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## NOVEL CORONAVIRUS 2019

*This is an evolving situation. This page will be updated as more information is available.*

The Snohomish Health District, Washington State Department of Health, and Centers for Disease Control and Prevention are closely monitoring the coronavirus disease (COVID-19).

The Snohomish Health District is tracking COVID-19 carefully and working with the community to reduce the impacts of this virus. New temporary rules have been put into place focused on social distancing - a key strategy for reducing the spread of illness.

The most important thing you can do is remain calm, prepared, and informed. It also is important to take standard illness prevention tips. The same steps you take to reduce the spread of flu or other respiratory illnesses are key tools for reducing the spread of coronavirus.

The Community Foundation of Snohomish County has launched a charitable fund, in partnership with the Snohomish Health District, Snohomish County, and United Way of Snohomish County, to help ease the economic impacts of COVID-19. You can learn more or donate at [www.cf-sc.org](http://www.cf-sc.org).





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WORRIED ABOUT FLU OR CORONAVIRUS?

# HELP FIGHT THE SPREAD OF ILLNESS



## WASH HANDS OFTEN

WITH WARM WATER AND SOAP FOR AT LEAST 20 SECONDS.  
HAND SANITIZER IS GOOD IN A PINCH.

## KEEP HANDS AWAY

FROM MOUTH, NOSE OR EYES TO AVOID  
TRANSFERRING GERMS.

## CLEAN AND DISINFECT

FREQUENTLY USED SURFACES LIKE COUNTERS, LIGHT  
SWITCHES, DOORKNOBS, AND REMOTES.

## COVER COUGHS & SNEEZES

WITH A TISSUE, THEN THROW  
TISSUE AWAY AND WASH YOUR HANDS.

## IF YOU FEEL SICK, STAY HOME

FROM WORK, SCHOOL, OR OTHER ACTIVITIES AND AVOID  
CLOSE CONTACT WITH OTHERS.

FOR MORE INFORMATION GO TO:  
[WWW.SNOHD.ORG/NCOV2019](http://WWW.SNOHD.ORG/NCOV2019) OR [WWW.SNOHD.ORG/FLU](http://WWW.SNOHD.ORG/FLU)



SNOHOMISH  
HEALTH DISTRICT  
[WWW.SNOHD.ORG](http://WWW.SNOHD.ORG)

## WHO TO CALL

If you have symptoms of illness, contact your medical provider. **Call ahead** before you go into a clinic or other health care facility.

If you have questions about medical care for yourself, a family member or someone else in your household, contact your medical provider directly.

- [Everett Clinic flu and coronavirus resources](#)
- [MultiCare free e-visits](#)
- [Skagit Regional Health free e-clinic visits for respiratory illness](#)

## OTHER QUESTIONS?

Call: 1-800-525-0127

Then press #

### [FAQ](#)

[Novel coronavirus fact sheet](#)

## NEWS

[Visit our Newsroom page.](#)

- [Health Officer's Order on Events \(March 11, 2020\)](#)
- [Health Officer's Order: Declaration of Public Health Emergency \(March 4, 2020\)](#)

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Norovirus

Novel Coronavirus 2019

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# PUBLIC HEALTH

always working for a safer & healthier  
SNOHOMISH COUNTY

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