



Always working for a safer & healthier Grant County



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Updates for COVID-19 in Grant County, WA

Grant County COVID-19 Updates

Always working for a Safer & Healthier Grant County!

Updates for COVID-19 in Grant County will be posted as information becomes available. For more resources and information on COVID-19 please [click here](#).

2019 COVID-19 (novel coronavirus) in Grant County

Tables will be updated at 5:00pm

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Search:

CASE COUNT	LAST UPDATED:
Positive (includes deaths)	3/28/2020 (17:00)
Deaths	50
Negative	1
	229

Probable	30
Currently Hospitalized	5
Estimated number of pending test results	174

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Search:

SEX (AT BIRTH)

Male	21
Female	29

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Search:

AGE RANGE IN YEARS

0-18	4
19-40	14
41-60	20
61-80	11
80+	1

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Search:

COMMUNITY OF RESIDENCE

Coulee City	0
Ephrata	4
Grand Coulee	0
Mattawa	8
Moses Lake	8

Quincy	28
Royal City	1
Soap Lake	1
Warden	0

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Probable: individuals that have COVID-19 symptoms and are a close contact of a confirmed case. Tests may be pending.

March 28, 2020 – 5:00pm

COVID-19 Update 3/28/20

Six (6) more confirmed cases of COVID-19 were reported to GCHD since our last update, bringing the total of Grant County cases to 50. The most recently confirmed cases are residents of Moses Lake, Quincy, and Soap Lake. Full demographics can be found above.

The people in Grant County that have tested for positive for coronavirus are just like anyone else. They've been to work, the grocery store, and places of worship. They've visited friend's and family's homes and the doctor's office. The virus is around us wherever we go. People may not know they have the virus which makes it important that everyone stay home, except for essential needs.



Stay Home. Stay Healthy.

Do:

- Stay home as much as possible.
- Go out for essential needs, such as grocery or medical care.
- Get outside, but avoid groups and stay six feet away from others
- Call, e-mail and connect online with friends and family.

Don't:

- Gather in groups for any purpose, at home or outside.
- Buy more than you need when shopping. Save some for your neighbors.

Source: Washington State Joint Information Center

STAY HOME! STAY HEALTHY!

March 27, 2020 – 5:00 pm

Five (5) more confirmed cases of COVID-19 were reported to GCHD since our last update, bringing the total of Grant County cases to 44. Three of the newest cases are Quincy residents and the other two are Mattawa area residents.

GCHD staff worked with the Moses Lake School District today to identify and call close

contacts of the staff member who was recently diagnosed with COVID-19.

Our investigations of other cases are ongoing as well and we will be working through the weekend.

Please **stay home and stay healthy** this weekend.

March 26, 2020 – 5:10 pm

Six (6) more confirmed cases of COVID-19 were reported to GCHD since our last update, bringing the total of Grant County cases to 39. Two of the newest cases are Quincy residents, two are from Ephrata, and two are from Moses Lake. There was an additional patient hospitalized.

During our investigations with confirmed cases, we have noticed many patients started their illness with milder, less obvious symptoms of COVID-19 such as fatigue, muscle aches, stomach ache and headache. We are asking everyone to please pay attention to any symptoms that are out of the ordinary. Consider calling your healthcare provider for advice, and out of an abundance of caution, please stay home and avoid others. People can be contagious even with mild symptoms or no symptoms at all.

March 25, 2020 – 5:20 pm

Six (6) more confirmed cases of COVID-19 were reported to GCHD in the last 24 hours, bringing the total of Grant County cases to 33. Four of the newest cases are Quincy area residents, one is from Ephrata, and one is from Royal City. There are also 32 probable cases under investigation and numerous tests pending with results expected in the next few days.

Starting today, we have begun to count symptomatic contacts of confirmed cases as “probable” cases, which is why there was a significant jump in this number today. For example, when a person in a household tests positive for COVID-19, if any of their household members become ill with COVID-19 symptoms, they are considered as “probable” cases. This will help us to better track cases when test results are not available, either because they are pending or if the patient was not tested.

At midnight tonight, the Governor’s “Stay Home, Stay Healthy” order will go into effect and will last until midnight on April 6th.

This is what Governor Inslee had to say in his speech on Tuesday about his new order:

*“It’s time to hunker down in order to win this fight. So, tonight, I am issuing a **“Stay Home” order** to fight this virus. This is Washington’s “Stay Home, Stay Healthy” order. This includes a ban on all gatherings, and closures of many businesses, unless those **businesses are essential** to the healthy functioning of our community, or are able to let employees work remotely from home.*

It is still safe to go outside using social distancing of six feet, but only for essential purposes. The grocery stores, doctor’s offices and other essential businesses will remain open. This also does not prohibit people from merely going outside to enjoy a walk on a sunny spring day.

So life will go on, but for all of us in every part of Washington, with this in mind: Stay Home,

Stay Healthy. The less time you spend out in public, the more lives we can save; the more time we can buy to fight the waves coming down on us now and in the immediate future.”

We here at GCHD appreciate all the support and cooperation from our Grant County Community. Together we can get through this.

March 24, 2020 – 5:00pm

Two (2) more confirmed cases of COVID-19 were reported to GCHD since our last update, bringing the total of Grant County cases to 27. Both cases are Moses Lake residents.

We are asking for patience from healthcare providers, community members and community officials/staff regarding our communication of COVID-19 tests results. The test results are taking 3-10 days depending on which lab the provider submits to. By the time the results are received at GCHD any person who did not follow the orders to stay home may have exposed several additional people to the virus. We understand the public and providers are wanting more information given to them in a quick manner, but unfortunately, this is not always our experience either due to testing variables at labs and healthcare facilities.

The positive results we get now are a picture of what our communities looked like 3-10 days ago. There is still limited testing ability because COVID-19 is a global pandemic and all healthcare facilities need the same supplies. It is important to know that this virus is in all our communities. It is with us where we shop, play, and work which is why it is crucial everyone stays home! Only go out for essential needs like groceries or doctor visits. Even then, send as few people as possible. We need to stay home to stay healthy!

For more information and resources on COVID-19, please see our website: <http://granthealth.org/2019-novel-coronavirus-2019-ncov/>

March 23, 2020 – 5:00pm

Two (2) more confirmed cases of COVID-19 were reported to GCHD since our last update, bringing the total of Grant County cases to 25. Both new cases are Quincy residents. There are also five (5) probable cases under investigation and numerous tests pending in all communities in Grant County.

COVID-19 is in Grant County and is not limited to specific communities, work sites, or people with positive test results. Everyone should be staying home as much as possible and only going into public when necessary. Staying home slows the spread of COVID-19. We should stay home to flatten the curve. We should stay home so our healthcare facilities can continue to serve those who are sick and conserve resources. We should stay home for family, friends, and others we know who are elderly, immunocompromised or have other underlying health concerns like diabetes, heart disease or COPD. Who can you stay home for today?

Today at 5:30 Governor Jay Inslee will be addressing the state. You can view his address at: <https://player.invintus.com/?clientID=9375922947&eventID=2020031185>

Stay Home. Stay Healthy. Stay Happy.

March 23, 2020 – 4:00pm

To: All Businesses and Employers in Grant County
From: Grant County Health District
Subject: Health Officer Recommendations to Slow the Spread of COVID-19

COVID-19 is in Grant County and is not limited to specific communities, work sites, or people with positive test results. Companies need to take steps to limit the spread of infection, both within their business and in the communities they work.

If employees have been given quarantine or isolation order, they must be followed. Cooperation and compliance with a Health Officer directive is required in accordance with WAC 246-101-425 (<http://apps.leg.wa.gov/WAC/default.aspx?cite=246-101-425>). Non-compliance with the Health Officer's directive may constitute a violation of state law RCW 70.05.120 and WAC 246-110-020 (<http://apps.leg.wa.gov/wac/default.aspx?cite=246-110-020>).

The Grant County Health Officer is advising the following measures be implemented at all places of employment:

- 1) All employees should be screened for coronavirus symptoms each day and excluded if symptomatic.
 - a. Have a plan to screen employees or volunteers every day. CDC guidelines identify the key symptoms to watch for as fever, cough and shortness of breath. We have a symptom monitoring form that can be used on our website in both English and Spanish:
<http://granthealth.org/2019-novel-coronavirus-2019-ncov/>
- 2) Social distancing recommendations must be met (i.e., limit contact of people within 6 feet from each other for 10 minutes or longer).
 - a. Establishments should ask themselves: how close will people be and for how long? Ensure that your business is organized in such way to avoid close contact between people as much as possible, including at areas used for breaks or where employees may gather. Washington Department of Health advises that "being within 6 feet of a sick person with COVID-19 for about 10 minutes" constitutes close contact which could result in exposure.
 - b. Consider: If your store's traffic meets the DOH criteria above, what can you do to mitigate that? Possibilities may include setting limits on the number of people you allow in your business, marking out 6-foot intervals with tape on the ground for lines, or moving to an app (such as waitlist.me, skiplino or others) that allows customers to queue in their cars.
- 3) It is recommended that all employees wear nose and mouth coverings such as a bandana or sewn mask at all times within the workplace. It is inappropriate for the general public or workplaces to divert any healthcare supplies, including surgical masks or other PPEs for public use. It is therefore explicitly recommended that businesses and the public use nontraditional face covers or cloth masks instead
- 4) CDC guidelines identify the key symptoms to watch for as fever, cough and shortness of breath. Signage should discourage attendance for any person who has these symptoms. There is a sign available on our website that can be put on doors in both English and Spanish:
http://granthealth.org/wp-content/uploads/2020/03/Regional_DoorPoster_3.20.pdf
- 5) Proper hand hygiene and sanitation must be readily available to all employees, volunteers, and visitors.
 - a. CDC recommends that people wash their hands often, and if soap and water is

not readily available, use hand sanitizer that contains at least 60% alcohol, and to avoid touching your eyes, nose and mouth with unwashed hands. If handwashing is not available, provide easy access to hand sanitizer and hand sanitizer stations and request employees and customers to abide by personal hygiene recommendations.

6) Clean and disinfect high touch surfaces frequently and at least daily. a. Ensure a clean and sanitary environment. Have employees disinfect frequently touched surfaces such as doorknobs, tables, desks, and handrails. Cleaning and sanitizing guidance can be found on our website: <http://granthealth.org/wpcontent/uploads/2020/03/COVID-19-Janitorial-Guidance.pdf>

7) Older adults and individuals with underlying medical conditions that are at increased risk of serious COVID-19 are encouraged not to attend, including employees. a. Employees in high risk groups could be separated from other employees when possible or given tasks that minimize their exposure to the general public. For groceries, banks, and other essential establishments, consider implementing dedicated times exclusively available for highly vulnerable populations to come to your business.

Grant County Health District thanks and commends all the businesses who have already implemented measures to slow the spread of COVID-19. We know these measures are disruptive and inconvenient, but we are confident if we continue to carry out public health interventions together we will slow the spread of COVID-19 and help protect members of our community during this unprecedented time We are all in this together! (some language adapted from Public Health Seattle-King County)

March 22, 2020 – 5:00 pm

Five (5) more confirmed cases of COVID-19 were reported to GCHD since our last update, bringing the total of Grant County cases to 23. Of the five new cases, two are Quincy area residents, two are from Mattawa and one is from Moses Lake. There are also three probable cases under investigation and numerous tests pending.

We are currently dedicating nearly 100% of our staff time responding to this outbreak and, as of yesterday, have temporarily switched to a seven days-a-week operation to enable us to continue this work through the weekends. We are working closely with healthcare providers, clinics and hospitals to ensure positive results, as well as any patients being tested, are reported to us immediately so we can start investigating cases as soon as possible.

We have received questions about our “shelter-in-place” advice for high risk groups. Shelter-in-place essentially means, please stay home. Do not go to the store, do not go to work and try to avoid contact with people outside your immediate household. It is *recommended* that everyone do these things as COVID-19 is spreading in our communities and exposures can occur any time you are out in public.

Stay Home. Stay Healthy. Stay Happy.

March 21, 2020 – 5:20 pm

Seven (7) more cases of COVID-19 were reported to GCHD in the last 24 hours, bringing the total number of Grant County cases to 18. Five of the most recent cases are Quincy Residents. The other two are from Mattawa. Even though there has been significant spread in Quincy and

Mattawa, there are pending tests from all communities and we should expect cases will be confirmed in other parts of the county.

If you have been identified as a close-contact to a confirmed or suspected case, or if you have been tested for COVID-19, you have probably received a call from us (or will be hearing from us soon). We have contacted hundreds of people connected to these 18 cases, as well as almost everyone who has been tested for COVID-19 from our county. We do this so that people who had close contact with suspected and confirmed cases can be told to “quarantine” at home for 14 days, to prevent potential spread of the virus, and monitor themselves for signs of illness. When someone does have signs of illness (symptoms) or if they are tested for COVID-19 (regardless of symptoms), they are told to “isolate”. This means not only must they stay home, but they must also isolate themselves from other people in their household.

If you are told to quarantine or isolate, PLEASE follow these orders. We will not be able to contain, or control all spread of COVID-19 but we can reduce the spread and minimize the overall impact this pandemic has on our communities.

March 21, 2020 – 4:00pm

We are seeing a rise in cases of COVID-19 in our communities. Test kits are limited and not everyone who has COVID-19 will be tested. The virus is not limited to those who have positive results or symptoms. Yet people with the virus and no symptoms unknowingly pass the virus to others. At this time, you should use all precautions to protect yourself and others. There is community spread within Grant County and you may have contact with people who are ill every time you go out into public places such as the grocery or other stores and the doctor’s office. Do whatever you would do if you knew someone with COVID-19 was in the public places you are, because it is out there. Stay home as much as you can. If you do need to go out, stay 6 feet away from people when possible, wear a mask, and wash your hands as soon as you get home.

When we get a confirmed case of COVID-19, we are only releasing information about locations where close contact is likely to be such as school classrooms and job sites and even then, only directly with those groups. More casual contact like at grocery stores or other retail locations have a lower risk of prolonged exposure so we will not be releasing information about those locations.

Whether or not you are tested, the recommendation is the same: PLEASE STAY HOME!

March 21, 2020 – 2:00pm

Grant County residents who are at higher risk for severe illness with COVID-19 are being advised by our Health Officer to “shelter-in-place” at this time. This includes those 60 years old or older, and those with underlying health conditions (diabetes, heart disease, lung disease) or are otherwise immunocompromised. There are increasing numbers of positive COVID-19 cases linked to the communities of Quincy and Mattawa. The virus is likely spreading in other communities as well. All other residents should be practicing strict social distancing (at least 6’ separation). Stay home as much as possible and avoid contact with people outside your immediate household. For more information about sheltering-in-place for high risk groups, go to our website: <http://granthealth.org/2019-novel-coronavirus-2019-ncov/>

March 20, 2020 – 5:20 pm

There were three (3) new confirmed cases of COVID-19 reported today, bringing the total to 11 cases in our county. Two are residents of Quincy, one male and one female, and the other patient is a male Moses Lake resident. One of the Quincy patients is a close contact of a previously reported case. We now have confirmed cases in four Grant County Communities with the addition of the patient from Moses Lake.

We expect the virus is present throughout our county and are urging residents to protect themselves and their families by limiting their public exposure and exposure to anyone outside of their immediate family.

In addition to staying at least 6 ft away from others, **if you must go out in public, it is now appropriate and recommended to cover your mouth and nose with some type of face mask.** COVID-19 is primarily transmitted through contact with respiratory droplets produced from coughing, sneezing and even talking. Homemade fabric masks, bandannas and handkerchiefs are acceptable, and can protect you from exposure to respiratory droplets. *Medical grade masks should be saved for front line healthcare workers, as supplies are critically low.* If you or someone you know can sew, there are several online tutorial videos and instructions on how to make a face mask out of fabric. Samaritan Healthcare posted information about this on their [Facebook page](#) earlier today.

People at high risk for severe illness from COVID-19 are advised to shelter-in-place. This includes the elderly and all those with underlying health conditions, such as heart disease, lung disease and diabetes.

What does "shelter-in-place" mean:

- **Stay home and out of public places** (e.g., retail stores, post offices, parks, offices), workplaces, places of worship, and local public conveyances (e.g., buses, taxis, ride-shares).
- **Limit your visitors to only those who are essential.** Maintain 6 ft from each other if possible and do not allow any sick visitors. Do not go to other people's homes.
- **Ask for assistance from friends and family.** Try to find others who can run necessary errands and go shopping for essential items for you.
- **If you must go out in public, cover your face and nose with a mask or other covering .** Homemade or sewn cloth masks, bandannas or handkerchiefs, are acceptable to use during this time. We are requesting that surgical and other medical/construction-grade masks be saved for front-line healthcare workers. You should not go out except for seeking medical care.
- **You can and should go outdoors, if you can do it safely.** Activities such as walking, hiking and biking are encouraged. Avoid common areas. If you encounter someone while outdoors, stay at least 6 ft away and keep your interaction brief.

Keep a close watch on your health during this time:

- **Monitor yourself for signs of illness and write down any symptoms you may be having.** Record your temperature. Some medications can lower your body temperature, including aspirin (acetylsalicylic acid), Tylenol® (acetaminophen), Motrin® or Advil® (ibuprofen), Aleve® (naproxen). If you are taking one of these medications, please take your temperature **before** your next dose of medication. Write down your temperature.
- **If you do feel sick, call your regular healthcare provider first. DO NOT GO to a clinic or**

hospital without first calling ahead. Calling first will help the clinic or hospital prepare to greet you and take care of you in the safest possible way. It may be recommended that you stay home and monitor your symptoms.

- **Seek prompt medical attention if your symptoms are worsening** (e.g., shortness of breath or difficulty breathing). **Before seeking care**, call your healthcare provider. **Put on a face mask that covers your nose and mouth before you enter any facility or emergency vehicle.** After you put on the face mask, clean your hands with soap and water or alcohol-based hand sanitizer.

We understand these measures may feel a little extreme, and can be inconvenient, uncomfortable and isolating, but they are only temporary. Taking these actions and making these sacrifices is necessary to protect vulnerable citizens from severe illness and prevent our healthcare system from being overwhelmed.

Finally, GCHD sent a message to healthcare providers today to encourage more social distancing inside healthcare facility waiting rooms and to endorse use of non-traditional face masks. This information can be found in the [provider alert](#) section on our website.

March 19, 2020 – 5:20 pm

There was one new confirmed case reported today, bringing the total to 8 confirmed cases of COVID-19 in Grant County. The newest patient, a female Ephrata resident, has not experienced severe illness and is in home isolation. There is an additional probable case under investigation as well. There are now three Grant County communities with confirmed cases of COVID-19. At this point, we should assume it is present throughout the county and state.

We are aware that the table of case numbers on the [DOH website](#) listed an additional Grant County case yesterday. That was an error; our 8th case did not get confirmed until late last night. We still plan to update our table at 5 pm daily. We appreciate all those who are following closely our local updates, as well as statewide data.

Today, several local law enforcement agencies verbalized their support in enforcement of the Governor's proclamation that required several businesses and all restaurant dining areas to close, as well as prohibiting gatherings of 50 or more people. These measures were put into place to help slow the spread of this virus in our communities to protect our vulnerable citizens and prevent our healthcare system from being overwhelmed. It takes everyone's cooperation for this to work. Thank you to all those complying with these orders, as well as our local law enforcement agencies who are willing to help enforce this.

For retailers, churches and other places with gatherings of less than 50 people who have not been required to close during this time, **you must implement safety measures to reduce the chance of the virus spreading in your facilities, in order to remain operational.** To see the full list of these COVID-19 safety measures in English, Spanish and Ukrainian, click [here](#).

March 18, 2020 -6:25 pm

No new cases of COVID-19 were reported today. However, there are now several pending tests and we expect additional cases to be confirmed in the coming days. We have contacted hundreds of potential close-contacts of our confirmed cases and have many people in quarantine. We appreciate everyone's cooperation with these measures. Even those not in quarantine, should be now be limiting their public exposure and practicing social distancing

when they must go in public.

Employers should be implementing safety measures within their facilities and with their employees to help reduce chances of transmission of the virus. Some things we have implemented here at GCHD are:

1. Closing our front office to reduce in-person interaction with the public
2. Daily staff symptom checks to make sure no one works while sick
3. Limiting in-person meetings to less than 10 people so we can maintain at least 6' away from each other
4. Increased cleaning and sanitizing of frequently touched surfaces like door handles, sink handles, copy machine buttons, etc.
5. Vigilant handwashing when entering the building

For more information about what you can do at your workplace to protect your employees and coworkers from Coronavirus, go to the WA Department of Health [website](#).

March 17, 2020 – 5:30 pm

No new cases of COVID-19 reported today. Staff worked throughout the day conducting follow up of contacts of cases tied to the two community clusters (Quincy and Mattawa).

Additional outreach and lots of question-answering took place with businesses, members of the public and schools about the temporary ban on onsite consumption of food and beverages, school food programs and about general retail and service business operations during the ban.

Additional messaging was shared with employers regarding COVID-19 testing of asymptomatic employees for “work clearance.” See below.

COVID-19 Message to Employers – 3/17/20

We have learned that some local employers are sending non-symptomatic employees to obtain COVID-19 tests in order to document they are not infected with the virus. In the absence of specific covid-like symptoms, or other specific circumstances involving close contact with infected people, this is not an appropriate use of the limited testing capacity. It also results in a lot of unhappy employees, who discover that tests are not actually done for that purpose. To our knowledge, this is not being done anywhere in the United States and is unlikely to occur even when testing resources have improved greatly. If you are an employer, please do not hinder access to justifiable testing by attempting to have your employees tested just in case.

At GCHD, we are impressed at the calm and dedicated way our communities are implementing some very difficult measures. We are doing it because it protects our families and neighbors, but it is not easy. Thanks to everyone in our area for making this work. You are helping to save lives.

Stay informed and follow our web site for more information: <http://granthealth.org/2019-novel-coronavirus-2019-ncov/>

March 16, 2020 – 4:45 pm

Seven Confirmed Cases of COVID-19 in Grant County

Clusters identified in Mattawa and Quincy

Grant County, WA – GCHD has been notified of several new confirmed cases of COVID-19 in our county, with several additional linked, suspect cases under investigation. The additional confirmed and suspect cases have been tied to case clusters in the communities of Quincy and Mattawa, which is evidence of community spread. However, it is likely that cases will be confirmed in additional Grant County communities in the next several days.

Staff are working around the clock to identify and put into quarantine all those who had close contact with these individuals.

With increasing number of COVID-19 cases, GCHD urges Grant County residents to take very seriously the recommendations to limit social contacts and minimize the spread of COVID-19 in the community.

Because case numbers are expected to increase day-to-day throughout the remainder of this outbreak, information will be provided in daily updates on our [website: www.granthealth.org/updates-for-covid-19-in-grant-county/](http://www.granthealth.org/updates-for-covid-19-in-grant-county/). A detailed table of cases will be updated by 5 pm each day and will include age range, gender and city of residence of confirmed cases. Updates will also be shared on the GCHD Facebook page: www.facebook.com/GCHD.WA. Official media releases will no longer be published for case number reporting. Please continue to stay informed as information is changing very rapidly.

GCHD has three requests for our residents:

- **Be patient and kind.** COVID-19 is here, and we are learning more daily.
- **Follow the Governor's Orders.** These measures will be temporary but essential to slow this virus spread so the most vulnerable in our community can get the care they will need from our healthcare system.
- **Check in on friends and neighbors.** Start with a call or text. Practice social distancing but make sure they are well. Many in our community are scared or need help.

Additional Resources:

Washington Department of Health: <https://www.doh.wa.gov/Emergencies/Coronavirus>

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

COVID-19 FAQ:

<https://www.doh.wa.gov/Portals/1/Documents/1600/NovelCoronavirusFactSheet.pdf>

March 15, 2020 – 2:30pm

(pdf of letter available on our [Media Release page](#))

To: Mattawa Faith Community

From: Grant County Health District

Subject: Novel Coronavirus (COVID-19) Exposure

This letter is to inform the Mattawa faith community that Grant County Health District has

received positive COVID-19 (novel coronavirus) test results for one of the local parish priests. He is a male in his 40s who is hospitalized and being cared for. Those who have had close contact with this individual have been contacted by the Health District. We continue to work with the Yakima Diocese to locate and contact additional people. Below is a list of times and locations where you may have been exposed.

- 2/26/2020, 7:00am and 12:00 PM – Mass at Our Lady of the Desert Parish, Mattawa
- 2/26/20 6:00 PM – St. Michael’s Archangel Catholic Church, Royal City
- 3/1/20 12:00 PM & 5:00 PM – Mass at Our Lady of the Desert Parish, Mattawa

We are asking you to follow these steps:

- Those with a contact to a person with COVID-19 within 6 feet should immediately quarantine themselves at home and contact GCHD (if not already contacted)
- The rest should monitor their health for fever, cough and shortness of breath during the 14 days after the last day you were in close contact with the sick person.
- If you are sick or get sick call your healthcare provider before you go into the clinic or hospital for evaluation and testing.

COVID-19 is a disease caused by a novel coronavirus with the most common symptoms being fever, cough, and shortness of breath. Most people with COVID-19 will have mild sickness but some people will get sicker and may need to stay in the hospital.

If you were not at the events listed above your risk is lower for infection. You can continue to go to work and you should monitor your health for 14 days and stay away from others if you get sick.

Health conditions that may increase your risk for a serious infection—age 60 years or older, are pregnant, or have medical conditions (like diabetes, hypertension, lung, heart, kidney or immune system diseases)—contact your physician’s office and tell them that you were exposed to someone with COVID-19. They may want to monitor your health more closely or test you for COVID-19.

If you do not have a high-risk condition but want medical advice, call your healthcare provider and tell them you were exposed to someone with COVID-19. Your healthcare provider can help you decide if you need to be seen in person. There are currently no medications to treat COVID-19.

GCHD strongly advises our communities of faith to make most urgent steps toward protecting our vulnerable in a unified and coordinated way. It is time to protect our communities by distancing from each other even when worshipping, which could be a challenge but also is a unique opportunity to bring us together. Any gatherings or contacts within 6 feet outside of our home and non-essential to life should not be occurring. It is our collective wisdom to recognize that early, persistent and consistent distancing and hygiene interventions will make a difference and will save lives.

These are the times that faith brings us together— times, when those around us need assurance that we’re not alone, and that together we will get through whatever lies ahead. Now is the time to care for one another in acts of kindness and love. Remember that we do not walk this road alone.

Please, if you need groceries, a meal, conversation, a pharmacy run, or anything else, contact your neighbor, family or friends. Discuss with them how to safely deliver you goods if you are sick. Many volunteers are ready to help, but we must look out for everyone's safety. We really are all in this together.

If you become sick and go to the doctor, please show them this letter.

March 15, 2020 – 2:30pm

Grant County Now Has THREE Confirmed Cases of COVID-19, Additional Cases Likely

GCHD was notified of a third positive test result of COVID-19 in our county. The third patient, who has not been linked to the other cases, was the probable case reported on Friday that additional testing was needed. This patient, a male in his 40's, who had foreign travel prior to his illness and is a priest with the Catholic Church in Mattawa, WA. He is still hospitalized. Staff are working closely with the Yakima Diocese to identify additional close contacts and asking those individuals to stay home on self-quarantine for 14 days from their last exposure. A letter with times and locations of when the priest conducted mass and other meetings/gathers will be shared with the parish members. The Yakima Diocese will be doing a media release. On Friday GCHD send guidelines to our faith community. We continue to strongly advises our communities of faith to make most urgent steps toward protecting our vulnerable in a unified and coordinated way. It is time to protect our communities by distancing from each other even when worshipping, which could be a challenge but also is a unique opportunity to bring us together. Any gatherings or contacts within 6 feet outside of our home and non-essential to life should not be occurring. It is our collective wisdom to recognize that early, persistent and consistent distancing and hygiene interventions will make a difference and will save lives. We are urging the public to do their part to help minimize the spread of COVID-19 by doing the following:

High Risk People: People at higher risk of severe illness should stay home and away from large groups of people as much as possible, including public places with a lot of people and large gatherings where there will be close contact with others. People at higher risk include:

- People 60 and older
- People with underlying health conditions including heart disease, respiratory illness and diabetes
- People who have weakened immune systems
- People who are pregnant

Workplace: Workplaces should enact measures that allow people who can work from home to do so. Taking these measures can help reduce the number of workers who come into contact with COVID-19 and help minimize absenteeism due to illness.

Employers should consider continued compensation when possible, along with all other measures to sustain those temporarily laid off. We urge all community groups – including social service organizations, faith-based organizations, schools and PTOs, and others – to take the initiative right now to organize efforts to sustain high risk and laid-off people with whom you are associated, with food and household supplies.

Financial institutions should implement all possible policies easing debt, mortgage deadlines, and related obligations for the duration of this pandemic

Events: If you can feasibly avoid bringing groups of 20 or more people together, consider postponing events and gatherings. This recommendation is for both private and public events. Gatherings of 250 people or more are prohibited for the time being under the Governor's Executive Order.

If you can't avoid bringing groups of people together:

- Urge anyone who is sick to not attend.
- Encourage those who are at higher risk for coronavirus to not attend.
- Try to find ways to give people more physical space so that they aren't in close contact as much as possible.
- Encourage attendees to maintain good healthy habits, such as frequent hand washing.
- Clean surfaces frequently. Standard cleaning products are effective against COVID-19.

Ticketholders of fundraising events that have been cancelled due to COVID-19, please consider donation of the cost of your ticket, as opposed to requesting a refund, as many non-profit organizations rely on these funds for charitable causes.

Schools: GCHD supports the Governor's executive order to close schools.

Healthcare and Long-Term Care (Nursing homes): Generally, avoid medical settings unless necessary. Healthcare facilities are overwhelmed. If you are feeling sick call your doctor's office first before going in.

Even if you are not ill, avoid visiting hospitals, long term care facilities or nursing homes to the extent possible. If you do need to visit one of these facilities limit your time there and keep 6 feet away from other patients.

Do not go to the emergency room unless essential. Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first.

Everybody Can Do Something! Every person can make a difference by doing the following:

- Avoid going out if you feel sick.
- Wash hands often and vigorously with soap and water for at least 20 seconds. If soap and water is not available, use a hand sanitizer with at least 60% alcohol, saturating the skin surface and rubbing for at least 20 seconds.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Avoid contact with people who are sick.
- Stay home when you are sick and avoid close contact (less than 6 feet away) with others.
- If you have a cold or cough and need to see a provider, always call first to be sure they know you are coming so their staff can take appropriate precautions.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Don't shake hands, bump elbows.
- Use sanitizing wipes or solutions (normal household products work) on frequently touched surfaces and objects at home and at work.
- Take good care of yourself to stay healthy, including adequate sleep and good nutrition.

"We would like to thank all of our staff, healthcare partners, Grant County Sheriff's Emergency Management Division, volunteers, and the community for your amazing cooperation. I know you are having to make tough choices that are impacting your way of life. We are all in this together and it takes a dedicated team like you to slow the spread of this virus in our

community,” Theresa Adkinson GCHD Administrator.

Additional Resources:

- [Washington Department of Health](#)
- [CDC](#)
- [COVID-19 FAQ](#)
- [GCHD](#)

March 13, 2020 – 4:50pm

Grant County Now Has Two Confirmed Cases of COVID-19

An additional probable case is under investigation. GCHD was notified today of a second positive test result of COVID-19 in our county. The second patient, a male Quincy resident in his 60’s, has been linked to the first patient from Quincy. This individual has not experienced severe illness and is in isolation.

Additionally, a third patient, who has not been linked to the other cases, is under investigation as a “probable” case in south Grant County. This patient, a male in his 40’s, did have foreign travel prior to his illness. He is currently hospitalized. More details on this case will be released if confirmed.

Staff are working overtime to identify and call all those who had close contact with these two individuals to ensure proper quarantines are in place and prevent others from being infected. However, we expect additional cases will be confirmed in our communities.

GCHD completely supports President Trump’s Declaration of National Emergency for this outbreak response and Governor Inslee’s Executive Order for social distancing, including school closures and banning of large gatherings. A comprehensive national strategy is necessary to shut this pandemic down.

“Anyone staying home from work when sick or telecommuting, cancelling events or modifying business operations to minimize the spread of this virus is doing their civic duty and should be commended by the rest of us. The only way we will stop this pandemic is by separating ourselves from each other and by following simple hygiene and cough etiquette techniques” states Dr. Brzezny, Grant County Health Officer.

We are urging the public to do their part to help minimize the spread of COVID-19 by doing the following:

High Risk People: People at higher risk of severe illness should stay home and away from large groups of people as much as possible, including public places with a lot of people and large gatherings where there will be close contact with others. People at higher risk include:

- People 60 and older
- People with underlying health conditions including heart disease, respiratory illness and diabetes
- People who have weakened immune systems
- People who are pregnant

Workplace: Workplaces should enact measures that allow people who can work from home to do so. Taking these measures can help reduce the number of workers who come into contact

with COVID-19 and help minimize absenteeism due to illness.

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Additional Resources:

Washington Department of Health: <https://www.doh.wa.gov/Emergencies/Coronavirus>

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

COVID-19 FAQ:

<https://www.doh.wa.gov/Portals/1/Documents/1600/NovelCoronavirusFactSheet.pdf>

GCHD: <http://granthealth.org/2019-novel-coronavirus-2019-ncov/>

Consultation:

- Media Inquiries:

Theresa Adkinson, Administrator

(509) 793-3520 during non-business hours 509-766-7960 ext. 24 during business hours.

- Grant County General Public: (509) 766-7960 ext. 39 or email to info@granthealth.org

March 12, 2020 – 12:30 pm

In response to the Governor's Proclamation to minimize COVID-19 (Coronavirus) exposure in King, Snohomish and Pierce Counties, GCHD staff worked with colleagues at Chelan-Douglas Health District and Okanogan Public Health to create a joint message regarding public health interventions to minimize exposure to COVID-19 for the residents of North Central Washington and to lessen the impact of the outbreak on our communities. As of today, there have been a total of six (6) cases of COVID-19 reported in Eastern WA—one in Grant County, three in Kittitas County and two in Yakima County. See below or click [here](#) for the full document.

Joint Public Health Recommendations for COVID-19

Grant County Health District, Chelan-Douglas Health District & Okanogan Public Health –
March 12, 2020

On March 11, 2020, Governor Inslee issued a Proclamation to minimize COVID-19 (Coronavirus) exposure, particularly in counties hit hardest by the virus. Starting March 11, 2020, *events that take place in King, Snohomish, and Pierce counties with more than 250 people are prohibited by the state*. This order applies to gathering for social, spiritual, and recreational activities. This includes but is not limited to: community, civic, public, leisure, faith-based, or sporting events; parades; concerts; festivals; conventions; fundraisers and similar activities.

"This is an unprecedented public health situation and we can't wait until we're in the middle of it to slow it down. We've got to get ahead of the curve. One main defense is to reduce the

interaction of people in our lives.” – Governor Inslee

Currently, COVID-19 has been confirmed in 13 counties in Washington, including three eastern Washington counties—Grant, Kittitas and Yakima—and has resulted in 29 deaths statewide. There is confirmed significant community spread in King, Pierce, and Snohomish counties.

North Central Washington

Chelan-Douglas Health District, Grant County Health District, and Okanogan County Public Health are urging and recommending residents of our counties **voluntarily follow Governor Inslee’s proclamation and reduce large gatherings**. The Health Districts are firmly recommending this proactive step to minimize exposure to COVID-19 for our residents and to lessen the impact it has on our communities.

We recognize and understand the substantial impact these actions can have on our residents and communities. We have carefully weighed the risks and benefits of this recommendation. These actions are the most effective tools we have available to help slow the spread of the virus in our communities and protect our vulnerable residents.

Alternatives

If you are hosting an event or gathering, please consider the following alternatives:

- Utilize available technology options (e.g. livestreaming, virtual meetings), or
- Cancel or postpone the event until these recommendations have been lifted

If you have plans to attend an upcoming event or gathering, we encourage you not attend to protect yourself, your family, and the people you come in contact with on a daily basis.

Large events and gatherings

While we are recommending eliminating events on more than 250 people, all gatherings of people can pose risks. Any size gathering should ensure the following:

- Older adults and individuals with chronic medical conditions are encouraged not to attend
- Recommendations for social distancing and limiting close contact are met
- Employees or volunteers leading an event are screened for symptoms each day
- Proper hand washing, sanitation, and cleaning is readily available
- Environmental cleaning guidelines are followed (e.g., clean and disinfect high touch surfaces daily or more frequently)

Preventing the Spread of COVID-19

Remember to take every day preventative action to slow the spread of COVID-19.

1. Wash your hands frequently with soap and water; if unavailable, use hand sanitizer with at least 60% alcohol
2. Cover your mouth and nose with a tissue or sleeve when coughing or sneezing
3. Avoid large gatherings and close contact (less than 6 feet away) with others
4. Frequently clean and disinfect objects and surfaces
5. Stay home and away from others if you are sick

Schools

At this point, we are not recommending closing schools, but we are watching the outbreak closely and may determine that school closures are necessary. **Schools should take steps now to prepare for the possibility of prolonged mandatory closures.**

In particular, schools should plan for how to continue to provide non-educational supports for their students such as providing food, developmental disability supports, and school-based healthcare.

Collective action can save lives

We all have people in our lives who are high-risk. We all are one mishap away from needing access to a functioning hospital. We all have a lot at stake.

Giving up social events will not be easy, and the impacts on businesses and jobs may be significant. But this is our best chance to save lives. It is in support of the most vulnerable in our community, and a protection for everyone.

The more united we can be in preventing the spread – be in this together – the greater the benefit for the whole community.

March 10, 2020 – 6 pm

We are continuing to respond to the evolving coronavirus situation.

Case Numbers: There is still only one (1) confirmed case of COVID-19 in Grant County as of today. A table of updated case numbers is now on our [website](#) and will be updated as information is received. We also updated the gender information of our case and will continue to report gender and age range of confirmed cases in the future.

Test Numbers: COVID-19 testing has become much more readily available to our residents, which we are very thrilled about. Several private labs are now offering the test and healthcare providers can work directly with those labs to submit specimens. Because of this, we are not aware of every test being submitted, and therefore, are no longer able to report the number of people being tested. However, we are keeping in close communication with healthcare providers to ensure they have the most current guidance on testing, treating, quarantining, isolating, etc. We will be updating the table above as results are reported to us.

Long-Term Care Facilities: Among many other things, GCHD staff worked diligently today with owners and managers of long-term care and assisted living facilities, nursing homes, adult-family homes and senior centers to provide them with guidance and support they need to prepare and be proactive in protecting residents of their facilities from this virus. Governor Jay Inslee announced [new rules](#) today around nursing homes and assisted living facilities that focus on better protecting older adults – a population more likely to be hit by COVID-19 (coronavirus). These facilities are being urged to limit visitors, cancel or postpone activities and institute active monitoring of symptoms in their residents. Our thoughts are with the families and staff of the long-term care facilities affected by this outbreak on the west side of the state, as well as our public health colleagues responding to this outbreak from King and Snohomish counties.

Child Passenger Safety

Chronic Disease Prevention

Healthy Eating

Physical Activity

Wildfires & Smoke

Tobacco

Resources

Drowning Prevention

Pedestrian and Bike Safety

Accidental Poisoning

Quincy Partnership for Youth

Vaping

Seasonal Safety

SNAP-Ed

Moses Lake Breastfeeding Coalition

Local Farmers Markets

Healthy Holiday's

Be Prepared for Emergencies

Extreme Heat

5-2-1-0 Grant County Go!

CONNECT



PROGRAMS & SERVICES

- Birth/Death Certificates
- Foodworker Cards
- Public Record Request
- Food Permits

• Immunizations

CONTACT US

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phone

509-766-6519 fax

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Street

Moses Lake, WA

98837

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