



ALERT

COVID-19 Updates
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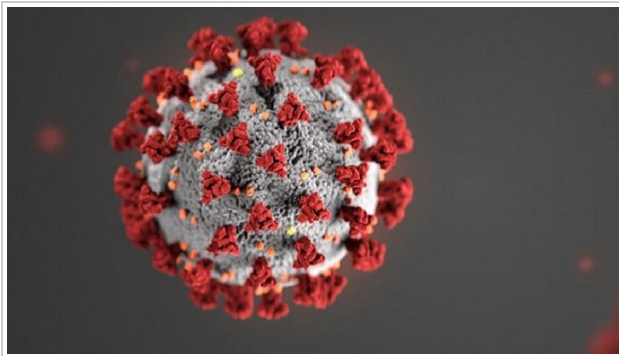


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COVID-19

If you think you've been exposed to the virus and have respiratory symptoms, use Jefferson Healthcare's dedicated COVID-19/Respiratory Illness Nurse Consult Line 360.344.3094 as a first step.



2019 Novel Coronavirus (COVID-19) in Jefferson County, WA

Total Positives (confirmed cases)	3
In-County Exposure	0
Out-of-County Exposure	3
Negative	71
Test Results Pending	52
Total Patients Tested	126

*Last results received 3/15/2020. We are working with Jefferson Healthcare and other labs to provide the test result data. Last Updated: 3/15/2020 at 12:03 P.M. This table is not compatible with Internet Explorer.

If you think you've been exposed to the virus and have respiratory symptoms, use Jefferson Healthcare's dedicated COVID-19/Respiratory Illness Nurse Consult Line [360.344.3094](tel:360.344.3094) as a first step.

Updates

- [03/13/2020 Case Count Update](#)

Press Releases

- [03/15/2020 Update](#)
- [03/06/2020 Update](#)
- [03/03/2020 Update](#)
- [02/07/2020 Update](#)

COVID-19 Testing

Guidance around testing is somewhat complicated/confusing as more labs capable of testing come on line. In the beginning (and still for State Public Health Lab testing), Jefferson County Health Officer, Dr. Tom Locke, is required to approve testing requests following strict CDC Guidelines...[Read More](#)



Board of County Commissioner Meetings with COVID-19 Updates

Starting Monday, March 16 at **9:45 a.m.**, Dr. Tom Locke, Public Health Officer for Jefferson County, will be giving regular public updates about COVID-19 during the County Commissioner's weekly meetings. (If Dr. Locke has a conflict, Public Health will provide the briefing on his behalf). The COVID-19 Updates are live-streamed for viewing on the internet, and also are recorded for on-line viewing on demand anytime thereafter.

To see live or recorded videos of the Board of County Commissioners' meeting including Dr. Locke's 9:45 a.m. update, go to www.co.jefferson.wa.us and click on "Videos of Meetings" on the lower left side of the screen. Choose "Streaming Live" or "Recorded."



Listen to KPTZ's March 23rd Podcast between
KPTZ News Director, Steve Evans and
Jefferson County Health Officer, Dr. Tom
[Locke](#)

Exposure Concerns?

[What to do if you have confirmed or suspected coronavirus disease \(COVID-19\) \(PDF\)](#) - Updated 3/4/2020

[What to do if you were potentially exposed to someone with confirmed coronavirus disease \(COVID-19\) \(PDF\)](#) - Updated 3/4/2020

[What to do if you have symptoms of coronavirus disease 2019 \(COVID-19\) and have not been around anyone who has been diagnosed with COVID-19 \(PDF\)](#) - Updated 3/4/2020

Resources & Recommendations

- WA State Department of Health:
<https://www.doh.wa.gov/Emergencies/Coronavirus>
- Other counties
 - King County: kingcounty.gov/COVID
 - Kitsap County: <https://kitsappublichealth.org/>
- Centers for Disease Control and Prevention:
cdc.gov/coronavirus/2019-ncov
- For general questions about COVID-19 or Washington State's response, please call 2-1-1.
- [Food Worker and Establishment Guidance on COVID-19](#)
- [Printable COVID-19 Fact Sheet \(PDF\)](#)
 - [Printable COVID-19 Fact Sheet in Spanish \(PDF\)](#)
- [Workplace and Employers](#)
 - Including when employees should get tested
- [Communities and Community Organizations](#)
- [Persons Who are at Higher Risk for Serious Illness](#)
- [Senior Centers](#)
- [Resources for Healthcare Providers](#)
- [Resources for long term care providers](#)
- [Resources for schools](#)

Press Releases

- [03/06/2020 Update](#)
- [03/03/2020 Update](#)
- [02/07/2020 Update](#)

Our Current Recommendations

1. **Do not go to the emergency room unless it is essential.** Emergency rooms need to be able to serve those with the most critical needs. If you are experiencing symptoms like cough, fever, and other respiratory problems, contact your regular health care provider for advice. In many cases, you will not need to be seen and home self-care will be your best option.
2. Stay home if you are sick. Children should not be sent to school; adults should not go to work if they are ill.
3. Practice optimal person hygiene habits, including coughing into tissue or the elbow and avoidance of touching your eyes, nose, or mouth unless your hands are freshly washed or sanitized. Washing your hands before touching and eating food is also important.
4. Stay away from people who are ill, especially if you are 60 years of age or older or have an underlying health condition such as diabetes, heart disease, lung disease, or a weakened immune system.
5. Stay informed. Information is changing frequently. Check the Jefferson Public Health Website (Jeffersoncountypublichealth.org), Washington State Department of Health (doh.wa.gov), and Public Health-Seattle King County (kingcounty.gov/COVID) on a daily basis for updates.

**Talking to
Children
about
COVID-19**

When to seek medical evaluation and advice

If you have symptoms like cough, fever, or other respiratory problems, call your healthcare provider. Isolate yourself and wear a mask before leaving the house. Do not go to the emergency room. Emergency rooms need to be able to serve those with the most critical needs.

**Having
Symptoms?**

**If you are having a medical
emergency, call 9-1-1.**

Business

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