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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.

	Confirmed Cases**
	10
	Negative Results*
	240
	Deaths
	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 can be passed 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)

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)

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 can be spread by direct 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** 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 ovd.rtmr@ohs.oregon.gov.

Guidelines for Gatherings of Children and Youth While Schools are Closed
 Adapted from Public Health Seattle & King County, March 12, 2020

Whitman 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.

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

- Sick household members should separate from other people and animals and reach out to their healthcare provider with symptoms. [Click here to learn more about COVID-19 symptoms and how to get help.](#)
- 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.
 - Wash their hands 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 temperatures before gathering. Notify children and adults to stay home if they have a fever (above 100.4°F), 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.

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)

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