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## What does stay home stay healthy mean?

You must stay home except for supplies and services like:



Food and household supplies.



Medicine or medical care.



Travel to work for essential jobs.

Stay home stay healthy applies to all people except those performing essential jobs like:



First responders.



Healthcare workers.



Public works.

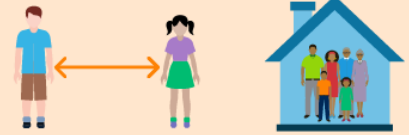
You will know if your job is essential.

## What can I still do?

Order delivery or takeout.



Go outside and exercise. Practice social distance.



Keep 6 feet between you and people who don't live with you.

Stay home to keep yourself, your family and your community healthy. Learn more and stay updated at [tpchd.org/coronavirus](https://tpchd.org/coronavirus).

[Healthy People](#) » [Diseases](#) »

# Human Coronavirus

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Frequently Asked Questions



COVID-19 case numbers



State of Washington resources



Pierce County information



Information for Schools and Childcare Providers



Information for Human Services Providers



Information for Healthcare Providers



Information for Businesses



Financial and Mental Health Resources



Drive-Through Testing Information



Stay Home, Stay Healthy

## Decisive steps to contain COVID-19.

**Coronavirus**

**COVID-19 is a new virus that spreads from person-to-person.**

- It can cause mild illness, like the common cold.
- It can cause severe illness like SARS.
- Currently, no treatment or vaccine is available.

**Symptoms**

Fever, Cough, Shortness of breath.

**Do I need to be concerned?**

Only if you:

- Have these symptoms.
- Visited an affected area in the last 14 days.

Call your healthcare provider before you go to a clinic, urgent care or emergency room.

**How does it spread?**

- Coughing or sneezing.
- From a sick person who is within 6 feet.
- Touching a surface or object with the virus on it.

**Plan ahead.**

- Have an emergency plan in case children can't go to school or you can't go to work.
- Talk to your employer about alternative work arrangements.

**Stay healthy**

- Wash your hands often with soap and warm water.
- Cover your coughs and sneezes with a tissue or your elbow.
- Clean and disinfect frequently touched objects and surfaces.
- When you're sick, stay home and rest.

Learn more and get updated information at [tchid.org/coronavirus](http://tchid.org/coronavirus).

Pierce County Health Department

Your family's health is our top priority as we work to prevent the spread of COVID-19 in Pierce County.

Public health follows a playbook for viral outbreaks.

COVID-19 transmission is widespread in our region. Decisive action is required.

Social distancing and basic hygiene are the best steps you can take to protect yourself.

Gov. Inslee ordered:

- [Stay home. Stay healthy.](#)
- [Closures of bars, restaurants, and other entertainment and recreational facilities.](#)
- [Schools to close for 6 weeks.](#)
- [Canceled gatherings of 50 or more people](#)

View this flyer in [Korean](#), [Spanish](#), [Chinese](#), [Tagalog](#), [Vietnamese](#) or [Russian](#).

## Cases in Pierce County

We confirmed 45 new cases in Pierce County on March 27, bringing our total to 231, 5 deaths. The University of Washington virology lab and the state Public Health Laboratories have tested 4,310 of our residents. You can [learn basic information about each positive case.](#)

## Answers to your questions

This outbreak is fluid. Our staff and the Washington State Department of Health are working to answer your questions:

- DOH's call center is open 6 a.m.-10 p.m., 7 days a week. Call (800) 525-0127 and press #.
- For non-health issues like business support, planning or general questions, call (855) 722-5378.
- What to do you if you:
  - [Have suspected or confirmed COVID-19.](#)
  - [Might have been exposed.](#)
  - [Have symptoms but weren't around someone who was diagnosed.](#)

Our FAQs answer dozens of your most-asked questions. You can find some of our more-asked answers below or [visit our FAQ page for many more.](#)

## FAQS

What should I do if an employee or someone I know is being tested?

What are COVID-19 symptoms?

How does COVID-19 spread?

Who should get tested for COVID-19?

What type of cleaning and disinfecting products should I use?

Where can I get tested for COVID-19?

I need to get groceries. Are grocery stores closed?

Schools are closed and I have to work. Where can I find out information for childcare?

What if an employee tests positive for COVID-19?

What is included in the statewide closure of entertainment, leisure and non-essential services?

## Prevent the spread of COVID-19 in Pierce County



Follow basic steps to prevent the spread of COVID-19:

- Wash your hands with hot water and soap for at least 20 seconds.
- Avoid touching your face, mouth and eyes.
- Stay home if you have a fever or cough or experience shortness of breath.
- Cover sneezes and coughs with your elbow.
- Disinfect frequently used surfaces such as tabletops, doorknobs, bathroom fixtures, mobile devices and keyboards.
- Avoid sharing personal items like water bottles, eating utensils or towels.
- Avoid large social gatherings and crowds.

### Stay up to date

We offer [several ways for you to stay informed:](#)

- 
- Check this page often. We update it regularly.
  - [Subscribe to the Your Reliable Source blog.](#)
  - [Track the statewide investigation.](#)
  - Follow us on [Facebook](#), [Twitter](#), [Instagram](#) and [YouTube](#).

## Learn more

- [Washington State Coronavirus Response \(COVID-19\).](#)
- [United Way Pierce County.](#)
- [CDC travel advisories page.](#)
- [Operation Suds handwashing education materials.](#)
- [Blog: Help us protect our most vulnerable populations.](#)
- [Blog: Simple steps to prevent COVID-19.](#)
- [Blog: Social distancing is good right now. Social isolation is not.](#)
- [Blog: Skip the trip to our office—use our online resources instead.](#)
- [Blog: How we investigate COVID-19.](#)



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## Stay Connected

