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## Novel Coronavirus (COVID-19)

Page updated: Thursday, March 19, 2020 at 12:00 pm

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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 noon 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: Friday, March 20, 2020 12:00 pm.

	<b>Confirmed Cases**</b>
	10
	<b>Negative Results*</b>
	240
	<b>Deaths</b>
	1

### Confirmed Case Details:

- Male in his 60s
- Female in her 50s
- Male in his 80s
- Female in her 60s
- Female in her 40s
- Female in her 20s
- Male in his 60s
- Male in his 40s
- Male in his teens
- Male in his 50s

**\*\* 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 known to the Whatcom County Health Department in the Washington Disease Reporting System as of 11:59 pm.

**Subscribe** and receive an email or text message notification when we update COVID-19 case results, along with other news items from WCHD. To sign up, use [this link to access the subscription sign up webpage](#), and select Health – Public Health News under the News Flash section.

We simplified the way we report COVID-19 test results on March 13, 2020. [Read more about why we made that change.](#)

**Novel Coronavirus**

What is novel coronavirus?

Health experts are concerned because little is known about this new virus and it has the potential to cause severe illness and pneumonia in some people.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronavirus-like viruses are known to spread from an infected person to others through:

- The air by coughing and sneezing.
- Close contact, such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.
- People who have been in contact with fever, cough, or difficulty breathing.

How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (like a common cold) to severe pneumonia that requires hospitalization. Severe cases have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after they are exposed to the virus:

Fever Cough Difficulty breathing

**Concerns about COVID-19?**

Do these things to prevent any kind of respiratory illness

Concerns about COVID-19 (PFR):

Wash hands often. Cover your coughs & sneezes.

Call ahead before visiting your doctor.

Stay home when sick. If you have severe symptoms that need medical attention, call the clinic before going in.

Clean all "high-touch" surfaces daily.

If you are sick:

- If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first. Do not go to the emergency room. Emergency rooms need to be able to serve those with the most critical needs.
- If you have traveled, make sure to tell your doctor about it.
- Healthcare providers are working with local public health departments and CDC to determine who needs to be tested for COVID-19. ([www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/about/steps-when-sick.html))

For more information:

The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington, how the virus is spread, and what to do if you have symptoms, please call 1-800-525-0127 and press #. ([www.doh.wa.gov/emergencies/coronavirus](http://www.doh.wa.gov/emergencies/coronavirus))

## Compassion keeps our community strong.



### 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 hard time coping with stress.

## Compassion keeps our Community Strong



### 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?



## How Can I Be Prepared for a COVID-19

### Outbreak

- **Spanish** 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.
- **Russian** New infectious disease that has emerged from across the globe, please remember that the risk of [to fight the illness](#). Seeking and sharing accurate information during a time of widespread concern is one of the best things we can do to keep rumors and
- **Ukrainian** spreading.

### How can I prevent the spread of COVID-19?

- **Chinese (Simplified)** Symptoms of COVID-19 primarily include fever, cough, and shortness of breath. These
- **Chinese (Traditional)** symptoms are similar to those of the common cold. COVID-19 is spread by 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.
- **French** Contact with someone who is sick 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.

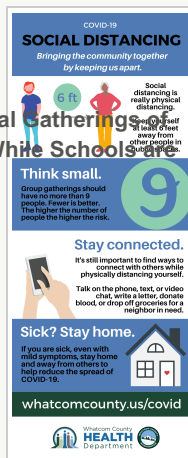
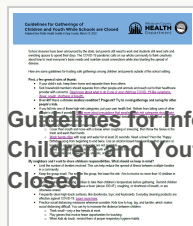
### How do I plan ahead for COVID-19?

- Make an emergency plan of action with your household members, relatives, and friends. Visit [Emergency Preparedness and Plan](#) for more information.
- If the disease starts spreading in your area, health officials might recommend to close schools or cancel events and encourage people to work remotely to slow the spread of the disease.

To request this document in another format, call 1-800-825-0127. Deaf or hard of hearing customers, please call 711 ([Oregon Relay](#)) or email [ocd.rtm@ohs.or.gov](mailto:ocd.rtm@ohs.or.gov).

## Guidelines for Informal Gathering 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](mailto:covid@co.whatcom.wa.us)

Email for general info:  
[health@co.whatcom.wa.us](mailto:health@co.whatcom.wa.us)

Media Inquiries:  
[WUC\\_JIC@co.whatcom.wa.us](mailto:WUC_JIC@co.whatcom.wa.us)

Phone: 360-778-6100



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