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## Novel Coronavirus (COVID-19)

*Page updated: Monday, March 30, 2020 at 5:02 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

**Note for 3/30/20:** We experienced a delay in our case reporting today. The information below is the updated information. Please read our [News Flash](#) for more information.

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

*Last updated: Monday, March 30, 2020 5:02 pm.*

	<b>Confirmed Cases**</b>
	120
	<b>Negative Results*</b>
	677
	<b>Deaths</b>
	7

**\*\* 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
Confirmed Cases	1%
Age Group	20-29 years
Confirmed Cases	7%
Age Group	30-39 years
Confirmed Cases	16%
Age Group	40-49 years
Confirmed Cases	12%
Age Group	50-59 years
Confirmed Cases	17%
Age Group	60-69 years
Confirmed Cases	12%
Age Group	70-79 years

Confirmed Cases	8%
Age Group	80+ years
Confirmed Cases	28%

**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?  
**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:

- Sneezing
- Close personal contact, such as touching or shaking hands.
- Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes.
- Contact with feces.

How severe is novel coronavirus?  
 Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild (like a 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?**  
 Download this sheet to view it in full (in 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/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 6, 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 experience.

**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 6, 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

**Whatcom Unified Command Website:**

<https://whatcomcovid.com>



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**FAQs**

*We're Here to Help*



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