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Novel Coronavirus (COVID-19)

Page updated: Saturday, March 28, 2020 at 2:15 pm

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- [What You Should Do if You Feel Sick](#)
- [What You Should Do if You Think You Were Exposed](#)
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If you have questions about COVID-19, call the Washington State Department of Health hotline at 1-800-525-0127 and press #.

2019 Novel Coronavirus (COVID-19) Cases in Whatcom County

These numbers are updated daily at 12:00 pm. They are updated sooner if significant developments occur.

Last updated: Saturday, March 28, 2020 11:32 am.

Confirmed Cases**

102

Negative Results*

568

Deaths

4

**** Confirmed Cases:** Positive test results for Whatcom County residents reported in the Washington Disease Reporting System as of 11:59 pm.

***Negative Results:** Negative test results available for individuals that are known to the Whatcom County Health Department in the Washington Disease Reporting System as of 11:59 pm.

Confirmed Cases by Age

Age Group	0-19 years
Percent of Confirmed Cases	1
Age Group	20-29 years
Percent of Confirmed Cases	6
Age Group	30-39 years
Percent of Confirmed Cases	18
Age Group	40-49 years
Percent of Confirmed Cases	13
Age Group	50-59 years
Percent of Confirmed Cases	16
Age Group	60-69 years
Percent of Confirmed Cases	11
Age Group	70-79 years
Percent of Confirmed Cases	9
Age Group	80+ years
Percent of Confirmed Cases	28

Subscribe and receive an email or text message notification when we update COVID-19 case results, along with other news items from WCHD. To sign up, use [this link to access the subscription sign up webpage](#), and select Health – Public Health News under the News Flash section.

Factsheets and Other Resources

Novel Coronavirus



What is novel coronavirus?

Novel coronavirus (2019-nCoV) is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- The air by coughing and sneezing.
- Close personal contact, such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.
- In rare cases, contact with feces (poop).

How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after they are exposed to the virus:

Fever



Cough



Difficulty breathing



Concerns about COVID-19?

Do these things to prevent any kind of respiratory illness



Wash your hands often.



Cover your coughs & sneezes.



Call ahead before visiting your doctor.



Stay home when sick.

If you have severe symptoms that need medical attention, call the clinic before going in.



Clean all "high-touch" surfaces daily.

If you are sick:

- If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first. Do not go to the emergency room. Emergency rooms need to be able to serve those with the most critical needs.
- If you have traveled, make sure to tell your doctor about it.
- Healthcare providers are working with local public health departments and CDC to determine who needs to be tested for COVID-19.

(www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html)

For more information:

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, how the virus is spread, and what to do if you have symptoms, please call 1-800-525-0127 and press #.
(www.doh.wa.gov/emergencies/coronavirus)

Design & Illustration by YaddiMerrison



Whatcom County
HEALTH
Department
Updated March 4, 2020



Novel Coronavirus Fact Sheets

- [English](#)
- [Spanish](#)
- [Russian](#)
- Chinese ([Simplified](#))
- Chinese ([Traditional](#))
- [Vietnamese](#)
- [Punjabi](#)

Guidelines for Gatherings of Children and Youth While Schools are Closed

Adapted from Public Health Seattle & King County, March 15, 2020



School closures have been announced by the state, but parents still need to work and students still need safe and enriching spaces to spend their days. The COVID-19 pandemic calls on our whole community to think creatively about how to meet everyone's basic needs and maintain social connections while also blunting the spread of disease.

Here are some guidelines for hosting safe gatherings among children and parents outside of the school setting.

First, a few general rules of thumb:

- If your child's sick, keep them home and separate them from others.
- Sick household members should separate from other people and animals and reach out to their healthcare provider with concerns. [Read more about what to do if you or your child has COVID-19-like symptoms \(fever, cough, shortness of breath\).](#)
- **Over 60? Have a chronic medical condition? Pregnant? Try to avoid gatherings and caring for other people's kids.**
- If you fall into one of these high-risk categories, put your own health first. Refrain from taking care of other people's children if possible. [Read more about precautions that people in high risk categories should take.](#)
- Social distancing helps slow down the spread of disease. Social distancing means staying 6 feet or at least an arm's length away from others.
- Respiratory hygiene habits go a long way. Teach your kids:
 - Cover their mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash and wash their hands.
 - [Wash hands often](#) with soap and water for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
 - Avoid touching their eyes, nose, or mouth with unwashed hands.
 - Don't share food, water bottles, utensils, or cups.

My neighbors and I want to share childcare responsibilities. What should we keep in mind?

- Limit the number of families involved. This can help reduce the spread of illness between multiple families in a community.
- Keep the group small. The smaller the group, the lower the risk. Aim to involve no more than 10 children in one indoor care setting.
- Consider asking participating families to take their children's temperature before gathering. Remind children and adults to stay home if they have a fever (above 100.4F), coughing, or shortness of breath, or are otherwise unwell.
- Frequently clean high-touch surfaces, like doorknobs, toys, and keyboards. Everyday cleaning products are effective against COVID-19. [Learn more here.](#)
- Practice social distancing measures whenever possible. Kids love to hug, tag, and tumble, which makes social distancing difficult. You can try to increase the distance between children:
 - Think small—only a few friends at most.
 - Play games that involve fewer opportunities for touching.
 - When kids do touch, remind them of proper respiratory hygiene habits.

Guidelines for Informal Gatherings of Children and Youth While Schools are Closed

- [English](#)

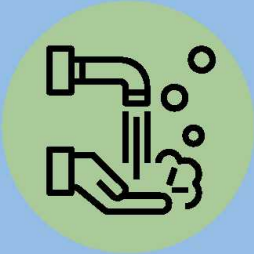
Recommendations for Handling Pre-Packed Food Safely



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Here are a few steps to take to ensure food safety:



- **Transfer food from packaging directly to your plate or to a clean container to eat later.**
- **Throw away all of the packaging, and clean any surfaces that it came into contact with.**
- **Wash your hands immediately after handling food packaging, and before eating or handling unpackaged food.**
- **Wash all produce before you eat or prepare as normal. There is no need for additional washing or sanitizing.**

Do not spray bleach or disinfectant on your food. **Hand washing remains one of the single most important things you can do to protect yourself and others.**

Note, there is no current evidence to support the transmission of COVID-19 associated with food or food packaging.

whatcomcounty.us/covid

Guidelines for Handling Pre-Packed Food Safely (updated 3/25/20)

- [English](#)

PRECAUCIONES PARA EL CORONAVIRUS (COVID-19)



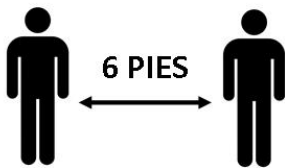
Si tiene fiebre de más de 100.4F, tos o falta de aire, no trabaje. Dígale a su supervisor, váyase a su casa y llámele a un médico.



Use una cubierta sobre su boca y nariz cada vez que no esté en casa. Puede usar un pañuelo o una mascarilla de tela.



Lávese las manos con frecuencia con agua y jabón. Si no puede lavarse las manos, use un desinfectante para manos con más de 60% de alcohol.



Manténgase a 6 pies de distancia de las personas que lo rodean cuando trabaja, come y sale al público.



Solo salga de casa para ir a trabajar u obtener los artículos necesarios, como comestibles o visitar a un médico.



No se reúnan en grupos grandes.

www.whatcomcounty.us/covid
www.whatcomcovid.com

Updated March 28, 2020. Adapted from Grant County Health District.



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Farmworker Precautions (3/27/20)

- [English](#)
- [Spanish](#)

Stay Home, Stay Healthy, Save Lives



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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.

What are 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.

Why should I stay home?

Staying home is the best way to protect yourself, your family and your community. It helps:



Keep healthcare facilities open to those who need them.



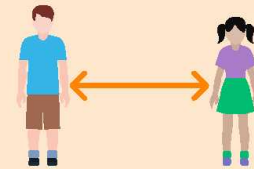
Protect people with higher risk of severe illness.

What can I still do?

It's ok to hang out with the people you live with.



Go outside and exercise!



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

Order delivery or takeout.



Reschedule non-emergency appointments.

Learn more and stay updated at www.whatcomcounty.us/covid

Graphic adapted from Tacoma Pierce County Health Department.

Stay Home, Stay Healthy

- [English](#)

Concerns about COVID-19 (PDF):

- [English](#)

- [Spanish](#)
- [Russian](#)
- [Punjabi](#)

Compassion keeps our community strong.



Have compassion for others.

- Viruses don't discriminate based on race, ethnicity, or cultural background. This kind of stigma makes any situation worse, not better!
- Everyone reacts differently to stressful situations. Practice compassion towards others who may have a difficult time dealing with stress.



Have compassion for people who are sick or social distancing.

- Reach out virtually to someone you care about who is at home sick or in self-quarantine.
- If you see someone in public coughing or sneezing, be kind. Offer a tissue, or kindly suggest they cough into their elbow.



Have compassion for yourself.

- Make time to unwind and remind yourself that strong feelings will fade.
- Take breaks from watching, reading, or listening to news stories.
- Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to function. It's ok to reach out to your primary care provider, a counselor, or faith leader for support.



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Compassion Keeps our Community Strong

- [English](#)

Orientación de COVID-19 para trabajadores y viviendas para trabajadores agrícolas

Los trabajadores agrícolas son una fuerza laboral crucial en el Condado de Grant. A continuación, se presentan recomendaciones generales para todos los empleadores agrícolas para ayudar a frenar la propagación de COVID-19.

Recomendaciones Generales

- Todos los empleados y visitantes deben ser examinados al comienzo de cada turno o cuando vengan al rancho por síntomas de COVID-19. A todos se les debe preguntar "Sí o NO, desde su último día de trabajo, o desde su última visita a este centro, ¿ha tenido alguno de los siguientes:"
 - ¿Una fiebre nueva (100.4°F o más) o una sensación de fiebre?
 - ¿Una tos nueva que no puede atribuir a otra condición de salud?
 - ¿Dificultad para respirar que no puede atribuir a otra condición de salud?
 - ¿Un nuevo dolor de garganta que no puede atribuir a otra condición de salud?
 - ¿Nuevos dolores musculares que no puede atribuir a otra condición de salud, o que pueden no haber sido causados por una actividad específica (como el ejercicio físico)?

Cualquiera que responda "Sí" debe ser excluido. Los empleados con síntomas no deben ser permitidos trabajar y los visitantes no deben ser permitidos entrar al rancho. Los empleados deben ser enviados a casa y aislados. Las personas con síntomas deben comunicarse con su proveedor de atención médica.

- Anime a los empleados y ocupantes a permanecer en casa si están enfermos de tos y/o fiebre. Infórmeles sobre cualquier política de enfermedad.
- Los empleados y visitantes deben practicar el distanciamiento social y mantenerse a 6 pies de distancia tanto como sea posible, esto incluye cuando se trabaja afuera. Trabajar en el exterior no elimina todo el riesgo de exposición al COVID-19. El distanciamiento social debe hacerse cada vez que los trabajadores y los visitantes estén juntos, incluso durante las comidas y los descansos.
- Se recomienda que todos los empleados y visitantes usen siempre cobertores para la nariz y la boca, como un pañuelo o una máscara cosida en el rancho y al ir a lugares públicos como tiendas. No es apropiado desviar los suministros de atención médica, incluidas las máscaras quirúrgicas u otros equipos de protección personal para uso público. Por lo tanto, solo se recomienda que las empresas y el público utilicen máscaras no tradicionales o máscaras de tela.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar. El lavado adecuado de manos o el saneamiento deben estar disponibles para todos los empleados, voluntarios y visitantes. EL CDC

- [English](#)
- [Spanish](#)

Reducing Stress

in yourself and others

During these uncertain times, it's natural to feel anxiety, worry or fear. It is important to make our emotional wellbeing a priority, while also following health recommendations to limit the spread of coronavirus (COVID-19).



Here are some tips to help cope with stress and anxiety:

- Recognize the effect that this stress can have on your body and emotional wellbeing.
- Knowledge is power. Make sure that you are getting and sharing accurate information from trusted sources, such as the CDC or Washington State Department of Health.
- Limit the number of news stories you read or watch.
- Maintain connections with friends and family through phone calls, emails or web chats.
- Take care of your body by eating balanced meals, exercising and getting enough sleep.
- Share your concerns with others, if it's helpful.
- If you can, help others.
- Maintain a sense of humor.

Helping Children

Children may also experience more stress at this time. They may react by being irritable, avoiding their favorite activities, worrying a lot, being sad, or not eating or sleeping well.

You can support them by:

- Talking with them about the COVID-19 outbreak, and answering their questions.
- Reassuring them that they are safe.
- Limiting exposure to news coverage of the event, including social media.
- Trying to keep up regular routines.
- Being a role model. Take breaks, get plenty of sleep, eat well and exercise.

Resources

- <https://www.nami.org/getattachment/Press-Media/Press-Releases/2020/COVID-19-and-Mental-Illness-NAMI-Releases-Important/COVID-19-Updated-Guide-1.pdf?lang=en-US>
- <https://store.samhsa.gov/system/files/sma14-4894.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>
- <https://www.doh.wa.gov/Emergencies/BePreparedBeSafe/EmergencyInformationforSpecificGroups/PsychologicalandEmotionalNeeds>
- <http://www.warecoveryhelpline.org/> - (866) 789-1511



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Reducing Stress

- [English](#)

Additional Resources

- [Washington State Novel Coronavirus Outbreak 2020](#) (Washington State Department of Health)
- [2019 Novel Coronavirus](#) (Centers for Disease Control & Prevention)
 - What You Need to Know (PDF) - [English](#) | [Chinese](#) | [Spanish](#)
- [COVID-19 Outbreak](#) (World Health Organization)
- [COVID-19 Glossary](#) (PDF)

Contact Us



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Phone: 360-778-6100

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