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# Novel Coronavirus (COVID-19)

Page updated: Monday, March 23, 2020 at 6:51 am

# 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: Monday, March 23, 2020 6:51 am.

Confirmed Cases**
48
Negative Results*
271
Deaths
2

#### **Confirmed Case Details:**

Starting Sunday, March 22, 2020 we will no longer be providing details for individual cases on our website. More information will be available about this change on Monday, March 23

- Female in her 70s
- Male in his 30s
- Male in his 50s
- Male in his 30s
- Female in her 80s
- Female in her 60s
- Female in her 70s
- Male in his 80s
- Female in her 40s
- Male in his 60s
- Female in her 50s
- Male in his 80s, Died March 20, 2020.
- Female in her 60s
- Female in her 40s
- Female in her 20s
- Male in his 60s, Died March 19, 2020.
- Male in his 40s
- Male in his teens
- o 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

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

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 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.

**Novel Coronavirus Fact Sheets** 

Concerns about COVID-19 (PDF):

- English
- Spanish
- Russian

- English
- Spanish
- Russian





# 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 abbon with a continuous practice.

# Practice compassion towards others who may have a

#### Strong

Have compassion for people who are sick or

social distancing.

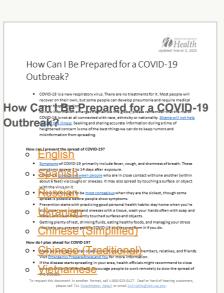
Social

# 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.





Outbreak?

## 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.

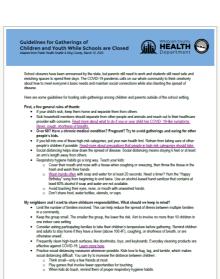
If you are sick, even with mild symptoms, stay home and away from others to help reduce the spread of COVID-19.



whatcomcounty.us/covid



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



### 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



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