COUNTY ALERT

Whatcom County COVID-19 Response - Limited Access to County Offices
Additional Information...

WHATCOM COUNTY
Washington

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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. *Read more about why we made that change*.

Novel Coronavirus Fact Sheets

- English
- Spanish
- Russian
- Chinese (Simplified)
- Chinese (Traditional)
- Vietnamese
- Punjabi

Concerns about COVID-19 (PDF):

- English
- Spanish
- Russian
- Punjabi

Compassion Keeps our Community Strong

- English

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 a 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.

Whatcom County HEALTH Department

How Can I Be Prepared for a COVID-19 Outbreak?

- English
- Spanish
- Russian
- Ukrainian
- Chinese (Simplified)
- Chinese (Traditional)
- Vietnamese

Washington State Department of **Health**
Updated March 5, 2020

How Can I Be Prepared for a COVID-19 Outbreak?

- COVID-19 is a new respiratory virus. There are no treatments for it. Most people will recover on their own, but some people can develop pneumonia and require medical care or hospitalization.
- This is an emerging, rapidly evolving situation, and new information emerges daily. COVID-19 is not at all connected with race, ethnicity or nationality. Stigma will not help to fight the illness. Seeking and sharing accurate information during a time of heightened concern is one of the best things we can do to keep rumors and misinformation from spreading.

How can I prevent the spread of COVID-19?

- Symptoms of COVID-19 primarily include fever, cough, and shortness of breath. These symptoms appear 2 to 14 days after exposure.
- COVID-19 spreads between people who are in close contact with one another (within about 6 feet) via coughs or sneezes. It may also spread by touching a surface or object with the virus on it.
- People are thought to be most contagious when they are the sickest, though some spread is possible before people show symptoms.
- Prevention starts with practicing good personal health habits: stay home when you're sick, cover your coughs and sneezes with a tissue, wash your hands often with soap and water, and clean frequently touched surfaces and objects.
- Getting plenty of rest, drinking fluids, eating healthy foods, and managing your stress may help you prevent getting COVID-19 and recover from it if you do.

How do I plan ahead for COVID-19?

- Make a household plan of action with your household members, relatives, and friends. Visit Emergency Preparedness and You for more information.
- If the disease starts spreading in your area, health officials might recommend to close schools, cancel events, and encourage people to work remotely to slow the spread of the illness.

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

Guidelines for Gatherings of Children and Youth While Schools are Closed
Adapted from Public Health Seattle & King County, March 15, 2020

Whatcom County **HEALTH** Department

School closures have been announced by the state, but parents still need to work and students still need safe and enriching spaces to spend their days. The COVID-19 pandemic calls on our whole community to think creatively about how to meet everyone's basic needs and maintain social connections while also blunting the spread of disease.

Here are some guidelines for hosting safe gatherings among children and parents outside of the school setting.

What if someone is sick?
- If you or your child feel sick, keep them (and yourself) home.
- Sick household members should separate from other people and animals and reach out to their healthcare provider with concerns. Review these steps that home isolation for people with COVID-19 or their patients.
- **Over 60? Have a chronic medical condition? Pregnant?** Try to avoid gatherings and caring for other people's kids.
  - If you fall into one of these high-risk categories, put your own health first. Refrain from taking care of other people's children if possible. Read more about precautions that people in high risk categories should take.
- Social distancing helps slow down the spread of disease. Social distancing means staying 6 feet or at least an arm's length away from others.
- Respiratory hygiene habits go a long way. Teach your kids:
  - Cover their mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash and wash their hands.
  - Wash hands often with soap and water for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
  - Avoid touching their eyes, nose, or mouth with unwashed hands.
  - Don't share food, water bottles, utensils, or cups.

My neighbors and I want to share childcare responsibilities. What should we keep in mind?
- Limit the number of families involved. This can help reduce the spread of illness between multiple families in a community.
- Keep the group small. The smaller the group, the lower the risk. Aim to involve no more than 10 children in one indoor care setting.
- Consider asking participating families to take their children's temperature before gathering. Remind children and adults to stay home if they have a fever (above 100.4F), coughing, or shortness of breath, or are otherwise unwell.
- Frequently clean high-touch surfaces, like doorknobs, toys, and keyboards. Everyday cleaning products are effective against COVID-19. Learn more here.
- Practice social distancing measures whenever possible. Kids love to hug, tag, and tumble, which makes social distancing difficult. You can try to increase the distance between children:
  - Think small—only a few friends at most.
  - Play games that involve fewer opportunities for touching.
  - When kids do touch, remind them of proper respiratory hygiene habits.

Guidelines for Informal Gatherings of Children and Youth While Schools are Closed

- English

Additional Resources

- [Washington State Novel Coronavirus Outbreak 2020](#) (Washington State Department of Health)
- [2019 Novel Coronavirus](#) (Centers for Disease Control & Prevention)
  - What You Need to Know (PDF) - [English](#) | [Chinese](#) | [Spanish](#)

- [COVID-19 Outbreak](#) (World Health Organization)
- [COVID-19 Glossary](#) (PDF)

Contact Us

Email for COVID19: covid@co.whatcom.wa.us

Email for general info: health@co.whatcom.wa.us

Media Inquiries:

health-PIO@co.whatcom.wa.us

Phone: 360-778-6100

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