

Public Health Recommendations

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Novel Coronavirus (COVID-19)

Page updated: Wednesday, March 18, 2020 at 12:00 pm

I am looking for...

- Public Health Recommendations
- Case Information
- School Closures
- Guidelines for Informal Gatherings of Children & Youth During School Closures
- What You Should Do if You Feel Sick
- What You Should Do if You Think You Were Exposed
- Testing for COVID-19
- Resources for Healthcare Providers
- Guidance for Businesses and Community Organizations
- Latest News & Updates
- FAQs

If you have questions about COVID-19, call the Washington State Department of Health hotline at 1-800-525-0127 and press #.

2019 Novel Coronavirus (COVID-19) in Whatcom County

As of Monday, March 16, we will be updating this page by 12:00 pm each day with new cases received through 11:59 pm the previous day. We will update this information sooner if significant developments occur.

Last updated: Wednesday, March 18, 2020 12:00 pm.

Confirmed Cases**
7
Negative Results*
209
Deaths
0

** **Confirmed Cases:** Positive test results for Whatcom County residents reported in the Washington Disease Reporting System as of 11:59 pm.

***Negative Results:** Negative test results available for individuals that are that are known to the Whatcom County Health Department in the Washington Disease Reporting System as of 11:59 pm.

We simplified the way we report COVID-19 test results on March 13, 2020. <u>Read more about why we made that change</u>.





Compassion Keeps our Community Strong

• English

Compassion keeps our community

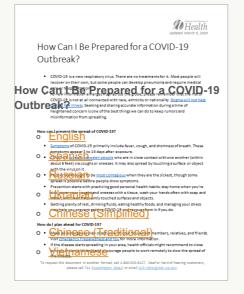


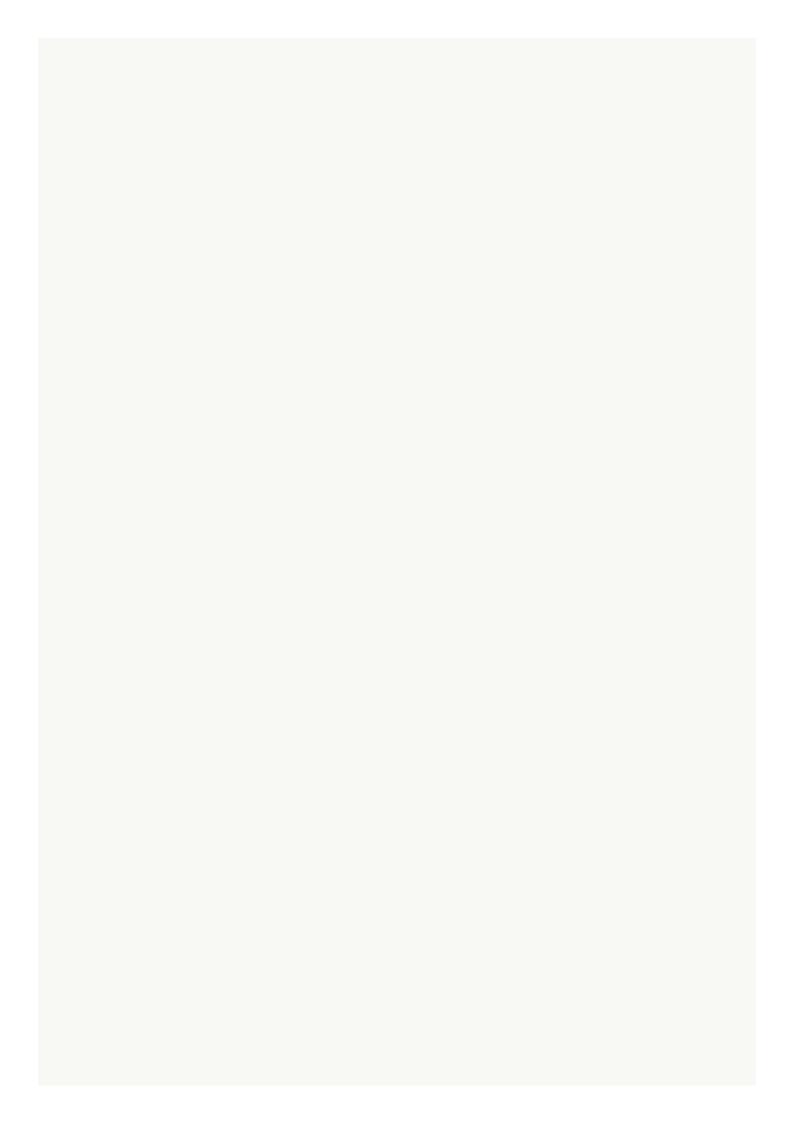
Have compassion for others. • Viruses don't discriminate based on race, ethnicity, or cultural background. This kind of stigma makes any situation worse, not better! • Everyone reacts differently to stressful situations. Practice compassion towards others who may have a difficult time dealing with stress.

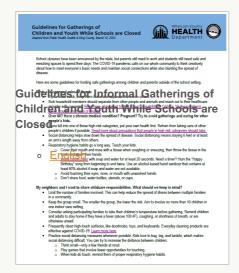


Have compassion for people who are sick or social distancing. • Reach out virtually to someone you care about who is at home sick or in self-quarantine. • If you see someone in public coughing or sneezing, be kind. Offer at tissue, or kindly suggest they cough into their elbow.

- Have compassion for yourself.
 Make time to unwind and remind yourself that strong feelings will fade.
 Take breaks from watching, reading, or listening to news stories.
 Ask for help if you feel overwhelmed or concerned that COVID-19 is affecting your ability to function. It's ok to reach out to your primary care provider, a counselor, or faith leader for support.







Additional Resources

- <u>Washington State Novel Coronavirus Outbreak 2020</u> (Washington State Department of Health)
- <u>2019 Novel Coronavirus</u> (Centers for Disease Control & Prevention)
 What You Need to Know (PDF) <u>English</u> | <u>Chinese</u> | <u>Spanish</u>
- COVID-19 Outbreak (World Health Organization)
- COVID-19 Glossary (PDF)

