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Novel Coronavirus (COVID-19)

Page updated: Thursday, March 26, 2020 at 12:30 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

The cases shown here were received through 12:00pm on 3/26/2020 and were based on significant developments that occurred this morning.

Last updated: Thursday, March 26, 2020 12:30 pm.

	Confirmed Cases**
	86
	Negative Results*
	336 (as of 3/24)
	Deaths
	4

**** 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. Due to a technical difficulty with the Washington State Department of Health, the number of negative results has not been updated since 3/24/20.

With an increase in the number of confirmed cases, we are working to provide a breakdown of Whatcom County cases by sex and decade of age in the coming days.

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.

Factsheets and Other Resources

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 cases from an infected person to others through:

- The air by coughing and sneezing
- Contact with an infected person, such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.
- Items that come in contact with feces (stools).

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. Most cases 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 (PDF):

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 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/stay-at-home-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

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.



Recommendations for Handling Pre-Packed Food Safety

Here are a few steps to take to ensure food safety:

- Transfer food from packaging directly to your plate or to a clean container to eat later.
- Throw away all of the packaging, and clean any surfaces that it came in contact with.
- Wash your hands immediately after handling food packaging, and before preparing food.
- Wash all produce before you eat or prepare as normal. There is no need for additional washing or sanitizing.

Do not spray bleach or disinfectant on your food. Hand washing remains one of the single most important things you can do to protect yourself and others.

Note, there is no current evidence to support the transmission of COVID-19 associated with food or food packaging.

whatcomcounty.us/covid

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

- [English](#)
- [Spanish](#)
- [Russian](#)

- o [Ukrainian](#)
- o [Chinese \(Simplified\)](#)
- o [Chinese \(Traditional\)](#)
- o [Vietnamese](#)



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

- COVID-19 is a new 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.
- As new information emerges from across the globe, please remember that the risk of COVID-19 is not at all connected with race, ethnicity or nationality. [Science will not help to fight the illness.](#) 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 can I prevent the spread of COVID-19?

- [Symptoms](#) of COVID-19 primarily include fever, cough, and shortness of breath. These symptoms appear 2 to 14 days after exposure.
- COVID-19 [spreads between people](#) who are in close 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.
- People are thought to be [most contagious](#) 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 1-800-835-0123. Deaf or hard of hearing customers, please call 711 ([toll-free relay](#)) or email cvs.rtmr@hhs.gov.

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 concerns. They should also avoid contact with other children and youth.

Over 60? Have a chronic medical condition? Pregnant? Try to avoid gatherings and caring for other people's kids.

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 temperature before gathering. Demand 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, tap, 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



Email for COVID19:
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