

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



< Menu Fact sheets, data and blogs >> Coronavirus Disease 2019 (COVID-19)

COVID-19

Public Health
Seattle & King County 

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



Stand Together. Stay Apart.



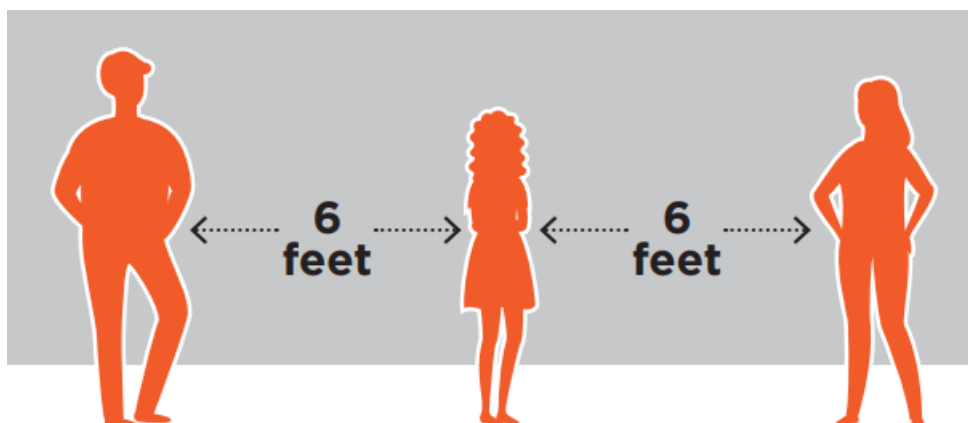
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Social distancing is the most important thing we can do to fight the pandemic. We all need to work together to slow the spread of COVID-19. You should:

- 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

On March 23rd at 5pm, Governor Inslee announced a statewide order that requires everyone in the state to stay home. This [Stay Home, Stay Healthy](#) order will last for two weeks and could be extended. Please note that the guidance documents posted on this website are in the process of being updated to reflect the Governor's order. The order:

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


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

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 24, 2020 at 5:30 pm

Cases updated March 24, 2020

- **Number of confirmed cases:** 1,277
- **Number of deaths:** 94

See related press release:

[Reminder to avoid contact with others: COVID-19 updates from Public Health—Seattle & King County for March 24, 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.

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	+



Introducing SCAN: the greater Seattle Coronavirus Assessment Network

 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

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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: DOUG LINDENBERG

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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