



# COVID Prevention

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<https://justpaste.it/3ycce> / <https://justpaste.it/3ycce/pdf>

WATCH FOR UPDATES IN REVERSE CHRONOLOGY

**Get free at-home COVID-19 tests:**

**National:** <https://www.covidtests.gov/>

For assistance, you can file a **service request**,  
or call the help desk at **1-800-ASK-USPS**.

**Washington State:** <https://sayyescovidhometest.org/>

Visit **Digital Assistant** for help taking your test.

1/28/2022

CDC: How to tell if an N95 is NIOSH Approved (PDF)

<https://www.cdc.gov/niosh/docs/2021-124/pdfs/2021-124.pdf>

1/27/2022

Ready for an N95? Here's how to find a high-quality one that fits you well

NPR: Updated January 19, 2022 2:47 PM ET

<https://www.npr.org/sections/health-shots/2022/01/15/1073273768/n95-mask-respirator-cdc>

1/25/2022

Nextdoor Vaccine Map - enter your zip code

<https://nextdoorvaccinemap.com/>

1/23/2022

Seattle PPE

<https://seattleppe.com/collections/our-best-sellers>

1/21/2022

via [eNewsletter](#) from Lisa Herbold, Seattle City Council

**Free Masks Coming:** Both the federal and state governments have recently announced the intention to distribute free masks. Here's what we know so far:

- President Biden [announced](#) last week that the federal government will be providing high-quality masks for free. This [article](#) has more details, including that masks are likely to be distributed through pharmacies and community health centers.
- On January 5<sup>th</sup>, [Governor Inslee announced](#) that Washington State will “release about 10 million masks... for distribution into local communities, including K-12 schools, in the coming weeks. Local and state emergency management distribution channels will be used, as well as local health departments and our K-12 infrastructure...”

Both efforts are likely to be widely covered in the media, so stay tuned. In the meantime, Public Health – Seattle & King County provides this [advice about high-quality masks](#). Looking for a credible place to buy N95 and KN95 masks? Check out the nonprofit [Project N95](#).

**MASK UPGRADE**  
Consider Fit, Filtration, & Comfort

Mask Type	Protection Level
 <b>N95</b>	Highest level of protection Filters 95% of particles
 <b>KF94/KN95 or Surgical</b>	More protection than disposable or cloth
 <b>Surgical or Disposable</b>	More protection than cloth
 <b>Cloth</b>	Better than no mask

*"KEEP YOUR MASK GAME STRONG!"*  
**DR. UMAIR SHAH**  
Washington State Secretary of Health



1/19/2022

**Washington state launching portal to deliver up to 5 free at-home COVID tests per household**

<https://www.king5.com/article/news/local/washington-state-free-home-covid-tests-omicron/281-966ddb4e-f336-4915-8a80-967aea7a0c85>

1/19/2022

**Biden administration to give out 400 million free N95 masks**

<https://www.cbsnews.com/news/n95-masks-free-400-million-biden-administration-covid->

[response/](#)

The free masks will be made available to the public at thousands of local pharmacies and community health centers nationwide starting late next week.

Shipments of the free masks will come out of the country's Strategic National Stockpile, which federal officials have cited as a key part of their efforts to shore up domestic mask makers.

1/18/2022

**Order online free at-home COVID-19 tests:** <https://www.covidtests.gov/>

1/4/2022

**Project N95** is the National Clearinghouse for personal protective equipment and COVID-19 tests.

<https://www.projectn95.org/>

1/4/2022

**Find COVID-19 vaccine appointments.**

<https://vaccinelocator.doh.wa.gov/?language=en>

Washington State zip codes

For COVID-19 Information Hotline, dial **1-800-525-0127**, then press #.

Language assistance is available.

1/3/2022

**Twitter: Videos** posted by Eric Feigl-Ding @DrEricDing

The coronavirus is airborne. Very airborne.

Even if you don't see anyone—doesn't mean the aerosols aren't in the air.

You need high quality N95 / KN95 / KF94 / FFP2/ FFP3 masks.

Please ventilate, get HEPA filters, get upper room UV.

**Thread has 10 posts + comments**

<https://twitter.com/DrEricDing/status/1471054758085632002>

1/2/2022

**Mask Effectiveness Chart**

Time it takes to transmit an infectious dose of COVID-19 (prepared before Omicron)

<https://drive.google.com/file/d/1EjKjI5zin061kUYdaX56JnPNyIk2osWS/view?usp=sharing>

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## More COVID Resources

<https://tinyurl.com/AG-COVID>