



Pacific County Monthly Update

10/7/2021

Meeting Guidelines

- This will be a moderated forum. We ask that everyone participating be respectful and stay on topic. The moderator may select questions as time permits and in order to keep the discussion on topic and appropriate.
- This meeting is being recorded and will be posted on health dept social media and at www.pacificcountycovid19.com
- If you'd like to comment or ask a question, enter your comment in the comment box, or enter your name and you will be called on (as time permits).
- Please try to limit comments to 3 minutes or less.

Agenda & Topics

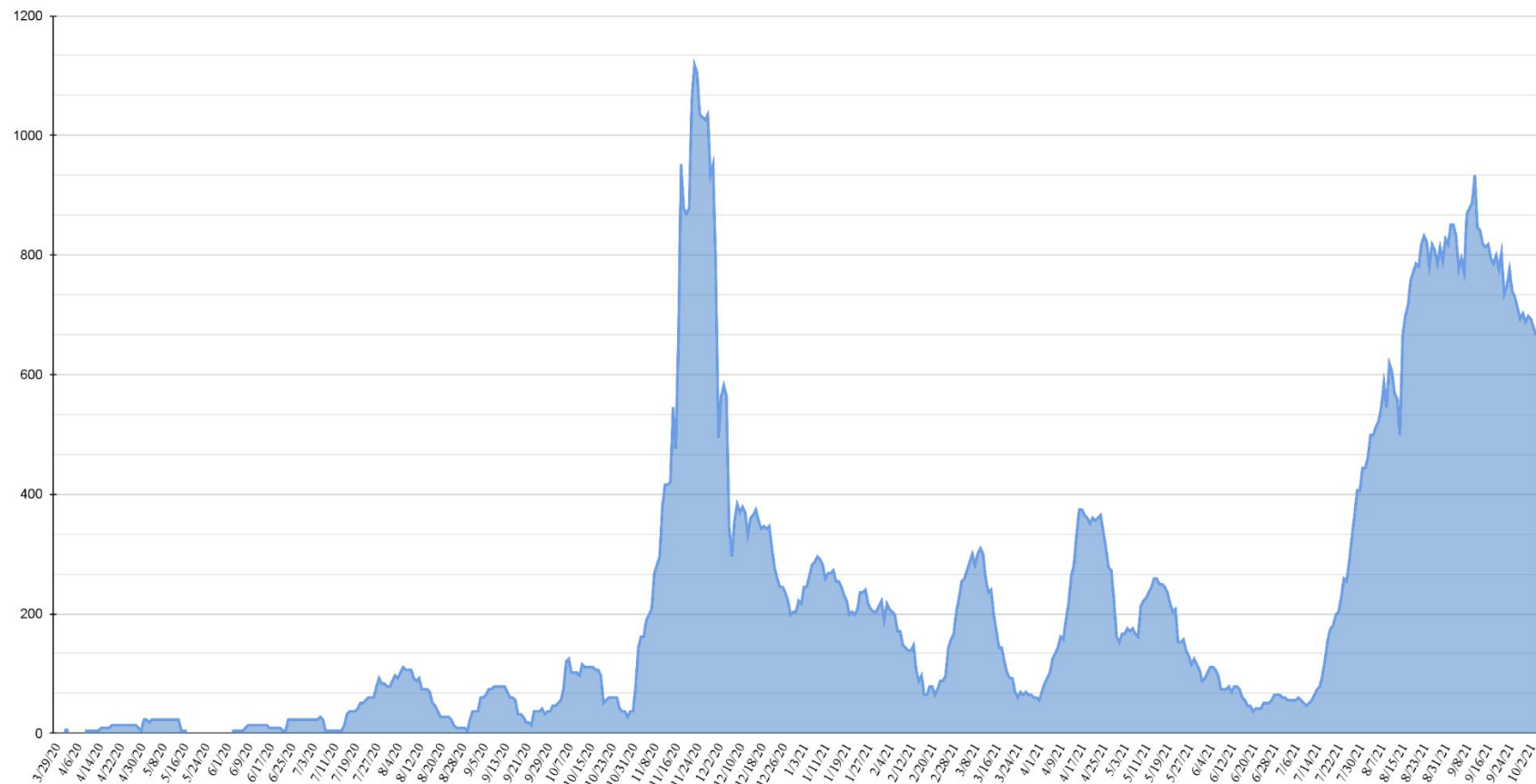
1. Local data update
2. Vaccine updates
 - Boosters
 - Flu shots
3. COVID-19 Testing in Pacific County
 - Medical Teams International
 - Curative
 - What to do if you test positive on an at-home test?
 - Current testing options
4. School guidance
5. COVID-19 treatments
6. Resources
7. Question & Answer and Public Comment

Pacific County Weekly COVID 19 Case Data

Pacific County Case Data Summary	9/22/2021	9/29/2021	10/6/2021
Cases (Total)	1767	1850	1904
Active Cases	72	87	91
New cases this week	75	83	54
New cases over 14 days	168	158	137
Total Hospitalizations	90	98	103
New hospitalizations this week	6	8	5
Deaths (total)	27	28	29
Case rate per 100,000 population over 14 days	776	712	665

Updated 10/06/2021

Pacific County COVID-19 Case Rate per 100,000 population over past 14 days (trend over time)



Updated 10/06/2021

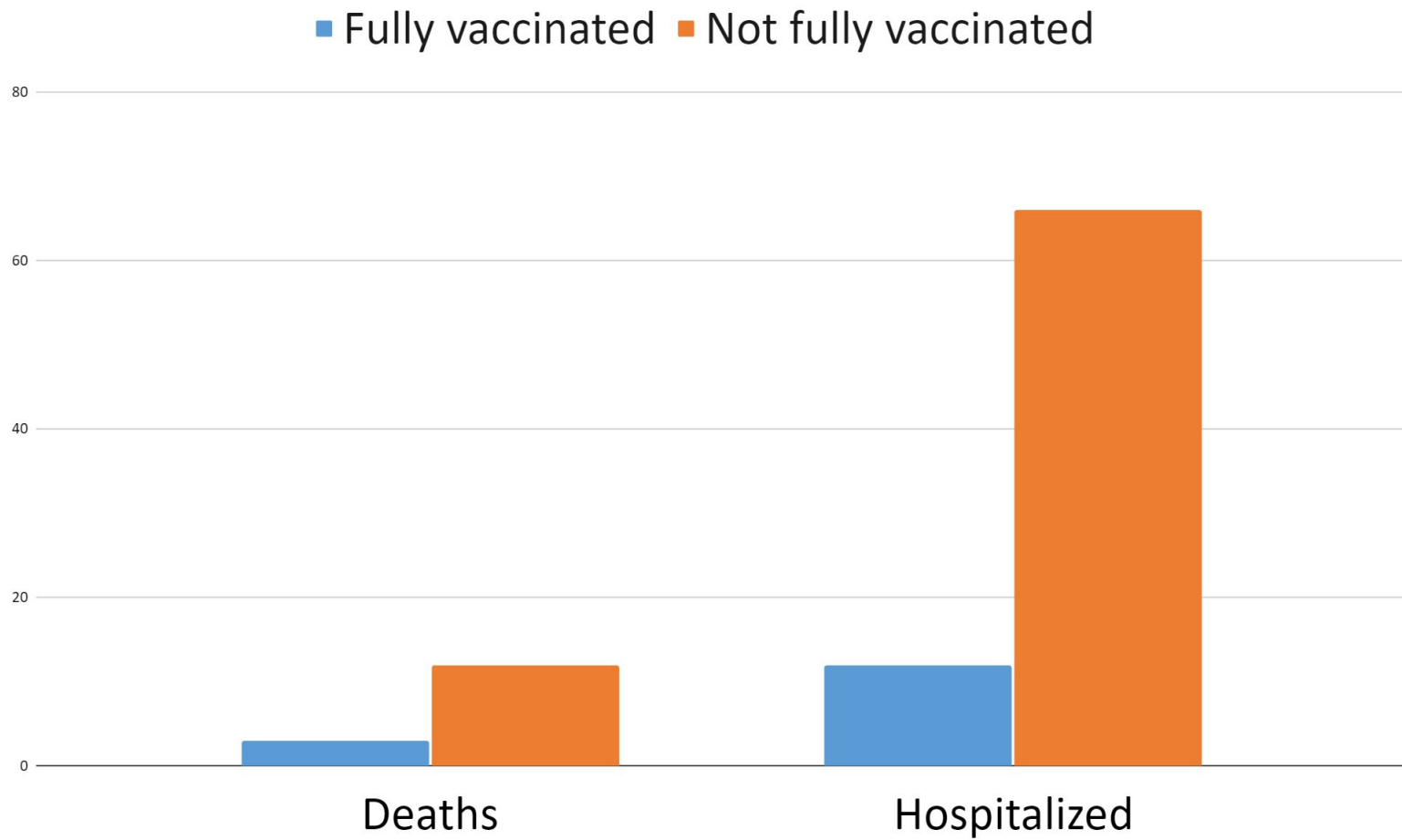
Pacific County COVID-19 Cases by Age Group

Age	10/6/2021
0-9	153
10-19	273
20-29	228
30-39	307
40-49	279
50-59	237
60-69	209
70+	197
Incomplete data	21

Case Rate by Zip Code	10/06/2021
Bay Center (98527)	13
Chinook (98614)	34
Ilwaco (98624)	82
Long Beach (98631)	229
Lebam (98554)	2
Naselle (98638)	116
Nahcotta (98637)	5
Menlo (98561)	2
Ocean Park (98640)	202
Oysterville (98641)	6
Seaview (98644)	46
Raymond (98577)	791
South Bend (98586)	294
Tokeland (98590)	15
Grayland (98547)	36
Incomplete data	31

Pacific County Cases by Zip Code

- Confirmed case count is specific to each zip code.
- Represents permanent residence of Pacific County COVID-19 cases.
- Not a representation of where COVID-19 exposure or transmission occurred.



March 1, 2021-October 6, 2021

COVID-19 Hospitalizations among SW WA Residents since Delta

AGES 35-64

COVID-19 hospitalization rates were... **13X LOWER** among fully vaccinated residents ages 35 to 64 compared to those who were not vaccinated.

For every 10,000 residents who were **NOT VACCINATED**, 55 were hospitalized for COVID-19. **55 out of 10,000**

For every 10,000 residents who were **FULLY VACCINATED**, 4 were hospitalized for COVID-19. **4 out of 10,000**

AGES 65+

COVID-19 hospitalization rates were... **7X LOWER** among fully vaccinated residents ages 65+ compared to those who were not vaccinated.

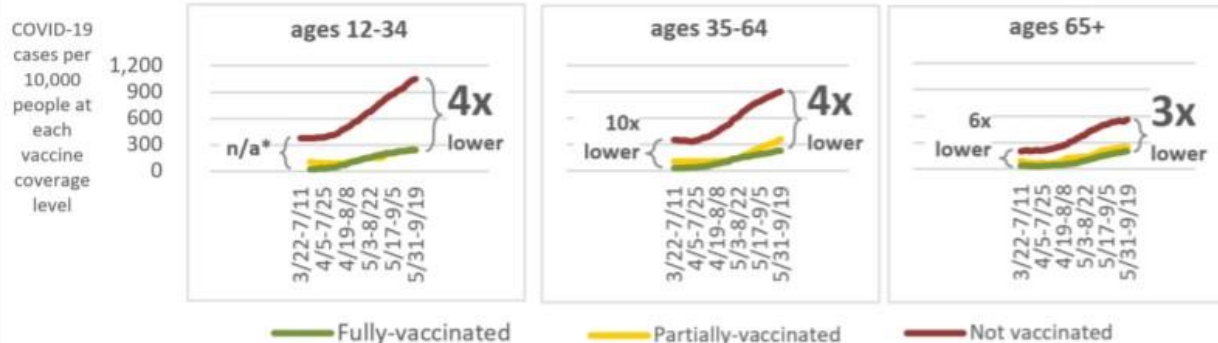
For every 10,000 residents who were **NOT VACCINATED**, 140 were hospitalized for COVID-19. **140 out of 10,000**

For every 10,000 residents who were **FULLY VACCINATED**, 20 were hospitalized for COVID-19. **20 out of 10,000**

Data Period: May 31-September 19, 2021

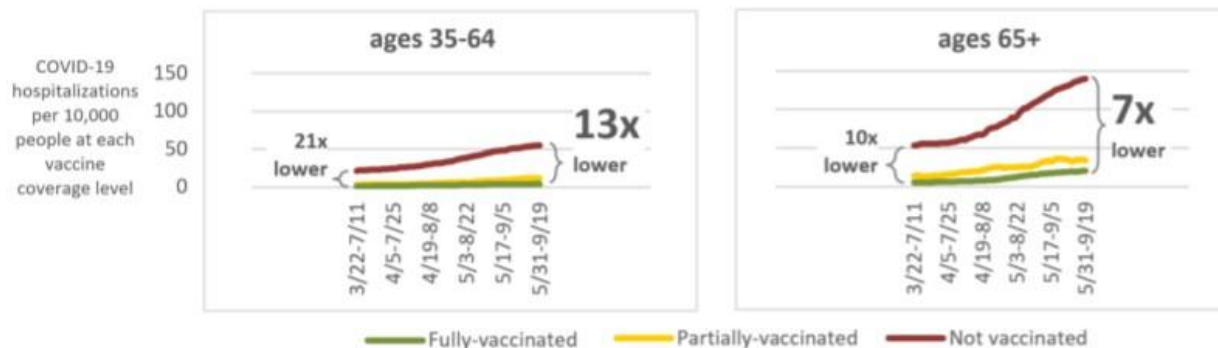
- The best data we have available suggest that the COVID-19 vaccines still provide protection against infection and continue to provide strong protection against hospitalization.
- Since the Delta variant became dominant, fully-vaccinated residents have had 3-4 times lower case rates and 7-13 times lower hospitalization rates than those who were not vaccinated.
- Protection against hospitalization may be beginning to decrease among older adults.
- Older adults and others at high risk who have received the Pfizer vaccine over 6 months ago – will benefit from receiving a booster dose
- People aged 12 or older who are not vaccinated – will still benefit from getting vaccinated.

COVID-19 case rates in Cowlitz County, by vaccination status and age group over time



*Case counts for fully-vaccinated residents aged 12-34 were too low to calculate rates at the beginning of the time period; partially-vaccinated rates suppressed to prevent back-calculation.

COVID-19 hospitalization rates in SW Washington, by vaccination status and age group over time



42 Hospitalized



81%

19%

16 in the ICU



100%

0%

14 on a Ventilator



93%

7%

Oregon Health & Sciences University updated 9/30/21

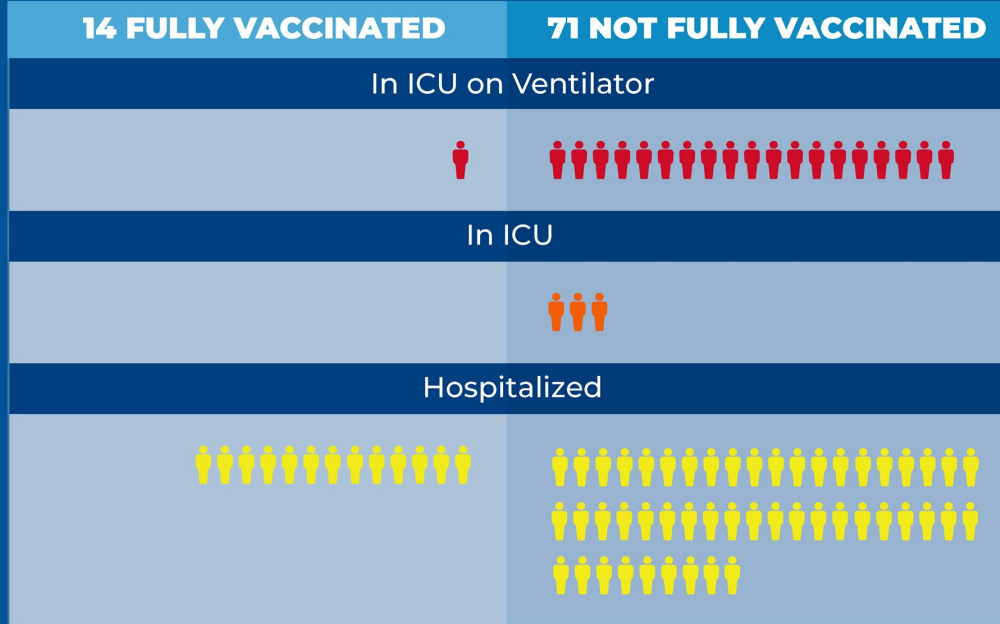
Current COVID-19 Hospitalizations

by Age

	Ages	Not Fully Vaccinated	Fully Vaccinated
2	80+	0	2
11	60-79	8	3
13	40-59	13	0
13	20-39	11	2
2	12-19	1	1
1	<12*	1	0

* OHSU does not collect COVID-19 data for children under 12 years of age

PATIENTS HOSPITALIZED WITH COVID-19



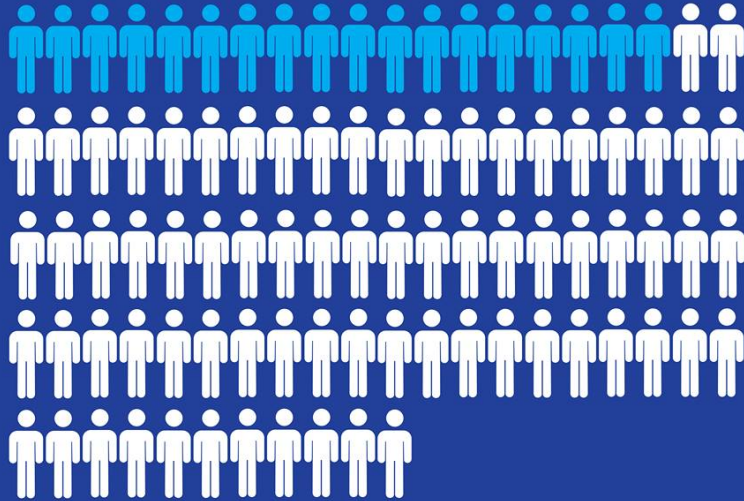
PeaceHealth

Total for PeaceHealth Southwest Medical Center on **September 21, 2021.**

PeaceHealth Southwest Medical Center- updated 9/21/21

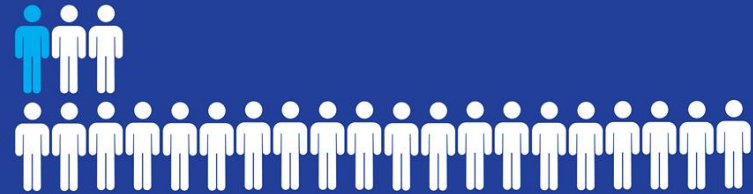
Providence St. Peter & Centralia Hospital Inpatient COVID+ Stats

91 COVID+ Hospitalized



18 Vaccinated
73 Not Vaccinated

*stats as of 12 p.m. Sept. 15, 2021



23 In Critical Care
1 Vaccinated
22 Not Vaccinated
18 On Ventilators (17 not vaccinated)

Booster Doses... Who's eligible and how do I get one?

Pacific County providers are now offering booster doses of the Pfizer vaccine! The booster doses are currently recommended for people who received Pfizer for their first 2 doses and who completed their initial Pfizer series over 6 months ago, and fall into one of the following groups:

- People 65 and older; OR
- Residents in long-term care facilities; OR
- People 50-64 years old with underlying medical conditions; OR
- People 18-49 years old with underlying medical conditions; OR
- And people 18-64 years old who are at increased risk for COVID-19 exposure and transmission because of their occupation may receive a booster, based on their individual benefits and risks.

According to the CDC, occupations at increased risk for COVID-19 exposure and transmission include front line essential workers and health care workers, including:

- First responders (healthcare workers, firefighters, police, congregate care staff)
- Education staff (teachers, support staff, daycare workers)
- Food and agriculture workers
- Manufacturing workers
- Corrections workers
- U.S. Postal Service workers
- Public transit workers
- Grocery store workers

If you meet all of the requirements above, you are eligible for a booster vaccine. Find a Pfizer clinic at www.pacificcountycovid19.com

Booster Doses Continued... (FAQs)

1. **Where can I get a booster dose?** Answer: Anywhere offering Pfizer vaccine. The booster doses are the same as the first and second Pfizer doses, so you can get a booster dose from medical clinics and pharmacies offering Pfizer vaccine. You can find a location near you by searching www.pacificcountycovid19.com
2. **Can I get my booster dose at the same time as my flu shot?** Answer: Yes – great idea! You can get your COVID-19 vaccine at the same time as other vaccines, including the annual influenza vaccine.
3. **If I need a booster, does that mean the vaccine isn't working?** Answer: No. COVID-19 vaccines continue to be very effective at preventing severe illness, hospitalization and death, including against the delta variant. But studies are showing that protection against mild and moderate illness may decrease over time, especially among certain higher risk groups. Getting a booster dose 6 months after completing the first two doses will provide an increased immune response and better protection against COVID-19.
4. **Am I still considered fully vaccinated if I do not get a booster?** Answer: Yes. People are still considered fully vaccinated two weeks after their second dose in a two-dose series (Pfizer or Moderna) or two weeks after a single-dose vaccine (Johnson & Johnson).
5. **What about people who got Moderna or Johnson & Johnson vaccines?** Answer: The current booster dose recommendations apply only to those who received the Pfizer vaccine. Federal health officials will review data on the Moderna and Johnson & Johnson vaccines in the coming weeks and may issue booster dose recommendations for those vaccines in the future.

More information about the CDC recommendations for Pfizer booster doses is available here:

<https://www.cdc.gov/.../2019-ncov/vaccines/booster-shot.html>

COVID-19 Vaccines

3rd doses vs Boosters:

What's the difference and who can get one?

(For patients who received a primary series of an mRNA vaccine (Pfizer or Moderna))

THIRD DOSE

What: Additional doses (3rd doses) of Pfizer or Moderna are administered when initial immune response is insufficient.

Who: For individuals who are moderately to severely immunocompromised and who have already received 2 doses of an mRNA vaccine (Moderna or Pfizer).

When: Beginning August 13, Providers are authorized to provide a third dose of a mRNA vaccine to be given no sooner than 28 days after the initial two-dose series.

Why: People with compromised immune systems may not build the same level of immunity to 2-dose vaccine series compared to people who are not immunocompromised and they may benefit from an additional dose to make sure they have enough protection against COVID-19.

Where: Find a 3rd dose clinic at www.pacificcountycovid19.com



Booster Doses











Available now for individuals who received Pfizer as their initial series at least 6 months ago for:

- 65+
- 18-64 w/underlying health conditions
- Those who work in fields with high risk of exposure

Schedule appts with any open Pfizer clinic

Third doses (applies to around 3% of population)

- For individuals who are moderately to severely immunocompromised only
- Moderna or Pfizer only
- **Available now**
- Make an appt at www.pacificcountycovid19.com

If you received your 2nd Pfizer shot at least 6 months ago AND	PFIZER	MODERNA	JOHNSON & JOHNSON
Are age 65 & older			
Are age 18-64 with underlying medical conditions* that put you at high risk of severe COVID-19			
Are age 18 & older & live in long-term care or high risk setting			
Are age 18-64 & likely to get exposed to COVID-19 at work**		<i>There is currently NO <u>booster</u> dose recommended for Moderna vaccines.</i>	<i>There is currently NO <u>booster</u> dose recommended for J&J vaccines.</i>

**(this includes diabetes, heart, kidney, lung disease, etc.) ** (examples include health care and education, etc.)*

**Here's
The Spot**
**Get Your
Shot**

www.pacificcountycovid19.com

Booster Dose Clinics are highlighted in blue

Provider & Vaccine Type	Dates	Location	How to register
Family Health Center Klipsan (Moderna)	On-going for established patients, by appointment	21610 Pacific Way Klipsan	Established patients please call 360-665-3000 to schedule an appointment
Valleyview Health Center (Moderna)	On-going for established patients, by appointment	300 Ocean Ave, Raymond, WA 98577	Call 360-942-3040 to schedule an appointment
Willapa Harbor Hospital (Johnson & Johnson)	By appointment	Willapa Harbor Hospital 800 Alder St South Bend	Call 360-208-4045 to schedule an appointment
Ilwaco Pharmacy (Pfizer Booster ONLY)	Friday Oct 22nd (9am-2pm)	Chinook School & Event Center 810 State Route 101, Chinook, WA 98614	WWW.COVIDVACCINE360.COM
Ilwaco Pharmacy (Johnson & Johnson)	Tuesday October 5th (12pm-3pm)	117 Spruce ST E Ilwaco WA (Not at the physical pharmacy)	WWW.COVIDVACCINE360.COM
Ilwaco Pharmacy (Pfizer)	Tuesday October 5th (12pm-3pm)		www.covidvaccine360.com
Ilwaco Pharmacy (Pfizer)	Tuesday October 26th	117 Spruce ST E Ilwaco WA (Not at the physical pharmacy)	WWW.COVIDVACCINE360.COM
Ocean Beach Hospital & Medical Clinics (PFIZER ONLY) 1st, 2nd and 3rd doses **FULL**	October 5th October 26th (date of 2nd dose)	151 First Ave N Ilwaco WA Ilwaco Timberland Library Community Room.	https://prepmo.doh.wa.gov/appointment/en/reg/9257101697
Ilwaco Pharmacy (Moderna)	October 5th (12pm-3pm) Nov 2nd	117 Spruce ST E Ilwaco WA (Not at the physical pharmacy)	WWW.COVIDVACCINE360.COM
Ocean Beach Hospital & Medical Clinics (PFIZER ONLY)	October 7th /October 28th (2nd dose)	151 First Ave N Ilwaco WA Ilwaco Library	https://prepmo.doh.wa.gov/appointment/en/reg/6095129761
Raymond Pharmacy (Moderna 1st, 2nd and 3rd Doses)	Oct 7th, Oct 13th, Oct 19th Nov 4th, Nov 10th, Nov 16th	Raymond Pharmacy 515 Commercial St Raymond	Call 360-942-2634 to schedule an appointment
Raymond Pharmacy (Moderna 1st, 2nd and 3rd Doses)	Oct 22nd, Oct 28th and Nov 19th	Raymond Pharmacy 515 Commercial St Raymond	Call 360-942-2634 to schedule an appointment
Raymond Pharmacy (Pfizer 1st, 2nd and 3rd Doses)	Sept 30th and Oct 21st	Raymond Pharmacy 515 Commercial St Raymond	Call 360-942-2634 to schedule an appointment
Raymond Pharmacy (Pfizer 1st, 2nd and 3rd Doses)	Oct 1st, Oct 6th, Oct 7th Oct 22nd, Oct 27th, Oct 28th	Raymond Pharmacy 515 Commercial St Raymond	Call 360-942-2634 to schedule an appointment
Raymond Pharmacy (Pfizer 1st, 2nd and 3rd Doses)	Oct 13th, Oct 21st and Nov 3rd, Nov 11th	Raymond Pharmacy 515 Commercial St Raymond	Call 360-942-2634 to schedule an appointment
Raymond Pharmacy (Pfizer 1st, 2nd and 3rd Doses)	Oct 27th, Oct 28th and Nov 17th, Nov 18th	Raymond Pharmacy 515 Commercial St Raymond	Call 360-942-2634 to schedule an appointment
Raymond Pharmacy (Pfizer 2nd and 3rd Doses)	Wednesday October 20th	Raymond Pharmacy 515 Commercial St Raymond	Call 360-942-2634 to schedule an appointment
Raymond Pharmacy (Pfizer BOOSTER Doses)	Sun Oct 24th, Sun Nov 7th	Raymond Pharmacy 515 Commercial St Raymond	Call 360-942-2634 to schedule an appointment
Shoalwater Bay Wellness Center (Moderna)	Oct 1st, 8th, 15th, 22nd and 29th. Nov 5th, Nov 12th, Nov 26th	Shoalwater Bay Wellness Clinic	email tbrown@shoalwaterbay-nsn.gov or ccoma@shoalwaterbay-nsn.gov or bpickernell@shoalwaterbay-nsn.gov
South Bend Pharmacy (Pfizer, 1st, 2nd, 3rd Doses)	Thursday Sept 23rd and Friday Oct 1st and Tuesday Oct 5th	101 Willapa Ave. South Bend, WA	Call 360-875-5757 to schedule an appointment
South Bend Pharmacy (Moderna, 1st, 2nd, 3rd Doses)	Thursday Sept 16th, Wednesday Oct 6th, Thursday Oct 14th	101 Willapa Ave. South Bend, WA	Call 360-875-5757 to schedule an appointment

VACCINE CLINIC

WHEN:

MODERNA Prime & 2nd Booster
Friday's:
Oct 1st, 8th, 15th, 22nd and 29th

9am-11:30am
1pm-3:45pm

Does not include 3rd booster

WHERE:

Wellness Center

**Please email for an appointment so we can
get you the appropriate paperwork for their
vaccines:**

thrown@shoalwaterbay-nsn.gov
bpickernell@shoalwaterbay-nsn.gov
ccoma@shoalwaterbay-nsn.gov

**WE NOW HAVE A VACCINE
FOR YOU 18 AND UP!**

We welcome
Established patients
Non-established patients



Medical Teams International Free COVID-19 Testing

(Every Monday and Tuesday through the end of October)

North County (Raymond)

Port of Raymond
Stan Hatfield Industrial Park
819 Ocean Ave
Raymond

October 4th, 12:00-4:00pm
October 11th, 12:00-4:00pm
October 18th, 12:00-4:00pm
October 25th, 12:00-4:00pm

South County (Long Beach)

Pacific County Admin Building
7013 Sandridge Road
Long Beach

October 5th, 11:00-3:00pm
October 12th, 11:00-3:00pm
October 19th, 11:00-3:00pm
October 26th, 11:00-3:00pm

***Free, no appt necessary, drive through testing for anyone
who is symptomatic or a close contact of a positive case***

Other testing options:

Monday at Thursday at Peninsula Pharmacy
Testing Site in Ilwaco

Wednesday at Willapa Harbor Hospital

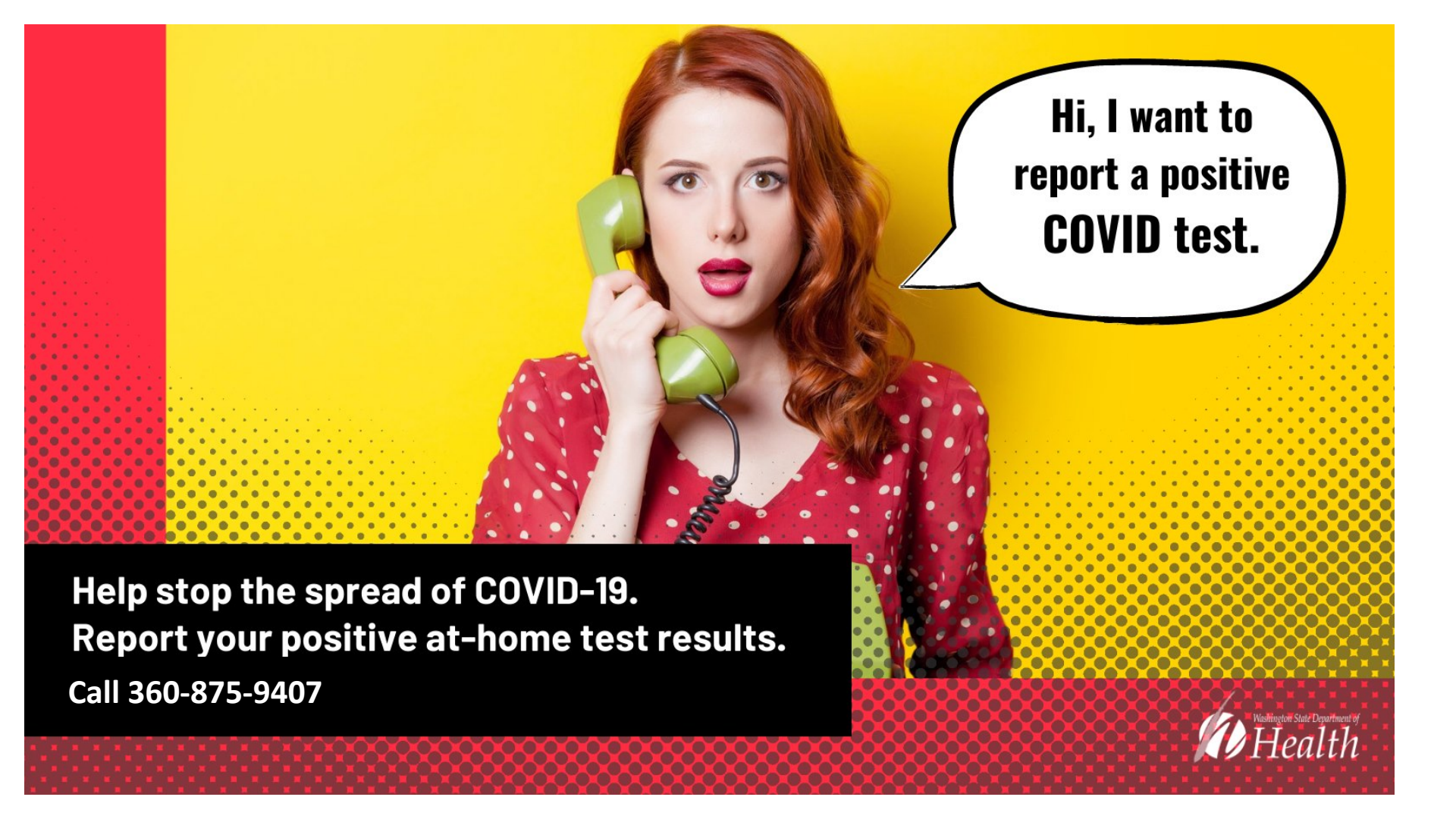
Weekend Clinic at Willapa Harbor Hospital

OBH, Shoalwater, Family Health Center, and
Valley View by appt.

Or, pick up an Everlywell at home PCR kit
from the health dept!

Details at:

www.pacificcountycovid19.com/get-tested



**Hi, I want to
report a positive
COVID test.**

**Help stop the spread of COVID-19.
Report your positive at-home test results.
Call 360-875-9407**



COVID-19 From Exposure to Feeling Better



If you were exposed to COVID-19...



1. Stay home.
2. Watch for symptoms.



- Fever
- Cough
- Shortness of breath
- Chills
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell

Symptoms appear **2 to 14 days** after exposure.



If you have COVID-19 or COVID-19 symptoms...



1. Stay home.



2. Don't go to work or visit with others outside your home.



3. Call your doctor if you have symptoms, especially if you are over 65, have other health conditions, or are pregnant.

Stay in isolation until...

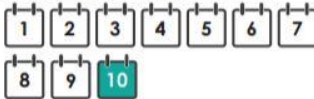
1. **24 hours** after your fever is gone without using medicine.
2. **Your other symptoms have improved** (for example, cough or shortness of breath).



AND

AND

3. **Ten days** after your symptoms started.



How long do I have to stay home? (Fill in the blanks)

Date I first felt sick:	Date 10 days later:	My fever was gone on:	Date 24 hours later:	My other symptoms got better on:	Circle the latest date. Stay home until:
EXAMPLE April 10	EXAMPLE April 20	EXAMPLE April 15	EXAMPLE April 16	EXAMPLE April 21	EXAMPLE April 21

DOH 820-089 Updated July 2020

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civilrights@doh.wa.gov.



Visit DOH.WA.GOV/Coronavirus or Coronavirus.wa.gov, call 1-800-525-0127 and press # for interpreter services, or text the word **Coronavirus** to 211211 for more information.

If you have tested positive for COVID-19:

Isolate for 10 days (after first symptoms or positive test result) and 24 hours after symptoms improve and you are fever free without the use of fever reducing medication (whichever is longer).

If you have been exposed to COVID (Close Contacts):

Quarantine for 14 days. Public health nurses can advise on options for early release from quarantine.

Quarantine & Isolation support is available

We have care coordinators available to support you and your family during your isolation or quarantine period (rent assistance, grocery delivery, housing, etc.)
















Is it COVID-19 or is it the Flu?

COVID-19 symptoms might be confused with the flu, common cold, or even allergies. But COVID-19 and flu can be serious and lead to hospitalization, severe illness, and even death. Thankfully, both are preventable through vaccination. Use this chart to help identify common symptoms of each illness.

- If you have symptoms of COVID-19, contact your health care provider. Visit www.doh.wa.gov/coronavirus for more information about testing, vaccination, and more.
- To learn more about flu, flu vaccine, and flu activity in Washington visit www.KnockOutFlu.org.

For medical emergencies, such as difficulty breathing, call 911.

SYMPTOMS	COVID-19	FLU	COLD	ALLERGIES
 Cough	Often	Often	Sometimes	Sometimes
 Fever	Often	Often	Rarely	Never
 Shortness of breath	Sometimes	Sometimes	Rarely	Rarely
 Body aches	Sometimes	Often	Rarely	Never
 Headache	Sometimes	Often	Sometimes	Sometimes
 Fatigue	Sometimes	Often	Sometimes	Sometimes
 Sore throat	Sometimes	Sometimes	Sometimes	Sometimes
 Loss of taste or smell	Sometimes	Rarely	Rarely	Rarely
 Diarrhea	Sometimes	Rarely	Never	Never
 Chest pain or pressure	Rarely	Rarely	Never	Never
 Runny nose	Rarely	Sometimes	Often	Often
 Sneezing	Rarely	Sometimes	Often	Often
 Watery eyes	Never	Never	Never	Often

Student or staff has symptoms. When can they return to school?

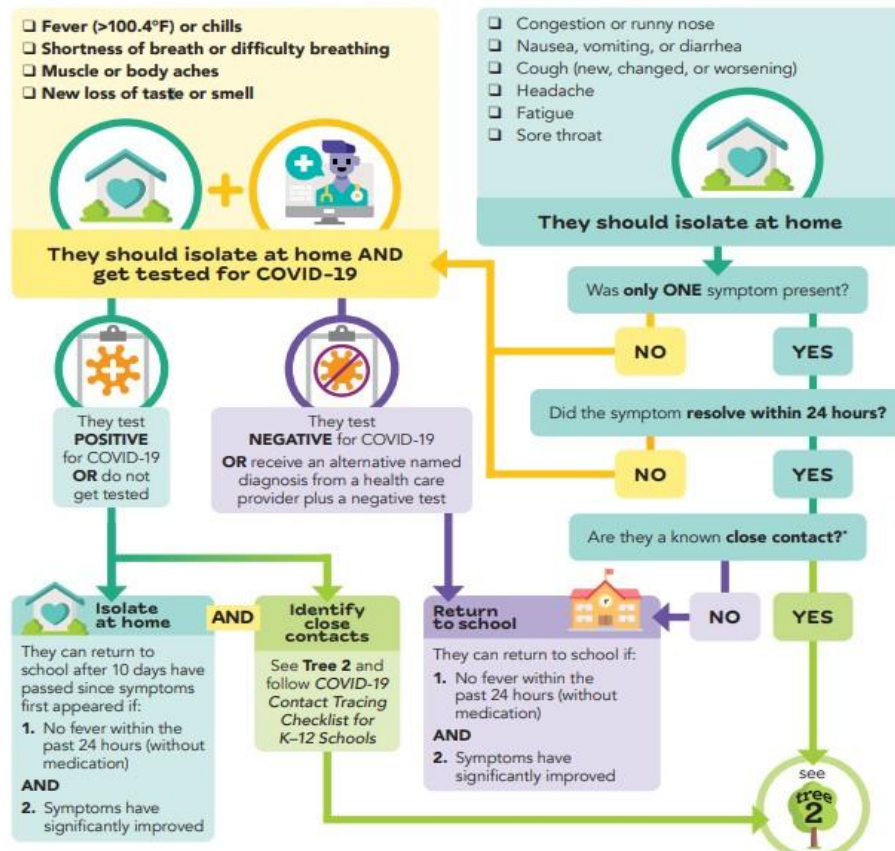
**Positive test within 90 days must be confirmed by public health*

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronaviruss/820-229-SymptomDecisionTreeCTChecklistSchools.pdf>

What to do if a Person is Symptomatic at School



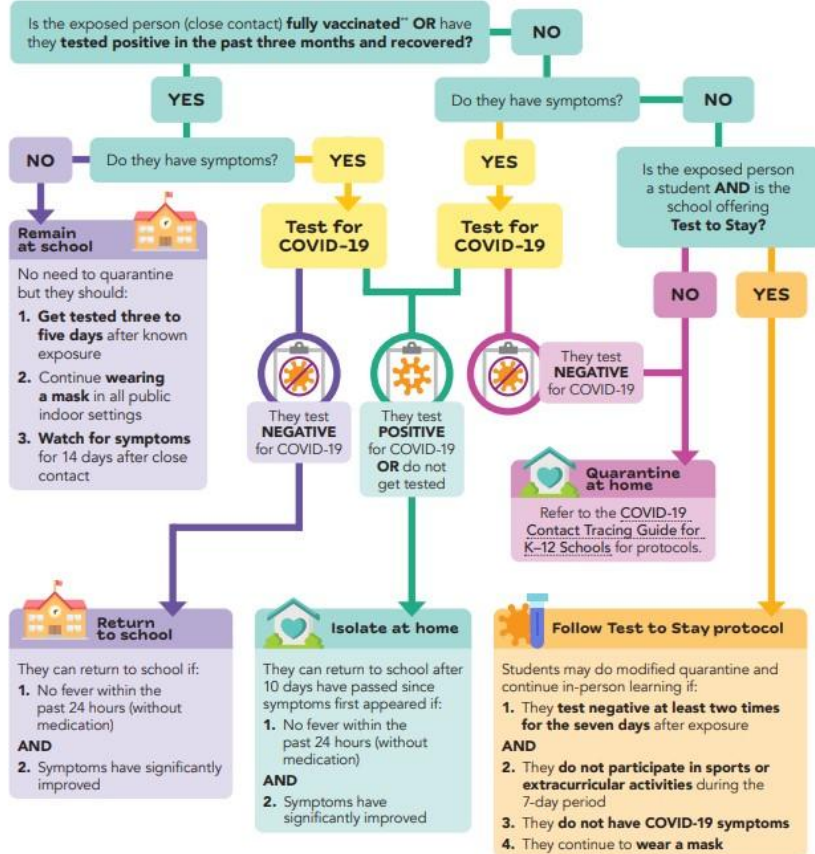
If a person has one or more of these symptoms:



Identify and Care for Close Contacts at School



If there is a COVID-19 positive person at school:



<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-229-SymptomDecisionTreeCTChecklistSchools.pdf>

Chart #2: Quarantine & Testing Determination

If you are NOT fully vaccinated...

	You have symptoms of COVID-19	You do not have symptoms
You <u>are</u> a close contact of a positive case	Quarantine for 14 days Get tested You <u>cannot</u> test out of quarantine early	Quarantine for 14 days Consider getting tested between day 5-7 after last contact with the positive case You may be able to "test out" of quarantine early if your PCR test taken between day 5-7 is negative (note- ability to test out early depends on local testing capacity)
You <u>are not</u> a close contact of a positive case	Get tested Isolate for 10 days or until you have a negative test result.	No need to test, isolate, or quarantine.
You have tested positive for COVID	Isolate for 10 days or 24 hours after symptoms and fever improves without medications	Isolate for 10 days from the date of your positive test

If you ARE fully vaccinated or have tested positive for COVID within the last 90 days*...

	You have symptoms of COVID-19	You do not have symptoms
You <u>are</u> a close contact of a positive case	Isolate yourself and get tested as soon as possible If your test is negative, you can return to school 24 hours after symptoms improve	No need to isolate or quarantine unless symptoms develop. Consider getting tested after day 5 of last exposure to positive case, but testing not required
You <u>are not</u> a close contact of a positive case	Get tested Isolate for 10 days or until you have a negative test result	No need to isolate, test, or quarantine
You have tested positive for COVID	Isolate for 10 days or 24 hours after symptoms and fever improve without medications	Isolate for 10 days from the date of your positive test

Updated 9/29/2021

*Positive test within 90 days must be confirmed by public health

Quarantine & “testing out of quarantine early”

Quarantine for close contacts last 14 days, but individuals may have an option to “Test out of quarantine” early. These options only apply if the person does not have any symptoms (remains asymptomatic the entire time)

- You may be able to end quarantine at day 7 with a negative **PCR** test taken between day 5-7.
- You may be able to end quarantine at day 10 without a test if you have remained symptom free the entire time
- Early quarantine release must be approved by public health & school district and is contingent on adequate testing capacity in the community.

Chart #1: Close Contact Determination Chart

Setting/Exposure type	Positive <u>student</u> exposure to unvaccinated student	Positive <u>adult</u> exposure to unvaccinated student or adult	Positive adult or student exposure to fully vaccinated or you have tested positive for COVID within the last 90 days adult or student
Indoors including bus with correct & consistent mask usage	Quarantine those seated closer than <u>3 feet</u> for 15 minutes cumulative throughout the day You are a close contact!	Quarantine those within <u>6 feet</u> for 15 min cumulative throughout the day while the person was infectious You are a close contact!	Vaccinated individuals who are exposed to a positive case are <u>not required to quarantine or isolate unless they develop symptoms</u> . Monitor for symptoms and consider getting tested day 5 after exposure You <u>are not</u> a close contact!
Indoors including bus with poor mask usage or at lunch while masks are removed	Quarantine those seated within <u>6 feet</u> for over 15 minutes cumulative throughout the day You are a close contact!	Quarantine those within <u>6 feet</u> for over 15 minutes cumulative throughout the day You are a close contact!	

Possible triggers to close an entire classroom or school

Possible classroom Closure Trigger:

- Two or more COVID-19 cases among students or staff within a 14-day period, who are epidemiologically linked, do not share a household and did not have significant contact outside of school grounds

Possible School Closure Triggers:

- Schools with fewer than 10 classrooms: If 2 or more classrooms are closed
- Larger schools: If more than 10% of classrooms are closed
- If there is a rapid increase in cases
- If there are 2 or more generations of transmission
- If there is not enough staff for school to function

For any potential classroom or school closures, please consult with Public Health.

Updated 9/29/2021

Sports Guidance

Low Contact Sports

Sports where contact within six feet of other participants can be avoided

Track & field
Cross country
Dance (no contact)
Golf
Physical training
Tennis
Running

Medium Contact Sports

Team sports that can be played with only incidental or intermittent close contact between participants

Cheerleading
Dance (contact)
Soccer (outdoor)
Baseball
Gymnastics
Softball
Volleyball

High Contact Sports

Team sports with frequent or sustained close contact (and in many cases, face-to-face contact) between participants

Basketball
Wrestling
Soccer (indoor)
Football

Full sports guidance can be found at:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-201-SportsFitnessGuidance.pdf>

Face Coverings & Sports: Athletes

Outdoors:

- Masks are no longer required outdoors; however, unvaccinated individuals should wear face coverings outdoors in crowded public settings, including sporting events, where there is decreased ability to consistently maintain physical distance between non-household members.
- People are not required to wear face coverings while engaged in outdoor training or competition in any type of sport.

Indoors:

- All individuals are required to continue to wear masks, regardless of vaccination status, indoors in K-12 schools except as noted below.
- Unvaccinated persons are required to wear face coverings when indoors in a place where people from outside their household are present or in a place that is generally accessible to people from outside their household.
- All athletes, including unvaccinated people, are not required to wear face coverings while engaged in indoor training or competition for low and moderate contact sports.
- All youth athletes should resume wearing face coverings when not actively training or competing.
- Unvaccinated athletes are required to wear face coverings indoors for high contact sports and in all indoor setting where children are/may be present.

Face Coverings & Sports: Spectators

Spectators are required to wear face coverings while indoors. Face coverings are recommended but not required in outdoor settings with less than 500 people in attendance.

Face covers are required for everyone in outdoor settings with more than 500 people in attendance

<https://www.governor.wa.gov/sites/default/files/COVID19%20Spectator%20Event%20Guidance.pdf>



INDIVIDUALS 12 OR OLDER MAY QUALIFY FOR A MONOCLONAL ANTIBODY TREATMENT IF THEY HAVE CERTAIN AGE-BASED RISK FACTORS

AGES 12–17

Obesity*

Diabetes

Chronic kidney disease

A condition or are taking medication that weakens the immune system**

Heart condition that is congenital or acquired such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension)

Sickle cell disease

A developmental condition like cerebral palsy

Daily medicine for asthma or another long-term lung disease

Dependent on regular use of medical technology like a ventilator or feeding tube

AGES 18–54

Obesity*

Diabetes

Chronic kidney disease

Heart condition such as heart failure, cardiomyopathies, and possibly high blood pressure (hypertension)

Pregnancy

A condition or are taking medication that weakens the immune system**

Dependent on regular use of medical technology like a ventilator or feeding tube

AGES 55–64

Obesity*

Diabetes

Chronic kidney disease

A condition or are taking medication that weakens the immune system**

Heart or circulatory disease

High blood pressure

A long-term lung disease like chronic obstructive pulmonary disease (COPD) or asthma

Dependent on regular use of medical technology like a ventilator or feeding tube

AGES 65 OR OLDER

Anyone 65 or older qualifies

Monoclonal antibody (mAb) therapy is available in Washington State with a provider's recommendation for certain high risk individuals.

If you think you might qualify, please speak to your healthcare provider first and get a referral before contacting these sites to arrange an appointment.

<http://ow.ly/IQ5k50G9Ugy>

*Obesity is defined as: 18 or older with a body mass index (BMI) of 35 or above or for 12–17 year olds with a BMI above the 85th percentile for their age and gender based on Centers for Disease Control and Prevention growth charts.

**Up to the individual healthcare provider's judgment.



DO NOT

put hydrogen peroxide
into your nebulizer
and breathe it in.

This is dangerous.

It is not a way to prevent
nor treat COVID-19.

Visit aafa.org/covid19 for information
about asthma, allergies, and COVID-19.



Asthma and Allergy
Foundation of America



*Call with
questions: Brenda
at 642-6308

FREE FLU SHOTS!

3 Locations! Appointments
required. Register online.



- *Masks required*
- *Please arrive at exact appointment time*

Locations: Ilwaco Timberland Library Community
Room: *Friday October 8th 9-11am*
Ocean Park Clinic: *Friday October 15th 9-11am*
Naselle Clinic: *Monday October 18th 1pm-4pm*

Pacific County Public Health

WE ARE HIRING!

Health Educator

Public Health Nurse

LPN or Medical Assistant

Epidemiologist

For job descriptions and instructions to apply, please visit
www.co.pacific.wa.us/employment

Positions are open until filled

Useful Links and Resources

Washington State Department of Health:

www.coronavirus.wa.gov

Pacific County Health Dept COVID Website:

<https://www.pacificcountycovid19.com>

Data Dashboards

<https://www.doh.wa.gov/Emergencies/COVID19/DataDashboard>

Make a vaccine appointment

www.tinyurl.com/PacCoClinics

Mortgage, rental, utility, landlord assistance

<https://www.pacificcountycovid19.com/rental--utility-assistance.html>

Pacific County School Quick Guidance

<https://docs.google.com/presentation/d/1OkK7RvNdalAYR51IopTWQJJlyakZrSxjK7mlrXQ0cgw/edit?usp=sharing>

WA State DOH Hotline:

1-800-525-0127

LNI (Report a Business)

800-423-7233

<https://lni.wa.gov/workers-rights/workplace-complaints/safety-complaints#:~:text=When%20reporting%2C%20you%20can%3A,a%20DOSH%20Complaint%20Form%20and%3A&text=You%20can%20also%20use%20this,information%20along%20with%20your%20form>

Liquor Control Board

(360) 664-9878

Next Community Forum:

Thursday, November 14th at 11:30
(reoccurring, monthly thereafter)

<https://us02web.zoom.us/j/84282447783>

1-253-215-8782 meeting id:
84282447783#
