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# Novel Coronavirus (COVID-19)

Page updated: Thursday, March 19, 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 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

\*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 <a href="this link to access">this link to access</a></a><a href="this link to access">the subscription sign up webpage</a>, 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.

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





# 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 down'ds others who may have a





- 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.



Social Distancing Flier

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

How Can I Be Prepared for a COVID-19 ขน<mark>⊞กญ่เรh</mark>

- Supan spiratory virus. There are no treatments for it. Most people will receive nor treatment own, but some people can develop pneumonia and require medical
- care of hospitalization.

   The type of precise by marges from scross the globa, please remember that the risk of child 32 habitat all connected with risk, entirely or rationality, sizema will not habit to first the limits. Seaking and haring accurate information during a time of the precise of the best things we can do to keep rumors and the precise of the best things we can do to keep rumors and the precise of the best things we can do to keep rumors and the precise of the best things we can do to keep rumors and the precise of the best things we can do to keep rumors and the precise of the precis

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   Prevention matrix with practicing good personal health habits: stay home when you've
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   water, and clean frequently touched surface and objects.
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- Make an emergency plan of action with your household members, relatives, and friends.
  Visit <u>Emergency Treaser actions and Yos</u> for more information.
  If the disease arts spreading in your zers, heath officials might recommend to close schools or cancel events and encourage people to work remotely to slow the spread of the disease.

# COVID-19 **SOCIAL DISTANCING**

Bringing the community together by keeping us apart.



Social distancing is really physical distancing.

Keep yourself at least 6 feet away from other people in public spaces.

# Think small.

Group gatherings should have no more than 9 people. Fewer is better. The higher the number of people the higher the risk.



# Stay connected.



It's still important to find ways to connect with others while physically distancing yourself.

Talk on the phone, text, or video chat, write a letter, donate blood, or drop off groceries for a neighbor in need.

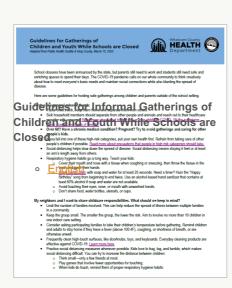
# Sick? Stay home.

If you are sick, even with mild symptoms, stay home and away from others to help reduce the spread of COVID-19.



whatcomcounty.us/covid





# 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:

WUC\_JIC@co.whatcom.wa.us

**Phone:** 360-778-6100



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