



ISLAND COUNTY PUBLIC HEALTH

Administration

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ISLAND COUNTY COVID-19 UPDATE

March 9, 2020

Island County Public Health wants to keep you as informed as possible about continuing developments surrounding novel coronavirus and our response within the county. We plan to send updates regularly with information on current events, answers to common questions, and to highlight new or updated guidance related to COVID-19, the novel coronavirus.

Update on COVID-19 numbers

The WA State Dept. of Health website (www.doh.wa.gov/coronavirus) is updated daily with the number of people confirmed to have positive cases and the number of people who have died of COVID-19 in Washington State.

As of this writing, **0 people in Island County have tested positive** for COVID-19. For Washington State, 162 have tested positive, including 21 deaths.

It is very likely we will see more people with COVID-19 identified in the coming days, which is actually a sign of the public health system working and identifying cases more rapidly due to increased testing.

News and Guidance

➤ **Call center to take your questions**

This weekend we opened a weekend call center to answer community questions.

The **Island County** call center is available:

8:30 a.m. to 4:30 p.m. Monday through Friday

9 a.m. to 4 p.m. Saturday and Sunday

Island County call center can be reached at **360-678-2301**.

Additionally, the Washington State Dept. of Health has also opened and expanded a call center to answer more questions, quicker.

The WA State Dept. of Health call center is available from 6 a.m. to 10 p.m., seven days a week, at **1-800-525-0127**.

➤ **Top Ten Ways To Protect the Public's Health**

1. **Wash your hands.** Frequently. For 20 seconds. And don't touch your face. Don't panic if you are struggling to find hand sanitizer in the stores. Soap and water will work just fine.
2. **Cover your cough.** Please! If you don't cover your cough or sneeze, the droplets can travel up to six feet. This is exactly how diseases like COVID-19 spread.
3. **Give people space.** Do your best to stay more than six feet away from other people. Avoid hugs and shaking hands. Try to find creative ways to greet your friends or family that don't require touching.
4. **Disinfect hard surfaces.** Clean areas like tables, doorknobs, and phones. Coronaviruses like COVID-19 can live on hard surfaces for hours to days. Disinfect high traffic areas frequently.
5. **Stay home if you are sick!** If you have a fever and cough, stay home until your fever has been gone for 72 hours. Staying home while sick protects your friends and loved ones, some of whom may be at high risk for becoming severely ill from viruses like COVID-19.
6. **Be prepared.** Public health officials may ask you to limit travel outside your home — maybe because of your specific exposure or illness, or maybe as part of a request to an entire community. Be prepared to stay home for 14 days. Do you have enough food to last? Books? Board games? Do you need a crate of toilet paper? No. But make sure you have enough meals and snacks to keep you comfortable at home.
7. **Limit opportunities for exposure.** If you are at high risk of severe illness (i.e., over 60, have underlying health conditions or are pregnant) it is recommended to not attend large events and gatherings.
8. **Relax.** If you do not have symptoms, you can go to work, school, or childcare. State public health officials have not yet asked any schools or workplaces to close because of COVID-19. However, to protect people or to clean, some schools and workplaces have made this decision. We encourage everyone to learn current information, use informed judgement, and make choices that are best for your business, school, place of worship, or community.
9. **Follow travel advisories.** [CDC Travel Health Notices](#) inform travelers and clinicians about current health issues that impact travelers' health, such as disease outbreaks like COVID-19. Also check the [U.S. State Department travel advisories](#) before booking international travel.

10. **Practice compassion.** Avoid jumping to conclusions about people who may cough or sneeze at work. It is cold and flu season and people have allergies. Don't grill your friends about their health conditions; instead, show them your support by offering them water, a tissue, and by making sure they have **reliable information about COVID-19**.

➤ **Get and spread reliable information on COVID-19**

Fight stigma, public panic, and misinformation by getting your information from trusted sources.

Please check our website at for current Island County information:

www.islandcountywa.gov/Health/Pages/COVID-19.aspx

and www.doh.wa.gov/coronavirus for information on state-wide efforts.

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 **1-360-678-2301**.

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Saturday and Sunday, 9:00 am to 4:00 p.m.