Let’s Talk COVID-19 Vaccines:

When You Hear: You Can Say:

I don’t believe the vaccine is right for me. I understand your concern, but I personally want to make a choice that will keep my family safe...

I’d rather wait and see how the vaccine impacts others before I get it myself. I understand why you might think that way, but if everyone chose to wait, the impact to those at higher risk might be worse...

Do we get to stop wearing a mask if I get the vaccine? No, we still have to wear a mask in public, but you don’t have to wear a mask around family or friends if they’re also vaccinated...

I’m worried about the risks of getting vaccinated. I hear you. But you also take risks daily that could be worse, and I think it’s important to keep that in perspective...

I’m concerned about the side effects after getting the vaccine. That makes sense. When I got my shot, I felt it the next day. But the side effects of the vaccine don’t compare to what might happen if you get COVID-19...

...and that’s why I’m getting vaccinated.

If you need assistance:

For vaccine appointments: www.bit.ly/snocovaccine or (425) 339-5278

For support with food, rent assistance, and more: Dial 2-1-1 or (425) 405-2004
Verdant Community Impact in 2020

By The Numbers

All numbers approximate

3,000 class participants and clients supported through Verdant services and programs
50,000 people served by Verdant grants in 2020

Verdant Grant Investments

- Behavioral Health $1.7m / 21%
- Childhood Obesity $1.1m / 13%
- Access to Healthcare $188,000 / 4%
- Dental Access $600,000 / 8%
- Supporting Seniors $1m / 12%
- Other Prevention $1.5m / 18%
- Building Healthy Communities Fund $1.1m / 13%

COVID-19: $885,000 / 11%
- COVID-19 Behavioral Health $346,000 / 4.5%
- COVID-19 Food Security $318,000 / 4%
- COVID-19 Testing $40,000 / 0.5%
- COVID-19 Testing $40,000 / 0.5%

Total Investments $8.2m (approx)

Build your mental health awareness

Help us end mental health stigma so no one struggles in silence.
- 1 in 5 U.S. adults experience mental illness each year, but less than half get treatment.*
- 17% of youth aged 6–17 experience a mental health condition.*
- Sharing your story not only helps your own mental health journey, it also lets others know they are not alone.

For 24-hour help, call 1-800-584-3578 or visit imhurting.org for crisis chat.

* Source: National Alliance on Mental Illness

Join Us for Classes and Programs

Virtual
Pre-registration required online

Conversaciones Cruciales: Hablando francamente del Sexo con Nuestros Hijos (Crucial Conversations: Speaking Frankly About Sex with our Children offered in Spanish / en español)
Tuesday, June 1, 2021 from 6:30–8:30 p.m.

Cooking Demo – Recipes Fresh from the Farmer’s Market (offered in English)
Tuesday, June 29, 2021 from 6-7 p.m.

Cooking with Plant-based Proteins (offered in English)
Wednesday, July 7, 2021 from 6-7 p.m.

Understanding How Nutrition Supports Your Mental Health (offered in English)
Tuesday, July 20, 2021 from 6-7 p.m.

In Person

Outdoor activities being developed
Stay tuned for details about a few outdoor, physically distanced activities this summer to keep you socially connected. We are planning on hosting a community walking program and fun, park-based activities.

Visit verdanhealth.org, follow us on Facebook or Twitter, or click the QR code above for more information on all these upcoming classes and programs!

When you are fully vaccinated

Message from the Superintendent

COVID-19 vaccines are effective in protecting you from getting the virus. Based on research, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic. According to the Centers for Disease Control (CDC), you are fully vaccinated two weeks after you complete the second dose in a 2-dose series or receive the single-dose vaccine.

Once fully vaccinated, you can:
- Gather indoors without a mask with other vaccinated people
- Gather indoors without a mask with one household of unvaccinated people who are not at risk for severe illness
- Travel domestically without quarantining after travel

What you should keep doing:
- Continue to wear a mask and stay 6 feet apart from others in public
- Avoid medium or large-sized gatherings
- Watch for symptoms of COVID-19
- Follow the guidance for your workplace

The Verdant Health Commission is dedicated to providing you timely information that will help you make good decisions about your health and wellness. By working together, we can protect ourselves and our loved ones from COVID-19.

Wishing you good health,

Lisa Edwards, EdD
Superintendent

Visit verdanhealth.org, follow us on Facebook or Twitter, or click the QR code above for more information on all these upcoming classes and programs!
The Verdant Health District provides support for a variety of community programs. Most are led by community members who understand the unique challenges of living in South Snohomish County. For a list of the current programs, please visit us online or call (425) 582-8600.


dates grant applications are accepted:
March 27-28, 2021
April 16-27, 2021
November 15-26, 2021
Hablemos de COVID-19

Cuando escuches:

Puedes decir:

No creo que la vacuna sea adecuada para mí.

Entiendo su preocupación, pero estoy tomando la decisión que considero más segura para mi familia...

Prefiero esperar y ver cómo afecta la vacuna a los demás antes de recibirla yo mismo.

Entiendo por qué podría pensar de esa manera, pero si todos optaran por esperar, el impacto en las personas con mayor riesgo podría ser peor...

¿Podemos dejar de usar una mascarilla si me ponen la vacuna?

No, todavía tenemos que usar una máscara en público, pero no es necesario que use una máscara con familiares o amigos si también están vacunados...

Me preocupan los riesgos asociados con la vacuna.

Te entiendo. Pero también tomas riesgos todos los días que podrían ser peores, y creo que es importante mantener eso en perspectiva...

Me preocupan los efectos secundarios después de recibir la vacuna.

Eso tiene sentido. Cuando recibí mi vacuna, la sentí al día siguiente. Pero los efectos secundarios de la vacuna no se comparan con lo que podría suceder si contrae COVID-19...

...y es por eso que me voy a vacunar.

Si necesita ayuda:

Para citas de vacunas:
www.bit.ly/snocovaccine o (425) 343-8492

Para obtener ayuda con alimentos, asistencia para su renta, y más:
(425) 405-2004