



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: Saturday, March 28, 2020 at 2:15 pm*

### I am looking for...

- [Public Health Recommendations](#)
- [Case Information](#)
- [School Closure Information](#)
- [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) Cases in Whatcom County

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

Last updated: Saturday, March 28, 2020 11:32 am.

	<b>Confirmed Cases**</b>
	102
	<b>Negative Results*</b>
	568
	<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

Age Group	0-19 years
Percent of Confirmed Cases	1
Age Group	20-29 years
Percent of Confirmed Cases	6
Age Group	30-39 years
Percent of Confirmed Cases	18
Age Group	40-49 years
Percent of Confirmed Cases	13
Age Group	50-59 years
Percent of Confirmed Cases	16
Age Group	60-69 years
Percent of Confirmed Cases	11
Age Group	70-79 years
Percent of Confirmed Cases	9
Age Group	80+ years

**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.

**Novel Coronavirus**

What is novel coronavirus?  
**Novel Coronavirus Fact Sheets**  
 Novel coronavirus (2019-nCoV) is a virus strain that has only spread in people since December 2019. 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 learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- **English**
- **Spanish**
- **Russian**
- **Chinese (Simplified)**
- **Chinese (Traditional)**
- **Vietnamese**
- **Punjabi**

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 common cold) to severe pneumonia that requires hospitalization. So far, deaths 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?**

Viruses don't discriminate by ethnicity (DF):

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/steps-when-sick.html](http://www.cdc.gov/coronavirus/2019-ncov/about/steps-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 8. ([www.doh.wa.gov/emergencies/coronavirus](http://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 different perspective.

**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  
 Updated March 4, 2020



**English**  
**Recommendations for Handling Pre-Packed 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.
- Throw away all of the packaging, and clean any surfaces that it came into contact with.
- Wash your hands immediately after handling food packaging, and before eating or handling unpackaged 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)

**PRECAUCIONES PARA EL CORONAVIRUS (COVID-19)**

 Si tiene fiebre de más de 100.4F, tos o falta de aire, no trabaje. Dígale a su supervisor, váyase a su casa y llámelo a un médico.

 Use una cubierta sobre su boca y nariz cada vez que no esté en casa. Puede usar un pañuelo o una mascarilla de tela.

**English**  
**Spanish**

 Lávese las manos con frecuencia con agua y jabón. Si no puede lavarse las manos, use un desinfectante para manos con más de 60% de alcohol.

 Manténgase a 6 pies de distancia de las personas que lo rodean cuando trabaja, come y sale al público.

 Solo salga de casa para ir a trabajar u obtener los artículos necesarios, como comestibles o visitar a un médico.

 No se reúnan en grupos grandes.

[www.whatcomcounty.us/covid](http://www.whatcomcounty.us/covid)  
[www.whatcomcovid.com](http://www.whatcomcovid.com)

Updated March 23, 2020. Adapted from Grant County Health District.

Whatcom County HEALTH Department

**English**  
**Stay Home, Stay Healthy, Save Lives**

Whatcom County HEALTH Department

**What does Stay Home, Stay Healthy mean?**  
 You must stay home except for supplies and services like:

- Food and household supplies.
- Medicine or medical care.
- Travel to work for essential jobs.

**What can I still do?**  
 It's ok to hang out with the people you live with.

- Go outside and exercise!
- Keep 6 feet between you and people who don't live with you.
- Order delivery or takeout.
- Reschedule non-emergency appointments.

**What are essential jobs?**  
 Stay Home, Stay Healthy applies to all people except those performing essential jobs like:

- First responders.
- Healthcare workers.
- Public works.

You will know if your job is essential.

**Why should I stay home?**  
 Staying home is the best way to protect yourself, your family and your community. It helps:

- Keep healthcare facilities open to those who need them.
- Protect people with higher risk of severe illness.

Learn more and stay updated at [www.whatcomcounty.us/covid](http://www.whatcomcounty.us/covid)

- [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:  
[covid@co.whatcom.wa.us](mailto:covid@co.whatcom.wa.us)

Email for general info:  
[health@co.whatcom.wa.us](mailto:health@co.whatcom.wa.us)



**Media Inquiries:**

[WUC\\_JIC@co.whatcom.wa.us](mailto:WUC_JIC@co.whatcom.wa.us)

Phone: 360-778-6100



**E-Services**

*[View Available Services](#)*



**Departments**

*[Find a Specific Department](#)*



**Stay Informed**

*[Sign-Up for Notifications](#)*



**Agendas & Minutes**

*[View Current Information](#)*



**FAQs**

*[We're Here to Help](#)*



[Website Feedback](#) | [Employee Login](#) | [Jobs](#) | [Site Map](#) | [Accessibility](#) | [Terms of Use](#) | [Copyright](#) | [Government Websites by CivicPlus®](#)

311 Grand Avenue | Bellingham, WA 98225 | Phone: 360-778-5000



 [Enable Google Translate](#)