

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.



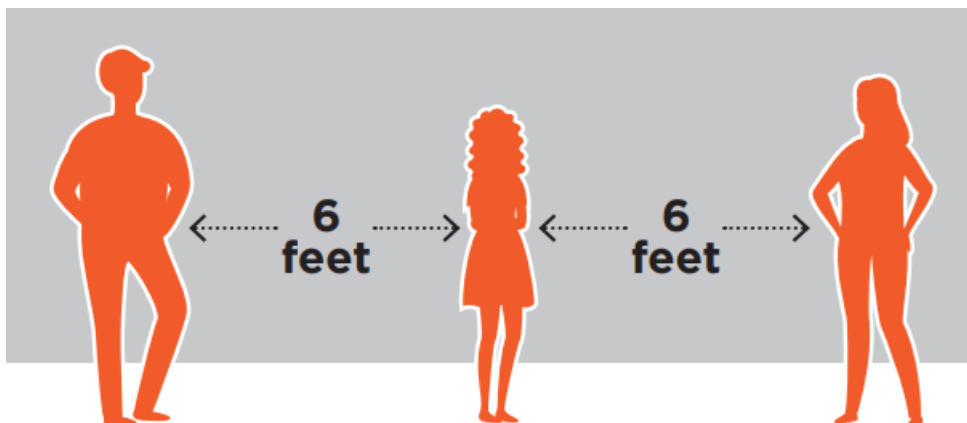
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Link/share this page at [www.kingcounty.gov/covid](http://www.kingcounty.gov/covid)

**Everyone, even people who are young and healthy, must stay home 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.



 **Select a tab below to reveal information:**

Stay Home—Stay Healthy

**Local Directive and Order on Quarantine and Isolation**

On March 23, Gov. Jay Inslee issued a [Stay Home — Stay Healthy](#) order which will be effective for a minimum of two weeks. The order requires every Washingtonian to stay at home, except for people:

- Pursuing an essential activity, like shopping for groceries or going to a medical appointment. [What's opened and closed](#)
- Getting takeout food. (Food deliveries also are permitted).
- Going to work at an [essential business](#).
- Going outside for walks and exercise, as long as they keep 6 feet apart.
- [What does it mean to stay home?](#)

## 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.

### Important updates

#### [COVID-19 Outbreak Summary Data Dashboard](#)

*See related press release:*

[Staying home and limiting contact with others is helping, but must continue in order to limit the peak of COVID-19, and Public Health—Seattle & King County announces 171 new cases](#)

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

#### Questions on complying with state and local orders?

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 **Stay at Home Order** and the **Local Directive and Order on Quarantine and Isolation** are 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](mailto: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.

## 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 service providers and healthcare providers +



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

Arabic / العربية

Chinese / 中文

Filipino / Tagalog

French / Français

Hindi / हिन्दी

Italian / Italiano

Hmong / Hmoob

Japanese / 日本語

Khmer / ភាសាខ្មែរ

Korean / 한국어

Marshallese / Kajin M̧ajeļ

Russian / Русский

Somali / af Soomaali

Spanish / Español

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.



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Seattle & King County



### 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 27, 2020

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