



Public Health & Human Services



Pacific County Weekly Update

10/28/2020

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. Introductions & Meeting Guidelines (Paul)
2. Local Data Update / Definitions (Stephanie)
3. Case Study: Case Investigation and Contact Tracing (Lori)
4. Halloween (Stephanie)
5. #MaskUpPacificCounty (Katie)
6. Safer Gatherings (Katie)
7. Safe Start Plan Updates (Katie)
8. Schools Update (Katie)
 - Updated flow chart for students/staff
9. Grant / Funding / Assistance Opportunities (Paul, Jamie)
10. Wellness Resources: Reaching Out, Emotional PPE (Katie)
11. Question & Answer and Public Comment (Paul)

County Data and Case Update	10/7/2020	10/14/2020	10/21/2020	10/28/2020
Confirmed Cases (Total)	91	107	115	120
<i>Confirmed Cases that resided in Pacific County</i>	88	104	112	117
<i>Active Cases (monitored by Public Health)</i>	11	21	10	10
<i>Probable Cases (monitored by Public Health)</i>	6	4	3	2
<i>Closed Cases (no longer monitored by Public Health)</i>	86	90	108	112
Hospitalizations	8	8	8	8
Deaths	3	3	3	3
Percent Deaths (deaths/confirmed cases)	3.3%	2.8%	2.6%	2.5%
Total Tests: Pacific County Residents (Pacific County Healthcare/Public Health)	2770 (4488)	3054 (4880)	3250 (5170)	3371 (5565)
Percent Positive (confirmed cases/total tests)	3.3%	3.5%	3.5%	3.6%
Percent Positive (7 Day Average):	3.0%	5.6%	4.1%	4.1%
Cases per 100k per 14 days (rolling)	50.1	87.8	87.8	41.6

Updates highlighted

State Generated Dashboard (<https://www.pacificcountycovid19.com/>). Time lag/Correction.

COVID-19 Definitions

Active: Monitored by Public Health. Timeline varies, usually no more than 14 days.

Confirmed:

- Meets *confirmatory laboratory evidence*: SARS-CoV-2 RNA in a clinical specimen using a molecular amplification detection test.

Probable (most likely will become “Confirmed”):

- Meets clinical criteria (symptoms) AND epidemiologic evidence (exposure) with no confirmatory laboratory testing performed for COVID-19.
- Meets presumptive (antigen, antibody) laboratory evidence AND either clinical criteria OR epidemiologic evidence.
- Meets vital records criteria with no confirmatory laboratory testing performed for COVID-19.

Closed: Discontinuation of Isolation. No longer monitored by Public Health.

Recovered: No standardized definition. Difficult to determine, but most assume an individual has returned to baseline health prior to COVID-19. Not tracked by Public Health.

Quarantine: Used to keep someone who might have been exposed to COVID-19 away from others to limit the disease spread.

Isolation: Separate people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected.



Halloween will look a little different this year.

The traditional ways most people celebrate the holiday – costume parties, trunk-or-treat events and big groups of trick-or-treaters – pose some of the highest risks for viruses to spread.

TIPS FOR A HEALTHY, HAPPY HALLOWEEN



Many of our favorite Halloween traditions could increase our risk for getting or spreading COVID-19. We are asking Pacific County residents to incorporate healthy habits into their celebrations this year.

Halloween should be spooky, but not because of COVID-19!



SAFEST

LOW-RISK ACTIVITIES

Celebrating at home with your household



Have a scavenger hunt with treats hidden around the house or yard.



Dress up and break out the snacks for a Halloween movie marathon.

Gathering with friends online



Host a virtual costume contest or pumpkin carving party.



SPOOKIEST

HIGHER RISK — NOT RECOMMENDED!

Crowded halloween parties and events.



Pacific County is in Phase 3, meaning gatherings should be limited to 10 or fewer people from outside your household.

Indoor haunted houses (not permitted this year under Safe Start)

Door-to-door trick-or-treating, especially in large groups.

IDEAS FOR SAFER TRICK-OR-TREATING

IF YOU GO TRICK-OR-TREATING

- Stick with members of your household.
- Maintain at least 6 feet of distance from people in other groups.
- Incorporate a snug cloth face covering into your costume.
- Wash hands before and after and bring along hand sanitizer.

IF YOU HAND OUT TREATS

- Create grab bags of treats.
- Set treats on a table outside and greet visitors from a safe distance, or try a creative approach, like sliding candy down a long tube.
- Place markers on the ground to help visitors stay 6 feet apart.

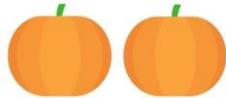


BE CREATIVE, BE HEALTHY

However you decide to celebrate, please keep these tips in mind:

- Fewer, shorter interactions are safer.
- Outdoors is safer than indoors.
- 6 feet apart is safer than shoulder to shoulder.
- Wearing face coverings is safer than not wearing face coverings.
- **Don't gather with others or invite visitors if you are feeling sick!**

FIND MORE TIPS: coronavirus.wa.gov | cdc.gov/coronavirus



Photos courtesy of Pacific Sapphire Photography

Pacific County 4-H

CRITTER COSTUME CONTEST

Open to youth 4-H members and non-members

Submit photo of you and your animal in costume to tgwinewsu.edu

Entries due by Monday, November 2, 2020



Judging Criteria:

- Uniqueness
- Clever use of materials
- Originality
- Animal & Exhibitor in costume
- If on horse, please assure safe tack

Extension programs are available to all without discrimination. Evidence of noncompliance may be reported through your local Extension Office.

Free!

Prizes!

Virtual!

Fun for all!



Halloween Photo Contest

#HalloweenLBP2020

You're invited to join us for a safe and socially distanced Halloween photo contest on the Long Beach Peninsula.

As an alternative to traditional activities, our local merchant associations have teamed up to sponsor prizes and awards!

You don't have to wait until Halloween, enter today!

Here's how to enter the contest:

1. Put on your costume and mask up! 2. Find an iconic local location or a favorite business and take a picture of yourself.
3. You are automatically entered when you post your picture on Facebook or Instagram including the hashtag: **HalloweenLBP2020** ~ Please make sure the picture is set to "public" so we can find it and see it. Additional tags welcome.

Contest runs through October.

Winners will be contacted through social media where the images were posted. Please note, public images may be shared by anyone. Images may also be shared to www.facebook.com/groups/windowshopLBP or the sponsoring merchants association pages, websites and/or other business pages.



Case Study: Case Investigation and Contact Tracing



Sally Salmon

Onset

Symptoms: Achy and Tired

Date of Symptoms: 10/25/2020

COVID Testing: Probable Case

Rapid: Positive (10/26/2020)

PCR: Pending (approx. 3-4 days)

Close Contacts (Closer than 6ft, more than 15 min)

Family:

Robin

Sam

Jessie

Work:

Harry Hemlock, Owner of ABC Toy Factory

Other Public/Social Interactions:

Birthday Party with Angus Family

Grocery Store

Fast Food Drive Thru

Case Study: Case Investigation and Contact Tracing



Harry Hemlock

Onset

Nothing reported at this time

COVID Testing: **Close Contact, Quarantined, Monitor for Symptoms**

Rapid: Pending

Close Contacts (Closer than 6ft, more than 15 min)

Not at this Time, Not (yet) a Case

Separate from other household members

Case Study: Case Investigation and Contact Tracing



Angus Family

Onset

Nothing reported at this time

COVID Testing: Close Contacts, Quarantined, Monitor for Symptoms

Rapid: Pending

Close Contacts (Closer than 6ft, more than 15 min)

Not at this Time, Not (yet) a Case

**Separate from other household members
(as able)**

Case Study: Case Investigation and Contact Tracing



Case Status	Close Contacts	Isolation / Quarantine
Confirmed + Daily Check-In	Robin, Sam, Jessie, Harry Hemlock, and Angus Family Total: 10	Isolation At least 10 days from symptom onset, no fever for 24 hrs, and other symptoms improving
Not a Case (yet) Close Contact Daily Check-In	Not yet determined	Quarantine 14 days Monitor for symptoms
Not a Case (yet) Close Contacts Daily Check-In	Not yet determined	Quarantine 14 days Monitor for symptoms





FEWER. SHORTER. SMALLER. SAFER.

A Guide to Gathering



Here's what we know:

Gathering in groups—even with people we know—may spread COVID-19. The more people we interact with at a gathering and the longer that interaction lasts, the higher the risk of becoming infected.

<https://coronavirus.wa.gov/information-for/you-and-your-family/safer-gatherings>

IF YOU GATHER – A SAFETY CHECKLIST



If you decide to gather, there's always a risk of spreading COVID-19 infection. Help lessen this risk through pre-planning, conversations and some trade-offs.

Before You Gather

- Have “the conversation.”** Get really clear with friends and family about how you will make safety a priority when spending time together. Set some ground rules that will help everyone know what to expect. Visit coronavirus.wa.gov/gatherings for a sample conversation guide.
- Review your guest list.** Are there people who may be in a [high risk category](#) or children? Think about special needs and precautions as part of your planning.
- Check your space and gather outside if possible.** Is there room to spread out, at least 6 feet (2m) from people you don't live with? If no, is there an outdoor space, like a park where you could meet? If outside, will there be restrooms people can use? If inside, be sure your space is well ventilated by opening windows. Remind guests to bring warm clothes!
- Right-size your guest list.** Limit the number of guests based on the number allowed in your county per the [Safe Start](#) plan and the outdoor or indoor space available that allows you to

IF YOU GATHER – A SAFETY CHECKLIST



If you decide to gather, there's always a risk of spreading COVID-19 infection. Help lessen this risk through pre-planning, conversations and some trade-offs.

Before You Gather Continued...

- Do a health check.** ASK if anyone has had [symptoms](#) such as cough, fever or shortness of breath, in the last 2 weeks. Ask guests to check their temperature before arriving. Anyone with a fever—or who has had other symptoms or knows they have been exposed to someone with COVID-19 within the last 2 weeks—should stay home.
- Consider the children.** Kids have trouble playing 6 feet apart, so wearing masks and frequent hand-washing may be the safest plan of action. Remember: kids under 2 should never wear masks!
- Make a food plan.** Talk through details like how food will be shared. The safest option is to have everyone bring their own food. If sharing, separate food ahead of time into individual servings and forgo communal bowls and utensils.
- Clean, clean, clean.** If you're hosting, frequently disinfect surfaces that people may encounter during their visit.
- Consider pre-event quarantine.** Can all participants (including yourself) self-quarantine for 14 days before the gathering?
- Get tested.** If you have been around many other people or do not regularly wear a mask, get a COVID-19 test to make sure you're negative. Take into account that it can take a few days to receive test results. If you test negative, you still need to wear a mask and keep your distance from others when you socialize.

IF YOU GATHER – A SAFETY CHECKLIST



If you decide to gather, there's always a risk of spreading COVID-19 infection. Help lessen this risk through pre-planning, conversations and some trade-offs.

While You Gather

- Wash early and often.** Ask adults and kids to wash hands on arrival, before and after eating, and before they leave with soap for at least 20 seconds. If there is no access to a sink, provide hand sanitizer.
- Gather outdoors if at all possible.** If indoors, open windows to increase ventilation.
- Mask up.** Wear a face covering at all times when not eating. Consider having extra masks on hand if people forget.
- Separate servings.** Avoid communal food and sharing utensils, even with babies and young children. Don't share drinks.
- Avoid close contact.** Smiles and air hugs only, and prepare kids ahead of time to do the same.

After You Gather

- Wash hands (again).** Wash for 20 seconds with soap and water.
- Sanitize.** [Clean all surfaces](#) that may have been touched by guests such as tabletops, counters, doorknobs and bathroom fixtures, with soap and water first, and then a disinfecting agent.
- Watch for symptoms.** Alert others at the gathering if there's a positive test among anyone in attendance. [Learn more](#) about what to do if you've been exposed.

CELEBRATIONS DURING COVID



How can I say no to a gathering without disrespecting my family?

Start with acknowledging the invite (“Thank you for thinking of me...I will miss you”). Second, keep the “no” short and sweet with no excuses (“No thank you, I don’t feel comfortable with this type of gathering right now”). And finally, if it feels right for the situation, suggest an alternative way to hang out (“could we take a walk just the two of us next week?”).

How can I talk to my family about wanting to downsize or make our holiday gatherings virtual?

Do your best to communicate that your decisions aren’t personal – it’s a precaution taken out of love. Explain that you will miss the traditional holiday gathering and look forward to getting together again in the future. If you like, you can also suggest some online alternatives that everyone can participate in safely – we have a [few ideas](#) that might help.

Is it safe to get together, if we all get tested before?

If no one has any symptoms, having everyone get tested before you get together will reduce the risk of COVID-19 spreading. However, there is still risk because you can have COVID-19 without having symptoms. Also keep in mind that you could test negative one day, but if you don’t quarantine immediately, you could be infected the next day without realizing it.

Is it safe to gather if everyone can quarantine for 2 weeks before we get together?

If your group is able to truly quarantine (stay home, without any contact with others) for 14 days, this may lower the risk of spreading the infection. However, having everyone quarantine perfectly is very difficult to pull off. Any time you or your guests venture outside the home, even to a neighborhood park, they may come in contact with infected people or surfaces.

Is it OK to do a potluck?

There hasn't been evidence to show COVID-19 is transmissible through food, however, the social behaviors that accompany potlucks can spread infection. As people gather in close proximity to one another to serve from common dishes, using common utensils, the chance of infection increases. If gathering to eat a meal, it is safest to have people bring their own food or to have the host portion out individual servings for each person so there is no sharing among guests.

Is it safe to prepare food for a group at my home?

While there hasn't been evidence that COVID-19 is transmissible through food, safe preparation of food is still important to protect others from COVID-19, seasonal flu, and food-borne illness:

- Wash your hands with soap for at least 20 seconds before you start food prep
- Clean and sanitize surfaces where you will prep food
- Be careful of cross contamination if using raw meat
- For an extra layer of protection, wear a mask while you prepare food

What if I hold my gathering in a garage/yard/patio/deck?

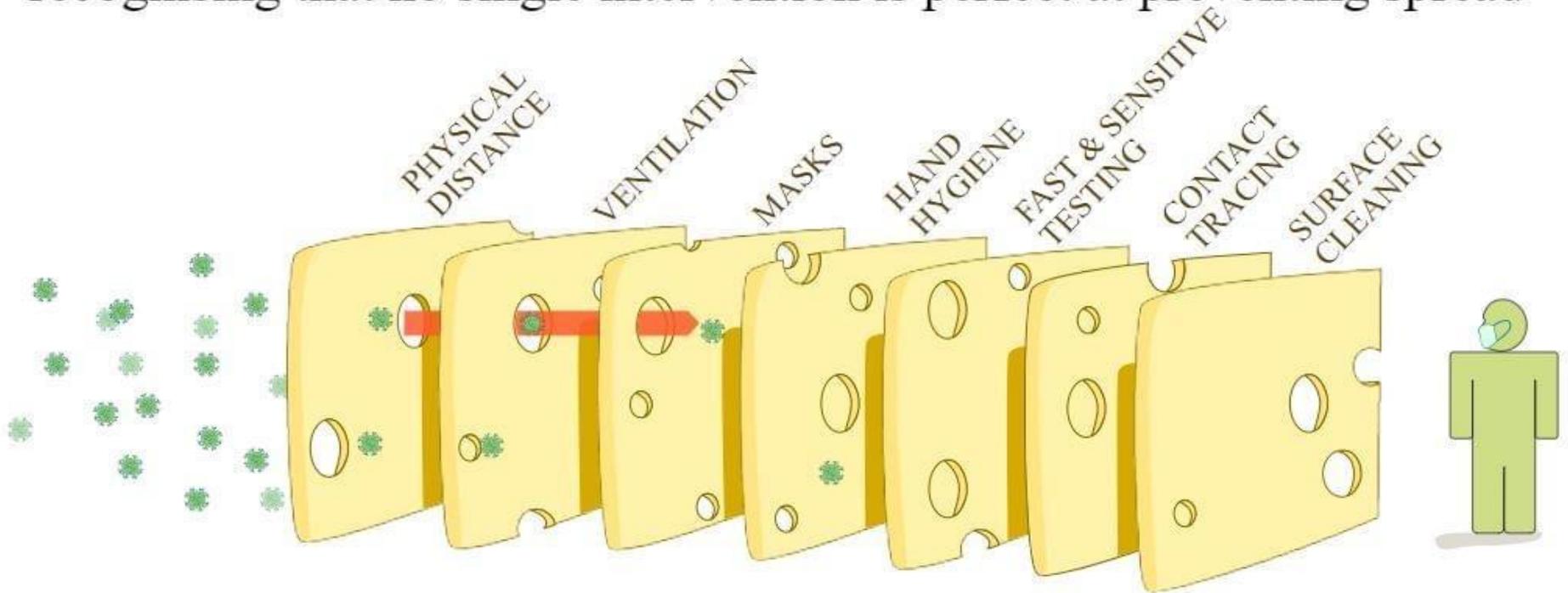
The safety of the place you plan to gather depends on three things. 1) is it outside or inside? 2) is there room to space everyone 6 feet apart? 3) is everyone wearing masks? Outside is safer than inside but it is not risk-free. If you don't have enough room for people to spread out, it's not a place that you should gather.

Why is it safe in my county to go to a bar and restaurant but not to gather with people I know in my home?

While bars and restaurants are required to have strict sanitization and physical distancing measures in place, at-home gatherings aren't regulated that way. Friends and family who are comfortable around each other may be more likely to forego face coverings or ignore the six-foot rule.

The Swiss Cheese Respiratory Virus Defence

recognising that no single intervention is perfect at preventing spread



Each intervention (layer) has imperfections (holes).
Multiple layers improve success.

Ian M Mackay
virologydownunder.com
Derived from @sketchplanator
Based on the Swiss cheese model of accident causation, by James T Reason, 1990
version 1.3
update: 12oct2020



Safe Start Washington

Phased Reopening County-By-County



Phase 3 Update

Gov. Jay Inslee announced updated guidance for religious and faith based organizations as part of Washington's Safe Start phased reopening plan.

The religious and faith-based guidance is updated to:

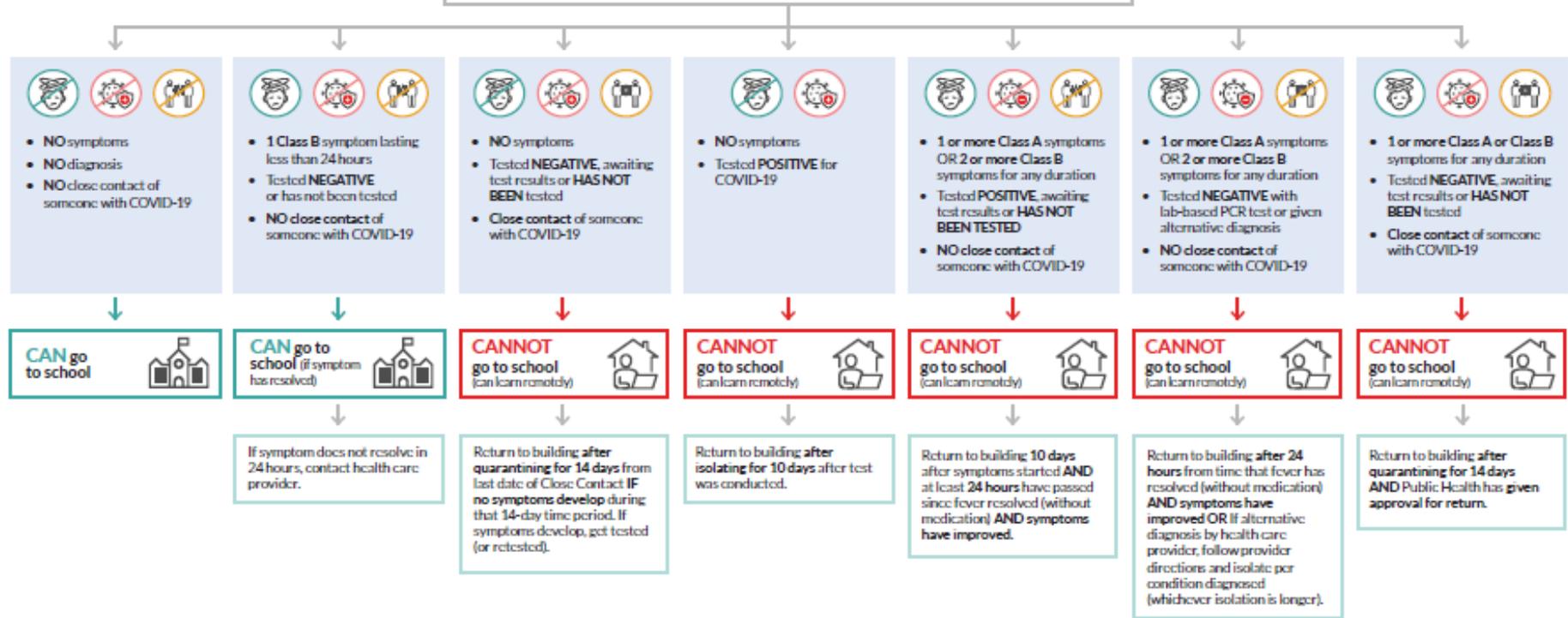
- Clarify that physical distancing between non-household members must be 6 feet in all directions; and
- Permit brief physical contact among up to five individuals, excluding religious leaders, if the brief contact is a critical component to the organization's religious service, so long as masks are worn and hands are sanitized immediately before and after the contact.

Full list of current reopening guidance:

https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-reopening-guidance-businesses-and-workers?utm_medium=email&utm_source=govdelivery

COVID-19 Student Symptom Flow Chart

PARENT SCREEN OF STUDENT FOR COVID-19



COVID-19 SYMPTOMS*

CLASS A:

- Fever (defined as subjective or 100.4°F or higher)
- Cough
- Loss of sense of taste/smell
- Chills
- Shortness of breath

CLASS B:

- Fatigue
- Headache
- Muscle/body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



CLOSE CONTACT INFO

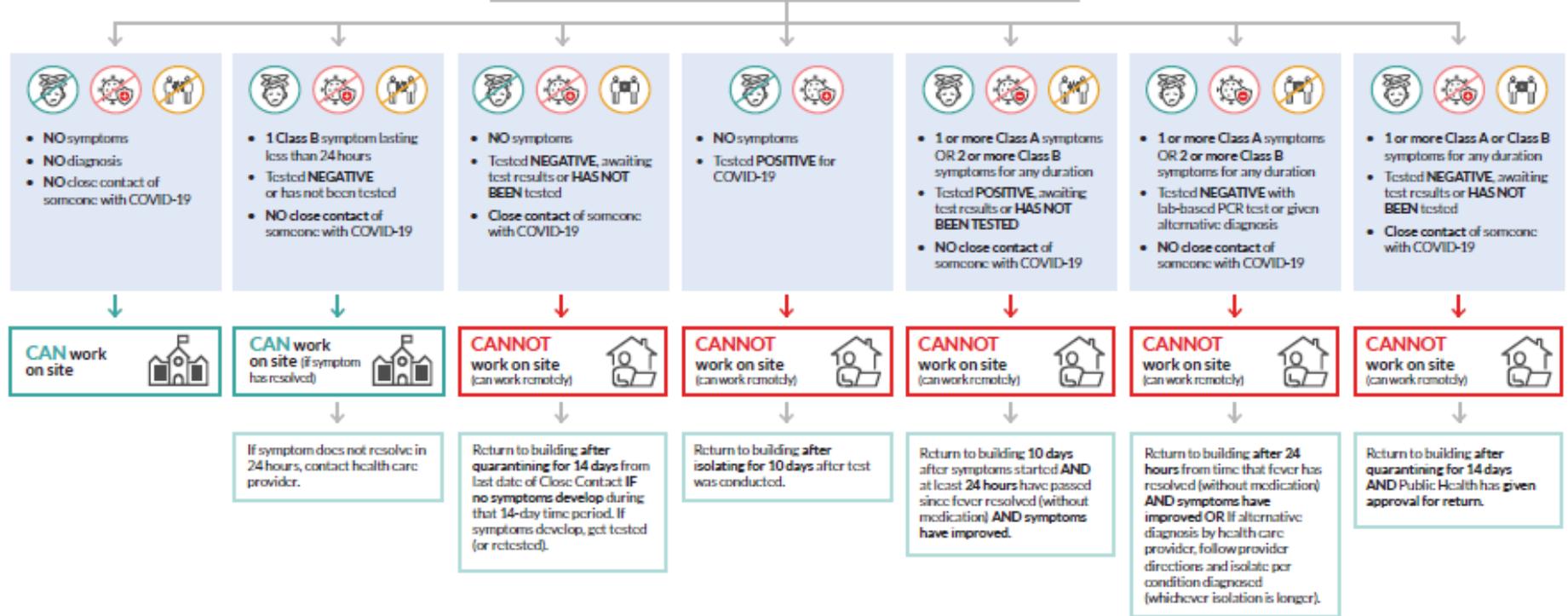
*"Close Contact" means being within 6 feet of a person with COVID-19 for about 15 minutes or more. Members of a household are considered to be close contacts. Close contacts are identified by Public Health.

Questions?
Contact the school health room.

Approved on October 16, 2020 by Alan Melnick, MD, MPH and Steven Kruger, MD, MPH, Public Health Officers for Clark County, Pacific, Skamania, Wahkiakum Counties and by Amy Person, MD, Public Health Officer for Klickitat County

COVID-19 Staff Symptom Flow Chart

STAFF SELF-SCREEN FOR COVID-19



COVID-19 SYMPTOMS*

CLASS A:

- Fever (defined as subjective or 100.4°F or higher)
- Chills

- Cough
- Loss of sense of taste/smell
- Shortness of breath

CLASS B:

- Fatigue
- Headache
- Muscle/body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea



CLOSE CONTACT INFO

Close Contact means being within 6 feet of a person with COVID-19 for about 15 minutes or more. Members of a household are considered to be close contacts. Close contacts are identified by Public Health.

Questions?
Contact Human Resources.

Approved on October 26, 2020 by Alan Melnick, MD, MPH and Steven Kruger, MD, MPH, Public Health Officers for Clark County, Pacific, Skamania, Wahkiakum Counties and by Amy Person, MD, Public Health Officer for Klickitat County

*That are not explained by an existing condition, such as allergies or asthma.

COVID-19 ACTIVITY LEVEL

25-75 cases per 100k
people in 14 days

- Remote learning recommended
- Some modified in-person learning for younger grades and/or high-need students
- No sports or extra-curricular activities

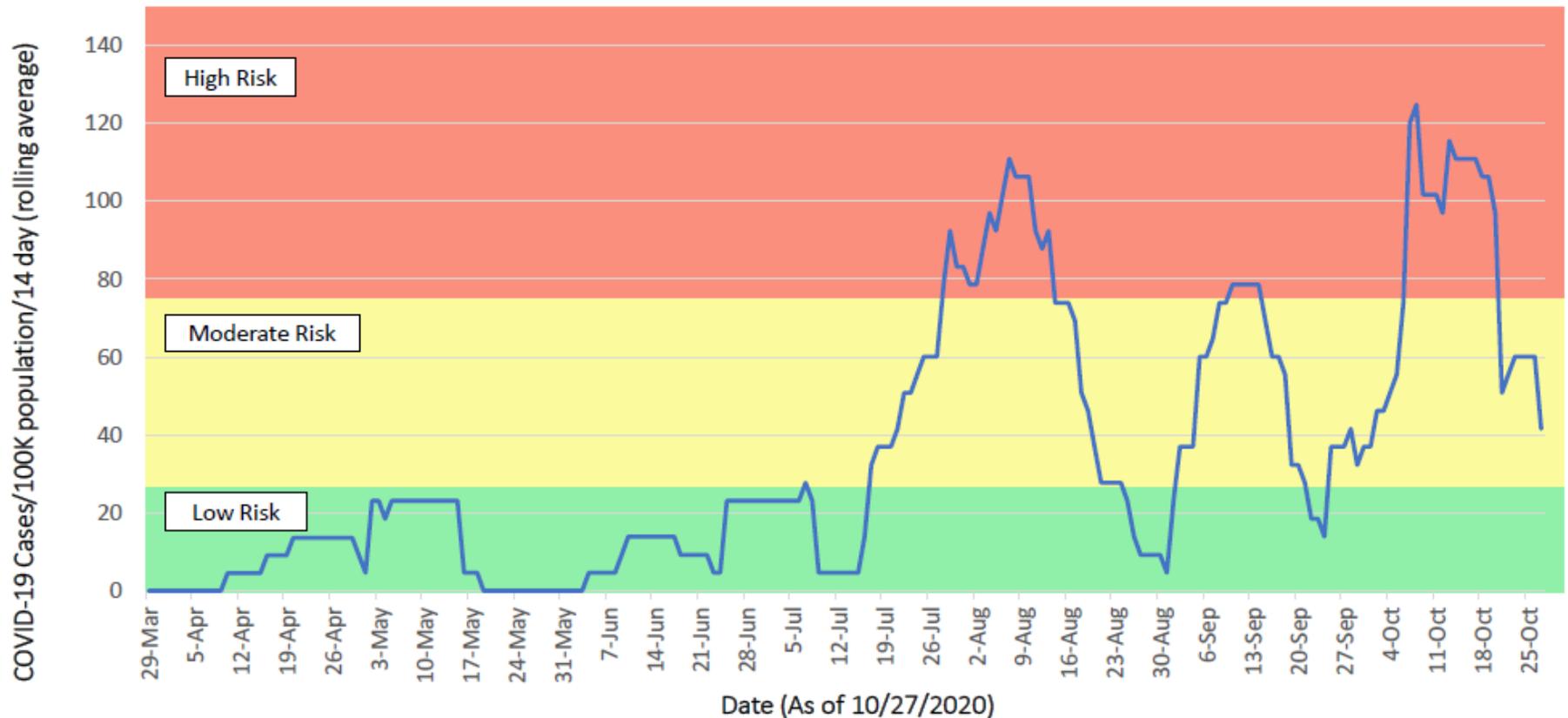


*Based on Washington State Department of Health
guidelines released August 4, 2020.*



Pacific County Metrics: School Risk Assessment

Reference: *Decision Tree for Provision of In Person Learning among K-12 Students at Public and Private Schools during the COVID-19 Pandemic:*
https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/DecisionTree-K12schools.pdf?utm_medium=email&utm_source=govdelivery



Grants / Funding / Assistance For Businesses and Non-Profits

Source	Due Date / Status	Qualifications	How to Apply
<p>Pacific County CARES Grants Round 3</p> 	<p>***ROUND 3***</p> <p>Up to \$10,000 grants to for small business and nonprofits in Pacific County. Please note this is the 3rd round of CARES Grants from Pacific County. Those who applied the first time and who submitted a COMPLETE application do not have to re-apply.</p> <p>https://co.pacific.wa.us/covid-19/cares/index.html</p>		
<p>CARES Act Provider Relief Fund: For Health Care Providers</p> 	<p>Qualified providers of health care, services, and support may receive Provider Relief Fund payments for healthcare-related expenses or lost revenue due to COVID-19..</p> <p>https://www.hhs.gov/coronavirus/cares-act-provider-relief-fund/for-providers/index.html#how-to-apply</p>		
<p>WA Equity Relief Fund for Nonprofits</p>  	<p>\$2 million of relief funding with a focus on community-based nonprofits and Tribal organizations most impacted by COVID-19. Grant applications from eligible 501c3 organizations are due by Nov. 6, 2020.</p> <p>Information session on Thursday, Oct. 29, 7 - 8 p.m. PDT</p> <p>https://us02web.zoom.us/j/89880601482</p> <p>Zoom meeting ID: 898 8060 1482 / Via phone: 1-253-215-8782</p> <p>https://philanthropyNW.org/wa-equity-relief-fund-nonprofits</p>		

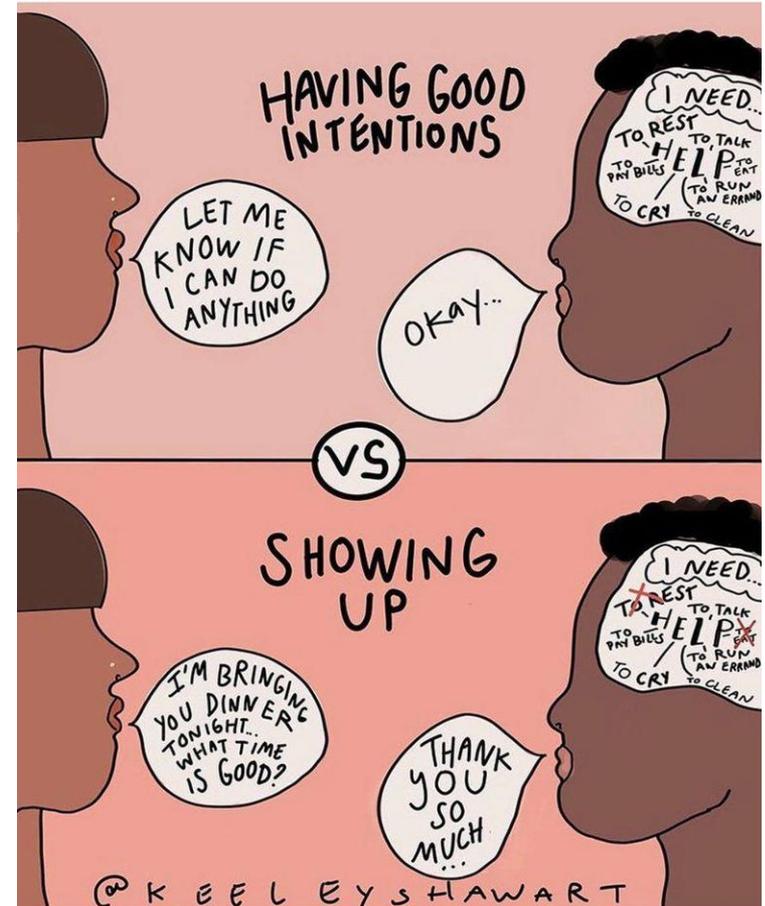
Grants / Funding / Assistance For Individuals

Source	Due Date / Status	Qualifications	How to Apply
Eviction Rental Assistance Program (ERAP) 	Rental Assistance to help pay up to 3 months of rent. Must have missed one rent payment since March 1 st and be under 50% of the Area Median Income to qualify. All funds must be spent by the end of December. More info: rentassistance@co.pacific.wa.us		
Washington COVID-19 Immigrant Relief Fund 	If you're an immigrant experiencing hard times because of COVID-19, and you aren't eligible for federal financial relief or unemployment insurance, this fund is for you. Apply for the Washington COVID-19 Immigrant Relief Fund and receive a \$1,000 one-time direct payment (up to \$3,000 per household). https://immigrantreliefwa.org/		
Emergency Solutions Grant COVID (ESG-CV) 	Additional funds expected in October to provide emergency shelter, rental assistance, utility assistance, application fees, eviction prevention. More information to come soon.		
Utilities Assistance Grant	Look for information from your provider of electricity, natural gas, telephone service, and other essentials, if you have been unable to pay due to the impact of COVID-19.		

If you know someone who is struggling...

Reach out. Reassure them that you are there for them. Some ideas for how to show support while maintaining physical distance:

- ✓ Set a regular day or time for a check in call or video chat
- ✓ Mail them a letter offering words of encouragement and love
- ✓ Drop off a homemade treat, takeout from their favorite restaurant, or a favorite book
- ✓ Listen without judgment.
- ✓ Reassure them that it is ok to feel sad, anxious, and lonely during this time, and that this is not forever. Also remind them there is help available to them if they need it.
- ✓ If possible, arrange for both of you to get tested, then self-quarantine for two weeks. Then you can plan a long visit to help give them the support and comfort they may need this time of year.



Useful Links and Resources

Guidance from Office of Superintendent of Public Instruction (OSPI)

<https://www.k12.wa.us/sites/default/files/public/workgroups/Reopening%20Washington%20Schools%202020%20Planning%20Guide.pdf>

OSPI (Schools) Frequently Asked Questions

<https://www.k12.wa.us/sites/default/files/public/communications/Reopening%20Washington%20Schools%20FAQ%20for%20School%20Districts.pdf>

Guidance for business by phase

<https://www.governor.wa.gov/issues/issues/covid-19-resources/covid-19-reopening-guidance-businesses-and-workers>

Overview of Statewide Face Coverings Requirements

https://coronavirus.wa.gov/sites/default/files/2020-07/Overview%20of%20mask%20order_July20.pdf

Decision Tree for Schools Reopening

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/DecisionTree-K12schools.pdf>

Washington State Department of Health:

www.coronavirus.wa.gov

Pacific County Health Dept COVID Website:

<https://www.pacificcountycovid19.com>

Reporting violations of safe start plan

<https://app.smartsheet.com/b/form/09349a1c56844b539fea1c2cabd16d56>

LNI COVID-19 Resource Page

<https://www.lni.wa.gov/safety-health/safety-topics/topics/coronavirus>

Safer Gatherings

<https://coronavirus.wa.gov/information-for/you-and-your-family/safer-gatherings>

WA State DOH Hotline:

1-800-525-0127

LNI (Report a Business)

800-423-7233

Liquor Control Board

(360) 664-9878

Next Community Forum:

Wednesday, November 18th at 11:30
(re-occurring, bi-weekly thereafter)

Guest Speaker: Steven Krager, MD, MPH
Pacific County Deputy Health Officer

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

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