

Many King County facilities are closed to the public, and many services are being offered remotely. Learn more about changes and cancellations. >



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COVID-19

Public Health
Seattle & King County 

We're all in this together. Just 6 feet apart.



Stand Together. Stay Apart.



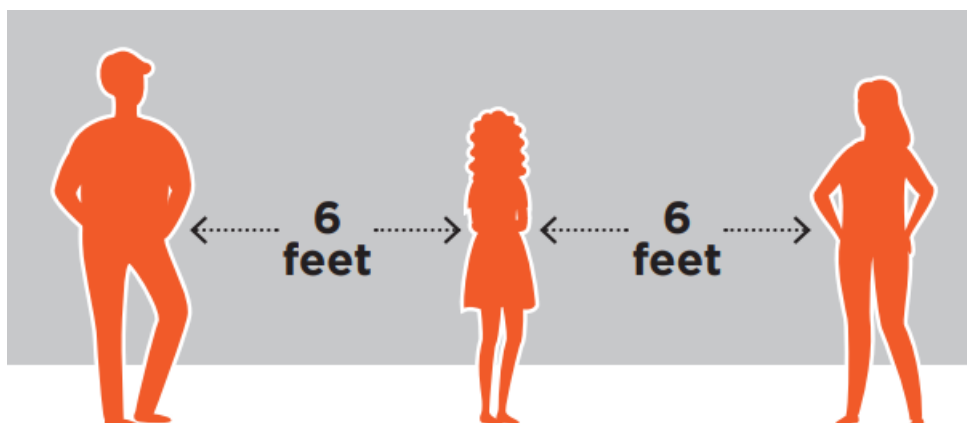
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Link/share this page at www.kingcounty.gov/covid

Social distancing is the most important thing we can do to fight the pandemic. We all need to work together to slow the spread of COVID-19. You should:

- Stay at home and avoid all non-essential contact with others.
- Limit trips for groceries, gas and other essentials.
- If you must go out, stay at least 6 feet away from others at all times.



IMPORTANT NOTICE

As of March 23rd at 5pm, Governor Inslee has announced that he will sign a [statewide Stay At Home order](#). This proclamation **Stay Home, Stay Healthy** will apply statewide and in King County. The order will last for two weeks and could be extended. Please note that the local health officer order and associated guidance posted here will be updated to reflect the Governor's order in the next 24-48 hours. Here are the key things for WA residents to know:

- Require every Washingtonian to stay home unless they need to pursue an essential activity. See [what's open and closed](#).
- Ban all gatherings for social, spiritual and recreational purposes.


Close all businesses except [essential businesses](#) (PDF).

What to do if you are ill

If you are ill with fever and a cough or shortness of breath, stay home. If you are unsure of how to care for yourself or are concerned about your condition, call your health care provider for advice. If you feel you need to visit your doctor, call them first. Keep yourself separated from other people and animals in your home. Cover your coughs and sneezes and wash your hands often.

- Centers for Disease Control and Prevention (CDC) guidance for [steps to take if you are sick with COVID-19](#) or think you may be infected with coronavirus
- Washington State Department of Health [information on getting tested](#)
- Washington State Department of Health information on [what to do if you were potentially exposed to someone with confirmed COVID-19](#)

You can also use the online [Coronavirus Assessment Tool](#) developed by Providence and Microsoft.

 UPDATE: March 23, 2020 at 4:10 pm

Cases updated March 23, 2020

- **Number of confirmed cases:** 1,170
- **Number of deaths:** 87

See related press release:

[Urgent need for people to limit contact, and other COVID-19 updates from Public Health - Seattle & King County for March 23, 2020](#)

- **Additional updates:** [Centers for Disease Control and Prevention \(CDC\)](#) and [Washington State Dept. of Health](#)

Questions on complying with the Stay Home, Stay Healthy Order?

The public has been highly accepting of and cooperative with Public Health's actions that are intended to protect the community's health and well-being in King County. While the Governor's Stay at Home Order is enforceable by law, King County will not be actively searching for violations. Our focus is on helping people understand the importance of social distancing, rather than citations.

If you have specific questions or reports related to this, please email coronavirus@kingcounty.gov

King County Novel Coronavirus Call Center





- If you are in King County and believe you were exposed to COVID-19—or if you're a healthcare provider with COVID-19 questions—contact our call center between 8 AM to 7 PM PST at 206-477-3977.
- For general questions about COVID-19 in Washington State, please call the Washington State Novel Coronavirus Call Center at 800-525-0127.

When to seek medical evaluation and advice

- If you have a cough, fever, or other respiratory problems, speak with your healthcare provider before going to a medical facility. Do not go to an emergency room.

- If you believe you are experiencing life-threatening symptoms, call 9-1-1.

Resources

 Related Public Health news releases	+
 For the general public	+
 For schools and child care	+
 For workplaces and employers	+
 For community and faith-based organizations	+
 For travelers	+
 For health care professionals	+



 Visit the [Public Health Insider](#) blog for more articles on COVID-19.

Our translated Public Health Recommendations are frequently updated. Please check back regularly.

COVID-19 Public Health recommendations

Amharic / አማርኛ

Arabic / العربية

Chinese / 中文

English / English

Filipino / Tagalog

French / Français

Hindi / हिन्दी

Japanese / 日本語

Khmer / ភាសាខ្មែរ

Korean / 한국어

Marshallese / Kajin M̧ajeļ

Russian / Русский

Somali / af Soomaali

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Thai / ภาษาไทย

Vietnamese/ Tiếng Việt

WE'RE PROTECTING OUR FAMILIES FROM COVID-19



In response to Public Health direction, we:

- ✓ Screen caregivers and children daily for fever, cough, and shortness of breath.



- ✓ Ensure sick caregivers and children stay home.



- ✓ Ensure that children and caregivers frequently wash their hands.



- ✓ Clean and sanitize surfaces frequently.



Please help in protecting our community:

- Check your child's temperature daily.



- Keep children home if they are sick.



- Do not enter the child care if you are sick.



Public Health
Seattle & King County



PHOTO: DOUGLASS/ISTOCK


Signs to print and post

to help grocery stores, restaurants, childcares and event organizers communicate the steps they are taking to minimize risk of COVID-19



Anti-stigma resources

Last Updated March 12, 2020

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Volunteers

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