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## Novel Coronavirus (COVID-19)

Page updated: Friday, March 27, 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) Cases in Whatcom County

These numbers are updated daily at 12:00 pm. They are updated sooner if significant developments occur.

Last updated: Friday, March 27, 2020 12:00 pm.

<b>Confirmed Cases**</b>
92
<b>Negative Results*</b>
544
<b>Deaths</b>
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.

### Confirmed Cases by Age

0-19 years
1
20-29 years
5
30-39 years
17
40-49 years
12
50-59 years
14
60-69 years
9
70-79 years
8
80+ years
25
Unknown



## 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



**Guidelines for Gatherings of Children and Youth While Schools are Closed**  
Adapted from Public Health - Seattle & King County, March 18, 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 limiting 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

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

- **Over 60?** Have a chronic medical condition? Pregnant? Try to avoid gatherings and caring for other people's kids.
- **High risk?** 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 your mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash.
  - **Wash 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. Remind children and adults to stay home if they have a fever (above 100.4°), 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.

**Recommendations for Handling Pre-Packaged Food Safely**

Whatcom County HEALTH DEPARTMENT

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.**
- **Wash your hands immediately after handling** food packaging, and **before you eat** the 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](http://whatcomcounty.us/covid)

## 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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