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COMMUNITY HEALTH	

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Welcome to Kitsap Public Health District

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COMMUNITY HEALTH

Protecting and improving the lifelong health of families and communities.

Communicable Diseases

Diseases & Conditions A-Z Hepatitis Influenza in Kitsap County Rabies Travelers' Health

For Healthcare Providers

Health Insurance

Health Services

Tuberculosis Control Syringe Exchange HIV/AIDS Information Medical Case Management Syringe Exchange Testing & Counseling Partner Services Madison Clinic WestSoundPoz.com Immunizations

Sexually Transmitted Infections Fee Schedule

Live Healthy

- Eat Healthy, Be Active Be Tobacco Free Facts and Local Data Helping You Quit Preventing Youth Fro
- Preventing Youth From Starting Second-Hand Smoke SmartQuit™ App to Help You Quit Smoking & Vapor Product Laws Tobacco and the Media Tobacco and Minorities Youth Marijuana Prevention

and Education Program

Parent-Child Health

Breastfeeding Resources Family & Parenting Resources Nurse-Family Partnership (NFP)

Children with Special Health Care Needs (CSHCN)

NOVEL CORONAVIRUS (COVID-19) RESOURCES AND UPDATES

Updated March 20, 2020

HAVE A COVID-19 QUESTION? CALL 2-1-1

Sign up to receive COVID-19 updates by email or text.

1. Subscription Type Email

*Email Address

WHAT TO DO IF:

- You have confirmed or suspected COVID-19
- You were potentially exposed to someone with confirmed COVID-19
- You have symptoms of COVID-19

STAY INFORMED

- Washington State COVID-19 Website
- Washington Department of Health COVID-19 Website
- <u>CDC COVID-19 Website</u>
- World Health Organization COVID-19 Website

HAVE A QUESTION?

Kitsap County Information Line: 2-1-1

Washington State Hotline: 1-800-525-0127

COVID-19 FACT SHEET

- Printable COVID-19 fact sheet
- Hoja informativa de COVID-19

KITSAP COUNTY UPDATES

• LATEST DAILY EMAIL BULLETIN (Typically updated by 6:00 p.m. daily)

COVID-19 TESTING AND RESULTS FOR KITSAP COUNTY

Updated at 2:00 p.m. on 3/20/2020

Results will be updated at 2 p.m. daily, but may be updated more frequently as needed.

Positive Tests: 12

- 3/19/2020: A North Kitsap resident in their 30s
- 3/19/2020: A Bainbridge Island resident in their 70s
- 3/19/2020: A North Kitsap resident in their 50s
- 3/18/2020: A North Kitsap resident in their 60s
- 3/18/2020: A South Kitsap resident in their 30s
- 3/16/2020: A Bainbridge Island resident in their 40s
- 3/16/2020: A South Kitsap resident in their 50s
- 3/15/2020: A Bremerton area resident in their 50s
- 3/15/2020: A Central Kitsap resident in their 40s
- 3/13/2020: A South Kitsap resident in their 40s

- 3/10/2020: A Bainbridge Island resident in their 70s
- 3/08/2020: A Bainbridge Island resident in their 60s

Negative Tests: 244

Starting March 11, Kitsap Public Health will only list the total number of positive results and the total number of negative results for Kitsap County reported to the state. We will no longer be reporting total tests submitted. <u>Read an explanation</u>.

Public health officials are responding to an international outbreak of novel coronavirus (COVID-19) that started in China in December 2019.

Public health experts expect the novel coronavirus outbreak will continue to grow globally. More cases are anticipated in the United States and in Washington. Kitsap Public Health is asking all residents to take steps to protect their health and prevent the spread of COVID-19.

What can I do now to protect myself and my family?

Everyone should practice healthy habits to prevent the spread of respiratory illnesses:

- Wash hands often.
- Cover coughs and sneezes with an elbow or tissue.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently used objects and surfaces.
- Stay home when sick and avoid close contact with others.

Find more prevention tips.

Practice social distancing

Social distancing means keeping extra space between yourself and others to reduce the risk of getting or spreading COVID-19.

- Keep at least 6 feet of space between yourself and others whenever possible.
- Stay home as much as you can.
- Avoid crowded areas.
- Greet people without touching.
- Help family and friends who need assistance staying home.

Find additional tips to protect you, your family, and your community.

What should I do if I'm sick?

Symptoms of COVID-19 include fever, cough, and difficulty breathing. Most people who have COVID-19 experience mild illness similar to a cold or flu. Some people are at higher risk of serious illness, people with underlying health conditions, older adults and pregnant women.

If you are sick, you should stay home and rest. If you feel you need medical evaluation, or you are at higher risk of complications, stay home and call your health care provider for guidance.

See the Department of Health's $\underline{guidelines}$ for people who have symptoms or have been exposed to COVID-19.

COVID-19 Testing

COVID-19 tests must be ordered by health care providers. Kitsap Public Health District does not order tests for patients or provide testing directly.

See the Department of Health website for <u>more information about COVID-19 testing</u> in Washington.

COMMUNITY STRATEGIES TO SLOW SPREAD OF COVID-19

Strategies to slow the spread of COVID-19 are being implemented at the federal, state and local level. These strategies include school closures, limits on large gatherings, prohibiting dine-in services at restaurants, and other social distancing measures. Read a summary of the statewide requirements (ammended 3/17/2020) enacted to date.

Requirements and guidance are changing rapidly. See the following websites for updates and resources:

- Governor Jay Inslee COVID-19 Page
- Office of the Superintendent of Public Instruction
- <u>CDC: Protect your family</u>

Find additional guidance for families, employers and community organizations on the <u>Department of Health's website</u>.

What should I know if I am returning from international travel or have a trip planned? Guidance for travelers is changing frequently. Check the <u>CDC's travel page</u> for important updates.

Should I buy a mask?

The CDC and Washington State Department of Health <u>do not recommend</u> healthy people wear masks to prevent respiratory illnesses including COVID-19.

What is Kitsap Public Health doing?

The Kitsap Public Health District is working closely with the state Department of Health to respond to this rapidly changing situation and help our community prepare. Our activities include:

- Investigating COVID-19 cases in the community
- Providing guidance to local health care providers.
- Coordinating with partner agencies on planning and response.
- Providing updates and guidance to the general public and community organizations.
- Helping returning travelers who are self-monitoring at home.
- Working with the Department of Health to coordinate COVID-19 testing

REPORT A CONCERN

Report Public Health Concerns: Monday – Friday, 8:00 a.m. – 4:30 p.m. COVID-19 Info: Dial 2-1-1

360-728-2235 Report a Concern Online Sign Up for Notifications

PUBLIC HEALTH ADVISORIES

Water Contact Advisories Food Recalls Shellfish Advisories

FOR HEALTHCARE PROVIDERS

Notifiable Conditions Report Kitsap Respiratory Illness Report Resources

WELLS & SEPTIC Search for:

- Property Records
- Application & Permit Status
- Septic Maintenance Records

Certified Contractors

Selling Property

HELPFUL LINKS

Birth & Death Certificates Food Worker Cards Secure Medicine Return Public Records Requests Restaurant Inspection Scores

Pay Food, Pool & Solid Waste Bills

¡Bienvenido a Salud Pública!

NEW Resource Library (links to all brochures)

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