



Public Health  
Recommendations

FAQs

Healthcare Providers

Restaurants, Businesses &  
Community Organizations

Latest News & Updates

Media & Press

[Home](#) > [Your Government](#) > [Departments](#) > [Health Department](#) > [Communicable Disease](#)  
> [Topics](#) > [Novel Coronavirus \(COVID-19\)](#)

## Novel Coronavirus (COVID-19)

*Page updated: Tuesday, March 24, 2020 at 11:19 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 23, we are changing the way we report Whatcom County case information. With an increase in the number of confirmed cases, we will now report only the total number of confirmed cases, negative results, and deaths. We will no longer report the age by decade and gender of individual cases.

We are working to provide a breakdown of Whatcom County cases by decade of age in the coming days.

The number of cases shown here were received through 11:59 pm yesterday.

Last updated: Tuesday, March 24, 2020 11:19 am.

	<b>Confirmed Cases**</b>
	64
	<b>Negative Results*</b>
	336
	<b>Deaths</b>
	2

**\*\* 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**

Whatcom County HEALTH Department

**What is novel coronavirus?**

Health experts are still learning the details about how this new coronavirus spreads. Other coronavirus infections can be passed from one person to another through:




- The air by coughing and sneezing.
- Droplets, such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.
- In some cases, contact with feces (poop).

**How severe is novel coronavirus?**

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. Reported 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 (PDR):

**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/step-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/about/step-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))

**Wash your hands often.**

**Cover your coughs & sneezes.**

**Call ahead before visiting your doctor.**

**Stay home when sick.**

**Clean all "high-touch" surfaces daily.**

**If you have severe symptoms that need medical attention, call the clinic before going in.**

Whatcom County HEALTH Department  
Updated March 4, 2020

## 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.

## 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



[Social Distancing Flier](#)

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



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

#### English

- **Spanish** COVID-19 is a 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** COVID-19 is a respiratory virus that has emerged from across the globe, please remember that the risk of infection is higher for people who are connected with race, ethnicity or nationality. [Click here to find the link](#). 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.

#### Chinese (Simplified)

- **Chinese (Simplified)** Symptoms of COVID-19 primarily include fever, cough, and shortness of breath. These symptoms usually appear 2-14 days after exposure to the virus.
- **Chinese (Traditional)** COVID-19 is a respiratory virus that has emerged from across the globe, please remember that the risk of infection is higher for people who are connected with race, ethnicity or nationality. [Click here to find the link](#). 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.

- **French** COVID-19 is a respiratory virus that has emerged from across the globe, please remember that the risk of infection is higher for people who are connected with race, ethnicity or nationality. [Click here to find the link](#). 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 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. Dial or hard of hearing customers, please call 717 (toll-free) or email [ocd.critms@cof.wa.gov](mailto:ocd.critms@cof.wa.gov).

## 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](http://whatcomcounty.us/covid)



Whatcom County  
**HEALTH**  
Department



**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.

**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 personal information about their illness if they are unable to care for themselves.
- Over 65? 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 unsoiled 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. Directed 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 tag, 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)

## Contact Us



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