

- **Temporary Assistance for Needy Families (TANF) and WA WorkFirst:**
 - All TANF applicants and current recipients after 4/1/20 will be granted a **Time Limit Extension (TLE) when they reach the 60-month time limit** for program participation. This extension will remain in place for the duration of the COVID-19 emergency.
 - **All WorkFirst sanctions and terminations are suspended as of March 16, 2020.**
 - **Participants who were terminated from TANF in the sanctions process will no longer have to cure their sanction prior to restarting TANF benefits.** Participants should contact their WorkFirst case manager or apply on the [Washington Connection website](#) to restart benefits.
 - **TANF participants are not required to participate in WorkFirst activities.** While WorkFirst activities are still available, a participant's benefits will not be impacted for failure to participate.
 - **Orientations will be conducted at home**, either on the computer or via telephone, and in-person orientations have been suspended.
- **If you are on Aged, Blind, and Disabled (ABD), the state will not enforce sanctions** due to the participant's inability to follow required treatment, vocational rehabilitation, and/or SSI requirements.
- **If you are on Basic Food Assistance (BFA) for Able-Bodied Adults Without Dependents (ABAWDs) you will NOT be terminated from BFA** after the typical 3 months and do not need to meet any eligibility requirements to remain on the program.
- If you do not have **healthcare** during this time, you may now qualify for special enrollment period for Apple Health/Medicaid in Washington State. This period of enrollment **is open through May 8, 2020. Visit wahealthplanfinder.org to enroll.**
- **Federal stimulus checks** are in the process of being sent out to many Americans— but anyone that does not have direct deposit information with the IRS need to either file their taxes or use the [IRS Non-Filer tool](#) to receive their check. Anyone on SSI, SSDI, TANF, or who filed 2018 or 2019 taxes should be covered already and can check the status of their check [here](#).
- **If you lost your job because of COVID-19, you may be eligible for state unemployment benefits and should apply here: <https://esd.wa.gov/unemployment>.** Under the federal CARES Act, eligibility is extended to part time workers, gig workers, home care workers, and more.
- As of April 17th, households can apply for the **Disaster Cash Assistance Program (DCAP)** on the [Washington Connection website](#) **if you are not eligible for other cash assistance programs and regardless of immigration status.** More information [here](#).
- If you are **applying to DSHS programs during this time, apply online and not by phone** so that you will not face long wait times or be kicked off the wait list because of overcapacity. Make sure to double check that the information you provide is correct!
- To stay updated on changes to government benefits due to the coronavirus crisis, you can **sign up [here](#) for email alerts** from Statewide Poverty Action Network. Make sure to provide your **name, email, and mobile phone number** to stay updated.