



Getting Help During Isolation or Quarantine

Let's face it: This pandemic is disruptive. Compliance with isolation or quarantine measures is key to stopping the spread of this virus that has killed hundreds of thousands of Americans this year. Your isolation or quarantine will help other community members survive this pandemic, and there are systems in place to support you. You are shouldering a burden for the public good, and we can provide support to get you through this.

SUPPORT SERVICES:



as food, household supplies, etc. Please call Public Health for COVID-19 information or questions at **307-367-2157** or **307-276-3575**.

Please let **Sublette County Public Health** know of your needs for basic support while you are in isolation or quarantine, such

2-1-1

Wyoming 2-1-1 connects you with nonprofits and government services in our area. Dial **2-1-1** or **1-888-425-7138** to talk with a friendly voice from 8 a.m. to 6 p.m., Monday

through Friday. This statewide service can refer callers to address a variety of needs, from basic human needs, to physical and mental health resources, employment support, and volunteer services.



Paying bills:

If you are having issues paying your bills due to COVID-19, please call your service provider/debtor before your due date to make a plan.

Community CARES funding is available to help with rent, medical bills, and other assistance. Please call High Country Behavioral Health at **307-367-2111** for details.



Food Distribution:

Marbleton Food Closet Distribution: Call the Town of Marbleton **307-276-3815** or Green Pastures **307-276-4088** for details.

Pinedale Community Food Basket Distribution: Call **307-367-3160** for details.

For meals at **Rendezvous Pointe senior center in Pinedale**, call **307-367-2881**, or inquire about home delivery at **307-360-7138**.

Southwest Sublette County Pioneers Senior Center in Marbleton can be reached at **307-276-3249** for information about meal services. The center can also help with grocery shopping and other local needs.

Student Education:

Students under isolation or quarantine are able to receive off-site delivery of educational resources from the school district. Contact **Sublette County School District No. 1** **307-367-2139** or **Sublette County School District No. 9** **307-276-3322** for details.



Diapers, Wipes, & Formula:

Hope Choice Pregnancy Center in Pinedale can supply diapers, wipes, and formula, as well as maternity and baby clothing. Hope Choice also operates a 24-hour helpline: **307-367-7077**.



Women, Infants & Children (WIC):

The Wyoming Department of Health administers the WIC program, which provides healthy food, nutrition education, and breastfeeding guidance. Call Teton County Public Health **307-734-1060** to learn more about the program, which offers services in both Pinedale and Marbleton.



Sublette County Library:

If you are in a Covid-19 quarantine or just prefer to self-isolate to minimize your exposure, the Sublette County Library has got you covered with a couple of good books, light magazines or a stack of DVDs to binge-watch. Simply let us know what materials we can bring right to you, free of charge. A library staff member will check library materials out to your library account and discreetly deliver them to your doorstep — no contact required. We are happy to travel out of town to deliver — if you live outside of Pinedale or Big Piney we will try our best to accommodate you.

Contact Judi Boyce at **Pinedale Library**, **307-367-4114**.

Contact Tawnya Miller at **Big Piney Library**, **307-276-3515**.

Mental Health Support:

- **The Disaster Distress Helpline 1-800-985-5990** is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including the COVID-19 pandemic. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call **1-800-985-5990** or text TalkWithUs to 66746 to connect with a trained crisis counselor.



- **Sexual Assault & Family Violence** crisis hotline **1-888-301-4435**, trained advocates are ready to take your call.



- **Sublette Prevention Coalition** substance abuse & suicide prevention: **1-307-749-5004**.



- **Veteran's Crisis Line / National Suicide Lifeline: 1-800-273-8255**.

- **High Country Behavioral Health 307-367-2111**, has a counselor on call.

HELP IS AVAILABLE

Health Needs:

If you are feeling ill, **please don't delay** in talking with your healthcare provider, or call the **Pinedale Clinic at 307-367-4133**, or the **Marbleton Clinic at 307-276-3306**. If you have a medical emergency, call 911.



Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

- Trouble breathing
- Persistent pain or pressure in the chest
- Inability to wake or stay awake
- New confusion
- Bluish lips or face

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

FOR WORKERS:

Paid Sick Leave:



The Families First Coronavirus Response Act requires certain employers to provide employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19. The Department of Labor's Wage and Hour Division (WHD) administers and enforces the new law's paid leave requirements. These provisions will apply from the effective date through December 31, 2020.

Generally, the Act provides that employees of covered employers are eligible for

- Two weeks (up to 80 hours) of paid sick leave at the employee's regular rate of pay where the employee is unable to work because the employee is quarantined (pursuant to Federal, State, or local government order or advice of a health care provider), and/or experiencing COVID-19 symptoms and seeking a medical diagnosis; or
- Two weeks (up to 80 hours) of paid sick leave at two-thirds the employee's regular rate of pay because the employee is unable to work because of a bona fide need to care for an individual subject to quarantine (pursuant to Federal, State, or local government order or advice of a health care provider), or to care for a child (under 18 years of age) whose school or child care provider is closed or unavailable for reasons related to COVID-19, and/or the employee is experiencing a substantially similar condition as specified by the Secretary of Health and Human Services, in consultation with the Secretaries of the Treasury and Labor; and
- Up to an additional 10 weeks of paid expanded family and medical leave at two-thirds the employee's regular rate of pay where an employee, who has been employed for at least 30 calendar days, is unable to work due to a bona fide need for leave to care for a child whose school or child care provider is closed or unavailable for reasons related to COVID-19.

Covered Employers:

The paid sick leave and expanded family and medical leave provisions of this act apply to certain public employers, and private employers with fewer than 500

employees. Most employees of the federal government are covered by Title II of the Family and Medical Leave Act, which was not amended by this act, and are therefore not covered by the expanded family and medical leave provisions of the FFCRA. However, federal employees covered by Title II of the Family and Medical Leave Act are covered by the paid sick leave provision.

Reimbursements to Employers: The FFCRA helps the U.S. combat the workplace effects of the coronavirus by giving tax credits to American businesses with fewer than 500 employees to reimburse them for the cost of providing paid sick leave and expanded family and medical leave as required by the law.

To determine if you qualify for this paid leave, check out the new interactive online tool at: <https://www.dol.gov/agencies/whd/ffcra/benefits-eligibility-webtool>

Unemployment Assistance:

Unemployment benefits are available to Wyoming people who have been negatively impacted as a result of the mitigation efforts to stop the spread of COVID-19. Eligible individuals include those who have lost their job through no fault of their own, are quarantined by a medical professional or a government agency, laid off or sent home without pay for an extended period by their employer, or caring for an immediate family member who is diagnosed with COVID-19. Program benefits also apply to self-employed individuals. This program is administered by Wyoming Workforce Services, which can be found on the web at: wyui.wyo.gov, or call **1-888-674-7699** for assistance.



Workers' Compensation:

If you believe COVID-19 was contracted at work, you may be eligible for workers' compensation benefits, which could include medical and indemnity (wage replacement) benefits. A claims analyst will determine if the illness qualifies for coverage. If the claim is denied, there is a process to object and request a hearing. Learn more at: <http://wyomingworkforce.org/covid19-resources/faq/> For questions about workers' compensation, please call **(307) 777-5476** or email DWS-AskMeWC@wyo.gov.



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