVID-19.**

Class A Symptoms	Class B Symptoms
<ul style="list-style-type: none"> <li>• Fever of 100.4 F or higher</li> <li>• Chills</li> <li>• Cough</li> <li>• Loss of taste and/or smell</li> <li>• Shortness of breath</li> </ul>	<ul style="list-style-type: none"> <li>• Fatigue</li> <li>• Headache</li> <li>• Muscle or body aches</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul>

## When It's Okay to Return:

**Not a close contact of a confirmed COVID-19 case, regardless of vaccination status:**

**For a single Class B Symptom**, children or staff may return the next day if symptom lasts less than 24 hours without the use of medication. *Note that a child care facility or school may have a return-to-school procedure that is more strict.*

**For a single Class A Symptom, a single Class B Symptom lasting more than 24 hours, or two or more Class B Symptoms**, children or staff may return when:

It's been at least 24 hours since any fever has resolved without medication, **AND**

Symptoms have improved, **AND** 10 days have passed since symptoms started, **OR** A negative COVID-19 or other specific alternative diagnosis that completely explains symptoms from a healthcare provider is submitted to the school.

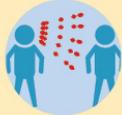
**If a child or staff member has been exposed to COVID-19 in any setting in the past 14 days**, they should remain quarantined at home and excluded from school or child care until 14 days after their last exposure has passed. Household members of a confirmed or probable case may require longer quarantine. While close contacts should get tested 5-7 days after last exposure, a negative test does not allow an early return unless your school offers a modified quarantine.

[www.snohd.org/covid](http://www.snohd.org/covid)



Updated September 22, 2021

# COLD, FLU OR COVID?

	COLD	FLU	COVID-19
 <p><b>SIGNS &amp; SYMPTOMS</b> <i>Symptoms can vary from person to person. Not everyone will have every symptom. Remember that even one symptom can indicate illness.</i></p>	<p><b>ALL:</b> Cough • Sore throat • Runny or stuffy nose • Difficulty breathing • Fatigue Muscle pain or body aches • Possible vomiting and diarrhea</p>		
		<p><b>FLU &amp; COVID:</b> Fever or chills • Headache</p>	
			<p>New loss of taste or smell</p>
 <p><b>HOW LONG CONTAGIOUS?</b></p>	<p>1-2 days before symptoms start, remaining contagious as long as symptoms are present</p>	<p>Most contagious during first 3-4 days; may be contagious 1 day before and up to 7 days after symptoms start</p>	<p>Up to 2 days before until 10 days (sometimes longer) after symptoms start</p>
 <p><b>HOW LONG TO STAY HOME?</b> <i>*Follow isolation/quarantine instructions from your medical provider or public health staff.</i></p>	<p><b>COLD &amp; FLU:</b> Until fever-free (without medicine) for at least 24 hours and other symptoms have improved</p>		<p>Until fever-free (without medicine) for at least 24 hours <b>AND</b> other symptoms have improved <b>AND</b> 10+ days since start of symptoms or date of test. If contact with confirmed case, isolate for 14 days after most recent contact. If vaccinated and identified as close contact of a positive case: monitor for symptoms and test 3-5 days after exposure (No quarantine unless symptoms develop).*</p>
 <p><b>HOW DOES IT SPREAD?</b></p>	<p><b>ALL:</b> Most commonly spread person-to-person by droplets made when ill people cough, sneeze, or talk. Droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Droplets may land on surfaces people touch, then transfer when they touch near their mouth, eyes or nose. May be spread to others before they begin showing symptoms.</p>		
 <p><b>PEOPLE AT HIGH-RISK FOR SEVERE ILLNESS</b> <i>*Unsure if you're high-risk? Talk to your medical provider.</i></p>	<p><b>ALL:</b> Older adults • People with certain underlying medical conditions* such as lung or heart disease, diabetes, or obesity • Pregnant people • Infants • People with immunosuppression</p>		
		<p>The risk of complications for healthy children is higher for flu compared to COVID-19</p>	<p>School-aged children with COVID-19 are at higher risk of Multisystem Inflammatory Syndrome in Children (MIS-C)</p>
 <p><b>COMPLICATIONS</b></p>	<p>Strep throat • asthma attack</p>	<p><b>FLU &amp; COVID:</b> Pneumonia • Respiratory failure • Acute respiratory distress syndrome • Sepsis • Heart attacks • Stroke • Multiple-organ failure • Worsening of chronic medical conditions • Inflammation of the heart, brain or muscle tissues • Secondary bacterial infections</p>	
	<p><b>COLD &amp; FLU:</b> Sinus and ear infections • Bronchitis • Pneumonia</p>		<p>Blood clots in the veins and arteries of the lungs, heart, legs or brain • Multisystem Inflammatory Syndrome in Children (MIS-C)</p>
 <p><b>TREATMENTS &amp; VACCINES</b></p>	<p>Supportive care to relieve symptoms. No vaccine available</p>	<p>Flu vaccines available annually. Prescription antiviral drugs to treat influenza</p>	<p>There are three COVID-19 vaccines currently authorized by the FDA. Talk to your healthcare provider at possible treatments if positive for COVID-19.</p>

**ALWAYS CHECK WITH YOUR HEALTH CARE PROVIDER IF YOU HAVE QUESTIONS OR CONCERNS ABOUT SYMPTOMS.**

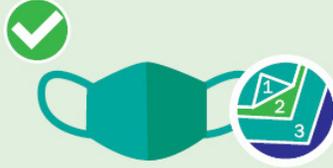
# Mask up. Mask right.

A face mask is defined as a tightly woven cloth or other multi-layer absorbent material that closely covers an individual's mouth and nose, and is secured with ties, ear loops, elastic bands or other equally effective method. There are other options to make the fit better (such as nose wire, mask filter or brace). Here are some guidelines to help you choose a mask permitted by the Statewide Face Covering Order:

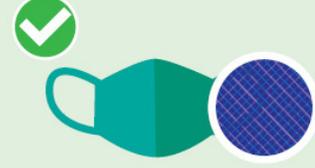
## PERMITTED



**Masks that fit properly** (snugly around the nose and chin with no large gaps around the sides of the face)



**Masks with two or three layers**  
You can also double mask (wear a cloth mask over medical)



**Masks made with tightly woven fabric** (i.e., fabrics that do not let light pass through when held up to a light source)



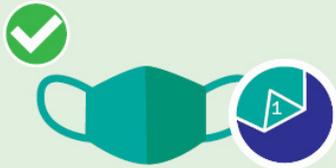
**Non-medical disposable masks**  
Knotted and tucked properly for a tight fit



**Masks made with breathable fabric** (such as cotton)



**Masks with inner filter pockets**



**Masks with one layer** (although multiple layers are recommended. Gaiters need to be two layers.)



**In rare circumstances when a cloth face covering cannot be worn**, students and staff may use a clear face covering or a face shield with a drape or wrap as an alternative to a cloth face covering. If used, face shields should extend below the chin, wrap around to the ears, and have no gap at the forehead.

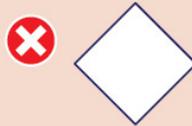
## NOT PERMITTED



**Masks that do not fit properly** (large gaps, too loose or too tight)



**Masks with exhalation valves or vents**



**Masks made from materials that are hard to breathe through** (such as plastic or leather)



**Masks made from loosely woven fabric or that are knitted** (i.e., mesh, fabric with visible holes, or fabric that let light pass through)



**Wearing a scarf/ski mask as a mask**

[www.snohd.org/covid](http://www.snohd.org/covid)

For more information, visit

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>



# MASKS AND KIDS

## HELP KIDS WEAR FACE COVERINGS



Kids have one more thing to remember each morning- a clean mask. You can help by making sure that they have at least two ready each day. Encourage your child to handle their masks safely by not touching the parts that come in direct contact with their faces. Wash masks daily and store them in a clean, dry place. Smaller children may need reminders about how to properly use and care for their masks.

How Can We Help Kids Wear a Mask?

*Practice!*

Give kids time to practice wearing their masks before they might need to wear one outside of your home. Teach them how to put them on and take them off.

How Can We Help Kids Wear a Mask?

*Be an Example!*

Model good behavior for your kids! Talk about why you are choosing to wear a mask and how they can help others by wearing theirs, too.

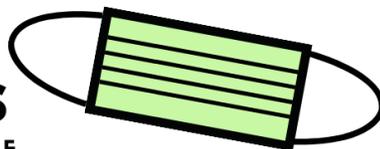
#InItTogether



Source: CDC

## Caring for Cloth Masks

SAFE WASHING AND STORAGE



1

WASH AND DRY ON HIGH HEAT BEFORE FIRST USE AND AFTER EVERY DAILY USE



2

WASH YOUR HANDS AFTER HANDLING YOUR USED/WORN MASKS



3

IF NEEDED, IRON YOUR MASKS TO HELP THEM KEEP THEIR SHAPE



4

STORE IN A CLEAN, DRY PLACE. PLASTIC BAGGIES WORK GREAT!



5

THROW AWAY MASKS THAT ARE SHOWING SIGNS OF WEAR

**\*WE RECOMMEND AT LEAST TWO MASKS PER PERSON\***

# Vaccines for Teens

AGE 12+

FACT SHEET

Pfizer-BioNTech is currently the only COVID-19 vaccine authorized for those 12 years of age and older. Moderna and Johnson & Johnson are authorized for people 18 and older at this time. **Please verify what vaccine brand is available** at a location prior to making an appointment.

If you are 12– 17, **you need consent from a parent or guardian** to get the vaccine, unless you are legally emancipated. Providers may have different requirements for documenting consent, so please call ahead to find out what is needed.

For the community clinic vaccination sites, **people who are 12 and older** may be vaccinated with parent or guardian consent for the Pfizer vaccine. **An adult parent or guardian must accompany anyone under 18** to the vaccination appointment to sign the consent form on site. They should also bring identification showing proof of age for the minor, such as a driver's license or birth certificate. The registration process is the same as for any other eligible patient – they can sign up via the registration links at <http://bit.ly/snocovaccine> or call the call center at 425-339-5278.

**Contact your school to find out how to update your child's vaccine records.**

**If someone under 18 years old signs up for an appointment** at a community clinic vaccination site that is not administering Pfizer, expect to have that appointment canceled because the other vaccines are not yet authorized for their age group.

**Trials are underway on vaccines for younger children.** However, we are still many months from having vaccine available for all ages.

## Keep up all of the other good efforts –

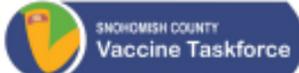
masking, distancing, avoiding large gatherings, washing hands, and cleaning and sanitizing. Lead by example to help all ages stay healthy.



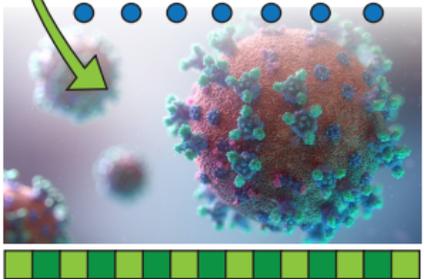
# COVID-19 Vaccine Options FOR YOUTH

The COVID vaccines are safe and effective at protecting against severe outcomes from COVID-19 infection.

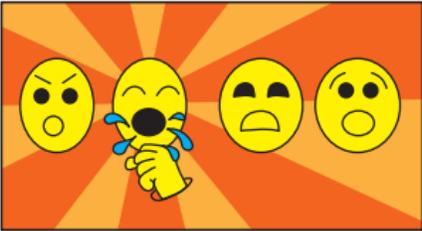
As one or more of the vaccines gain authorization for younger age groups, families are likely to be searching for options to get their children safely vaccinated. Here are some resources to check:

Vaccine search and information:	Local providers offering vaccination for youth/children:	Pharmacies offering vaccination for youth/children:
<ul style="list-style-type: none"> <li>• <b>Vaccine Locator</b> (Washington State Department of Health) <a href="http://vaccinelocator.doh.wa.gov">vaccinelocator.doh.wa.gov</a></li> <li>• <b>Vaccine Finder</b> (CDC – includes pharmacies with vaccine available) <a href="http://www.vaccines.gov">www.vaccines.gov</a></li> <li>• <b>COVID-19 Vaccine Information</b> (Snohomish Health District) <a href="http://www.snohd.org/covidvaccine">www.snohd.org/covidvaccine</a></li> <li>• <b>Text your ZIP Code to GETVAX (438829)</b> to receive addresses of nearby vaccination options.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>The Everett Clinic:</b> <a href="http://www.everettclinic.com/covid-19/vaccine">www.everettclinic.com/covid-19/vaccine</a> • 425-339-4212</li> <li>• <b>Kaiser Permanente:</b> <a href="https://healthy.kaiserpermanente.org/washington/health-wellness/coronavirus-information/covid-vaccine">https://healthy.kaiserpermanente.org/washington/health-wellness/coronavirus-information/covid-vaccine</a> • 1-800-352-3610</li> <li>• <b>North Sound Pediatrics:</b> <a href="https://northsoundpediatrics.as.me/schedule.php">https://northsoundpediatrics.as.me/schedule.php</a> • <a href="mailto:nspcovidvaccine@outlook.com">nspcovidvaccine@outlook.com</a></li> <li>• <b>Western Washington Medical Group:</b> <a href="http://www.wmedgroup.com/covid-19vaccine">www.wmedgroup.com/covid-19vaccine</a> • 360-436-4888</li> </ul>	<p><b>DARRINGTON</b> Darrington Pharmacy</p> <p><b>LYNNWOOD</b> Walgreens (Larch Way) Fred Meyer (196th) Walgreens (Hwy 99) Walmart (164th)</p> <p><b>EVERETT</b> Walgreens (Bothell-Everett Hwy) Walgreens (Broadway) Fred Meyer (Evergreen Way) Fred Meyer (Bothell-Everett Hwy) QFC Pharmacy Walmart</p> <p><b>SULTAN</b> Invara Pharmacy Sultan Pharmacy</p> <p><b>MARYSVILLE</b> Walgreens (State Street) Walmart</p> <p><b>MILL CREEK</b> QFC Pharmacy</p> <p><b>MONROE</b> Walmart Pharm A Save</p> <p><b>MUKILTEO</b> Walgreens (speedway)</p> <p><b>ARLINGTON/SMOKEY POINT</b> Walmart</p>
<p><i>Please note that multiple providers on this list do bill insurance for an administrative fee and will therefore ask for insurance information. However, they have options to waive the fee for people who are underinsured or uninsured.</i></p>		
		

**THIS** is the virus that causes **COVID.**



The virus **spreads** when people are together.



COVID is **sneaky.**



People don't always know they have it.

COVID is **real.**



COVID can affect anyone.



When we're together:

- 1**  **Masks**
- 2**  **Outside**
- 3**  **No more than 5 people**



Please see our website for translations of this poster: [www.snohd.org](http://www.snohd.org)

# REMINDER:



## GET YOUR FLU SHOT!

## DON'T FORGET CHECK-UPS

It's important that kids keep up with their yearly well-child check ups and get their regularly scheduled vaccinations. Check with your doctor's office to see if they are due for a visit.





### Does your teen have WA Notify enabled on their smartphone?

WA Notify (also known as Washington Exposure Notifications) is a free tool that works on smartphones to alert users if they may have been exposed to COVID-19 without sharing any personal information.

**It is completely private and doesn't know who you are or track where you go.**

To learn more, visit <https://www.doh.wa.gov/Emergencies/COVID19/WANotify>

### The Sequel No One Wants: Return of the Flu



With restrictions and capacity limits lifted, we anticipate flu making a comeback this year. **Everyone should get their flu shot by late-October/early-November.** Contact your healthcare provider to make an appointment.



### Public Health Calling? Please Answer!

The Snohomish Health District is working hard to protect the health of everyone in the community by stopping the spread of COVID-19. Please answer the phone or, if we missed you, call us back. Your private health information is confidential and protected. Help your community—communicate!



### Hygiene Coloring Pages

Does your child need a refresher on hygiene etiquette? Remind them to:

- Cough/sneeze into their elbow or a tissue. Throw the tissue away and wash or sanitize hands.
- When getting home, wash hands with soap and warm water for at least 20 seconds.

Visit [www.snohd.org/activities](http://www.snohd.org/activities) for a variety of coloring pages and other activities.

## LOOKING FOR MORE INFO?

Our website has current guidelines, information, activities and more. Check it out at [www.snohd.org/covid](http://www.snohd.org/covid). You can also follow us on Facebook, Twitter, Instagram and TikTok. Just search for Snohomish Health District.

