



ISLAND COUNTY PUBLIC HEALTH

Administration

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ISLAND COUNTY COVID-19 Updated Community Guidance May 5, 2020

Island County Public Health wants to make sure that the citizens of Island County have access to reliable guidance surrounding COVID-19. We will be updating our guidance to the community weekly and hope that you will use this to help inform and empower yourself and our community.

Stay Home, Stay Healthy

While [Stay Home, Stay Healthy is being extended to the end of May](#), the governor announced his Safe Start plan, which amends some components of the original order and initiates reopening measures. Continue to follow guidance to prevent further spread and minimize impacts of COVID-19.

- We have recently seen very few new cases of COVID-19 in Island County, and in order to sustain this trend, all residents need to continue following all parts of the Governor's order.
- The Governor's order must be lifted slowly, like the turning of a dial. If we move too fast in re-opening, we risk having to completely shut down again. The Governor's [Phased Plan](#) for reopening requires that certain criteria are met in order to move through each phase. Please see the [new risk assessment dashboard](#) for more information.
- Washington State is currently in Phase 1. When adequate physical distancing is not possible, it is recommended to wear a cloth mask. Wash both your hands and mask as frequently as possible to protect others.

Widespread Community Testing

We are cautiously optimistic as we look to the future and consider what reopening means for our community. A number of key things must be in place before we can reopen safely, one of which is good data on how many people actually have COVID-19. This component will require widespread testing in Island County.

- All counties in Washington have been instructed to test a large portion of their population for COVID-19. As part of this effort, Island County Public Health, WhidbeyHealth, and a variety of other community partners are working together to test a wide variety of people from all regions of Island County for COVID-19.
- Community members can do their part to help reopen Island County by participating in COVID-19 testing. COVID-19 testing will be provided to community members at no cost- regardless of insurance or symptom status. Beginning May 13th, mobile testing locations will be available on Camano Island, and South, Central, and North Whidbey Island.

- If interested in getting tested, participants should first take the COVID-19 survey available on the [Island County COVID-19 website](#).

Essential Medical Care

Throughout the state and country, the number of people seeking emergency care for heart attack and stroke has dropped. While it is possible that this is the result of less heart attacks and strokes, it is likely that people are choosing not to visit the hospital to avoid COVID-19 exposure.

- Although some medical systems are overwhelmed, hospitals and emergency rooms that serve Island County are able to treat non-COVID patients.
- It is important to [receive medical care](#) as soon as possible, if you are having or think you may be having a heart attack or stroke. If you do not seek treatment or delay treatment, much more damage to your heart or brain may occur, and this damage could be irreversible.
- Emergency medical services (EMS) and our hospitals have taken great care to plan for how they will keep people safe from COVID-19. They have equipment and protocols set in place to make sure they can bring people to the hospital and treat them safely during a medical emergency.

Contact Us

If you have questions or concerns about COVID-19 in Island County, start by visiting our [website](#) or our [Facebook](#) page.

Join Erin Wooley, Chief Nursing Officer, with WhidbeyHealth, and Keith Higman, Island County Health Services Director this Friday, May 8th at 3pm on [Facebook Live](#)!

Public can contact the Island County call center at **360.678.2301**.

Monday through Friday, 8:30 am to 4:30 pm; Saturday and Sunday, 9:00 am to 4:00 pm.