



Darrington Fire District 24 is the provider of fire, emergency medical, life safety, and rescue services for our community.

## 6 Simple Steps to Help Stop the Spread of COVID-19

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover your cough or sneeze with a tissue, then immediately discard the tissue in the trash.
- Practice safe social distancing. Make every effort to keep at least 6 feet between you and another person.
- Stay at home if you are experiencing any type of flu-like symptoms like coughing, sneezing, fever, runny nose, etc.
- Regularly disinfect surfaces in your home. A 1:10 solution of bleach to water in a spray bottle works well. Surfaces must remain wet for at least 60 seconds to help eliminate any contaminants.

## Standing United as a Community

Darrington is an amazing community. We know that our town will stand together to face this challenging and historic time. The City of Darrington, Darrington Fire District 24, Sauk-Suiattle Indian Tribe and many community partners are committed to help people through this process.

For information, please visit [darringtonfire.org/covid19](http://darringtonfire.org/covid19). The page will be updated regularly. So, please check back often if you have a need for additional information.

Last but not least, please make sure to look after one another. If someone needs help, don't be

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Darrington Fire has set up a website page that will provide the latest information about the COVID-19 Virus and the community's response to it. It will also be used to list resources available in town. Finally, it will contain a FAQ page to help answer the most common questions and concerns.

afraid to offer assistance, but please do it in a safe and healthy manner. It may be as simple as checking on a neighbor or calling a friend to see how they are doing. You could also offer help get groceries or other household items for people who need to extra precautions with social distancing.

Be strong and stay healthy!



## Darrington Fire Still Responding

Your Darrington Fire District 24 volunteers are still responding to calls for service. You may notice that crews are responding with extra gear, especially on emergency medical calls. Our new protocols set by Snohomish and Skagit counties requires us to use gloves and N95 masks or respirators. You may also see department members wearing surgical gowns or suits. All of this is to help protect the firefighter or EMT as they interact with patients.

Please know that just because personnel are wearing this extra protective equipment, it does not mean that they are treating someone for a suspected COVID-19 related emergency. All of our members wear this on calls to make sure they remain safe and healthy so that they continue to keep the community safe and healthy.

We are here to serve you. If you need assistance, please call 911 if it's an emergency or call the station for non-emergencies. Please do not come to the station as we are limiting all access into the building.

## Know the Key FACTS About Coronavirus (COVID-19)

1. COVID can possibly make anyone sick, regardless of their age, gender, race, or ethnicity.
  - Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are no less or no more at risk for spreading the virus.
2. For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.
  - Older adults and people of any age with underlying health conditions, such as diabetes, lung diseases, or heart disease, may be at a greater risk of severe illness from COVID-19.
3. Someone who has completed quarantine or has been officially released from isolation does not pose a risk of infection to other people.
4. You can help stop COVID-19 by knowing the signs and symptoms:
  - Fever, Cough, Shortness of Breath
5. Seek medical advice if you:
  - Develop symptoms AND have been in close contact with a person known to have COVID-19 or live in or have recently travelled from an area with ongoing spread.
  - Call ahead before you go the doctor's office or emergency room. Tell them about your recent travel or potential interactions with the virus and list your symptoms.
  - Follow any directions given



FEVER



COUGH



SHORTNESS  
OF BREATH