



ISLAND COUNTY PUBLIC HEALTH

Administration

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ISLAND COUNTY COVID-19 Updated Community Guidance May 12, 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.

Community-Wide 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 by Governor Inslee 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. This will be viral-PCR testing and not antibody testing.
- Community members are encouraged to participate in the COVID-19 testing. Individuals must complete an online survey and be scheduled for testing. Beginning May 13th, mobile testing locations will be available on Camano Island, and South, Central, and North Whidbey Island.
- COVID-19 testing will be provided to community members with no out-of-pocket cost to the person being tested. If selected for testing, insurance information may be collected at the time of testing in case Island County has the opportunity to request reimbursement from insurance companies.

Reopening WA

While [Stay Home, Stay Healthy](#) has been 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 seen very few new cases of COVID-19 in the last week in Island County, and in order to continue 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 reopening, we risk having to completely shut down again. Please see the [new risk assessment dashboard](#) for additional information regarding key data points used to advise reopening decisions.

- Island County is currently in Phase 1. Safe Start plans and guidance for reopening businesses and services may be found on the [coronavirus response page](#).

Essential Medical Care

Make sure to get essential medical care that you need during the COVID-19 pandemic. 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. 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.
- Island County Human Services is staffing a Mental Health Help Line offering free and confidential support for the people of Island County. Call with any questions, if you need help navigating available resources during the COVID-19 pandemic, or just would like to talk to someone.
360.678.2346 (M-F 10am – 8pm and Weekends 9am – 5pm)
- Kids still need their shots. One unfortunate side effect of COVID-19 pandemic has been the large drop in the number of immunizations given to children, both in Washington and nationally. Talk to your doctor, nurse, or clinic about ways you can [get your kids vaccinated](#).

Contact Us

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

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.