



ISLAND COUNTY PUBLIC HEALTH

Administration

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COVID-19 COMMUNITY GUIDANCE

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As a result of the widespread global transmission of COVID-19, we expect to see more cases locally and across Washington State.

Island County Public Health is actively monitoring the situation and is working closely with the Washington State Department of Health and our regional partners. Our staff investigate any suspect cases and are working with travelers returning from affected international locations to ensure home isolation protocol is followed. Staff is also communicating with local medical providers to assess response needs and to provide timely guidance to our community.

Many people are understandably anxious. It is important to remember that most coronavirus illnesses are mild with fever and cough and often resemble the symptoms of flu and colds; the majority of cases do not require hospital care.

There are a number of steps that individuals can take to reduce the spread of novel coronavirus. Public Health recommends that organizations and individuals prepare now in order to reduce the number of illnesses and negative effects that could occur in our community. General guidance and additional resources are provided below.

General Guidance

Personal Hygiene

- More hand washing; less face touching. Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
- Regular use of alcohol-based hand sanitizer covering all surfaces of the hands and rubbing them together until dry will decrease risk that the virus is transmitted to you or other people.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.

Be Prepared at Home

- Have a plan to care for family members should they get sick or schools/offices be closed.
- Know your workplace telecommute options and school/daycare policies.
- Stock up on food supplies and prescription medications now, so you don't have to leave your home if you or someone in your household becomes infected.

Additional Resources

For the General Public

- [Novel Coronavirus Fact Sheet](#) (available in 11 languages)
- [How Can I Be Prepared for a COVID-19 Outbreak](#) Washington State Dept. of Health
- [Community and Community Organization Resources and Recommendations](#) Washington State Dept. of Health
- Printable Poster: [Stop the Spread of Germs](#)

For Schools

- [Guidance for Administrators of US Child Care programs and K-12 Schools to Plan, Prepare and Respond to Coronavirus Disease](#) CDC
- [Information for School Nurses and Administrators](#) Washington State Dept. of Health

For Workplaces and Employers

- [Workplace Recommendations](#) Washington State Dept. of Health
- [Guidance for Businesses and Employers](#) CDC

For Health Care Professionals

- [Information for Healthcare Professionals including Health Alert Network Updates, Interim Guidance for Care, and Publications](#) CDC
- [Health Care Provider Resources and Recommendations](#) Washington State Dept. of Health

For Senior Centers

- [Senior Center Administrator and Employee Resources and Recommendations](#) Washington State Dept. of Health

For Travelers

- [Coronavirus, Travel and the Changing Situation](#) *Public Health Insider*
- [Health Alert for Travelers from China in English and Chinese](#) CDC
- [Travel Health Notices](#) CDC

The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington State, how the virus is spread, and what to do if you have symptoms, please call 1-800-525-0127 and press #.

Additional Updates are available from the [Federal CDC](#) and [Washington Dept. of Health](#)