

**Local Snapshot**

Pacific County Positive Cases: 415

Pacific County Active Cases: 197

Pacific County Hospitalizations: 15

Pacific County Deaths 3

All counties in WA State have reported confirmed cases of COVID-19.

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**The Pacific County Emergency Operations Center is open Monday - Friday, 8:00am - 4:00pm**

Please give us a call with any COVID-19 related questions or concerns.

North County: (360) 875-9407 / South County: (360) 642-9407

If you are experiencing a medical emergency, please contact 9-1-1 immediately.

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**Washington 211 COVID-19 Call Center**

Call for general information related to COVID-19. If you need information or have a general question, call 1-800-525-0127 or text 211-211 for help. You can also text the word "Coronavirus" to 211-211 to receive information and updates on your phone wherever you are. You will receive links to the latest information on COVID-19, including county-level updates, and resources for families, businesses, students, and more.

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For the latest Washington State COVID-19 data please click on the link below:

<https://www.doh.wa.gov/Emergencies/Coronavirus>

For the latest PACIFIC COUNTY COVID-19 DATA please click on the link below. The page is very informative and illustrates how we are trying to disseminate information and resources:

<https://www.pacificcountycovid19.com/>

Next Weekly Community Forum: Wednesday, December 2, 2020 at 11:30 (re-occurring) via Zoom or Facebook Live

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

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

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**Statewide Snapshot**

WA State Total Positive/Confirmed Cases as of 11/03//2020: 151,019. WA Total Deaths: 2,690

Neighboring Counties: Wahkiakum County 22 cases, Grays Harbor 956 cases, Lewis County 1,095 cases, Clatsop County 352 cases.

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**55 Additional Positive COVID-19 Cases in Pacific County**

Pacific County Public Health and Human Services has received notice of 55 additional positive cases of COVID-19 in Pacific County. These cases are new since our last release on 11/20 and are in addition to the 340 previously reported cases for a total of 395 cases since the beginning of the pandemic. There are currently 182 active cases being monitored by public health nurses. Active cases include those who tested positive on either a rapid test or on a PCR test. Case investigations

and contact tracing are on-going. Three of the cases are currently hospitalized with all other individuals isolating at home. Case investigations and contact tracing are on-going.

These cases bring Pacific County to an average case rate of 998 per 100,000 population over the past 14 days. We do not report these numbers to cause alarm, but rather to increase awareness of the surge and to remind people to take recommended safety precautions. We strongly encourage the public to limit social gatherings, maintain social distancing of at least six feet between, and practice personal protective measures to include: correctly wearing a mask/face covering in public, washing hands often with soapy water for at least 20 seconds, and avoid touching your face. These safety measures, especially when taken together, can significantly reduce the risk of becoming infected with COVID or for those with COVID, reduce the risk of transmitting it to others. Active cases are spread throughout all parts of Pacific County with slightly more of current cases in the north county area.

Finally, due to the recent surge in cases, COVID testing resources have become limited in Pacific County. Because of this, we continue to ask that people access local testing resources only if they are symptomatic or have been identified as a close contact of a positive case. We appreciate your cooperation to help us conserve testing resources in our community!

For up to date information and guidance, please monitor the Pacific County Health and Human Services Facebook page or visit: [www.pacificcountycovid19.com](http://www.pacificcountycovid19.com).

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### **Coping With COVID: Regulating Emotions During a Pandemic**

We're almost eight months into the COVID-19 pandemic, and there's a lot going on around us. We're balancing a lot — work, school, family, and the upcoming holidays — during a time of great uncertainty. If you find yourself reacting more negatively to things you're experiencing, you're not alone. Feeling angry or frustrated is a normal response during a pandemic, but there are things you can do to manage those emotions.

In this episode of our "Coping with COVID" podcast series, Kira Mauseth, PhD and Doug Dicharry, MD discuss the causes of strong emotional reactions and what we can do to feel more in control during stressful times. Listen to the podcast and read the rest of the article [here](#).

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### **November Behavioral Health Forecast Now Available**

The COVID-19 pandemic strongly influences behavioral health symptoms and behaviors across the state due to far-reaching medical, economic, social, and political consequences. For the last several weeks, we have begun to experience the full force of the disillusionment phase of the pandemic. As such, many people are feeling burnt out, exhausted, and overwhelmed.

The monthly behavioral health forecast provides a brief overview of the potential statewide behavioral health impacts from the COVID-19 pandemic. [Read the full forecast](#) to learn more about these impacts and strategies for reducing them. Learn more about this work [here](#).

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### **Financial Support for Families and Businesses**

On Friday, Nov. 20, Gov. Inslee announced additional financial support funds for families and businesses impacted by the COVID-19 pandemic. The governor was joined by Lisa Brown, director of Commerce, for the announcement. The total new economic supports amount to \$135 million. Included in that total is:

- \$70 million in business support grants - \$50 million for a new round of Working Washington grants and \$20 million for businesses who applied for earlier resiliency grants.

- \$30 million for the recovery loan program - this is a longer-term financing tool that will be available the first quarter of next year.
- \$20 million for rental assistance.
- \$15 million for energy bills for low-income households.

The business support grants will focus on the hardest-hit industries. You can find more information on available business assistance [here](#). Information about rental and energy assistance is available on the [You and Your Family page](#) of the state’s COVID-19 website.

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### Washington is Nationally Recognized for Reducing Risky Holiday Gatherings

According to a survey conducted for the New York Times, Washington state has "the lowest share of planned mixed-household Thanksgivings" in the nation. Read the full story [here](#).

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### Lessons from the Past

A Crosscut article last week took a look into Seattle’s past and painted a familiar picture for us. It’s October 1918, and Seattle is battling pandemic flu. People are wearing face masks and staying far apart from their loved ones. Businesses are closed.

Sound familiar? And just like we flattened the curve in April 2020, these precautions worked to control the flu in 1918. In fact, they worked so well that it looked like the epidemic was over, and the city ended the restrictions after five weeks.

Read the full story [here](#).

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County Data and Case Update	11/4/2020	11/10/2020	11/18/2020	11/25/2020
Cases (Total)	122	159	246	415
Active Cases (monitored by Public Health)	14	42	42	197
Closed Cases (no longer monitored by Public Health)	120	122	122	218
Hospitalizations (to date)	8	8	8	15
Deaths	3	3	3	3
Percent Deaths (deaths/cases)	2.5%	1.9%	1.2%	.07%
Cases per 100k per 14 days (rolling)- includes PCR positives and Rapid positives	23.1	180.2	180.2	1076.7



# COVID-19 ACTIVITY LEVEL

>75 cases per 100k people in 14 days

- Almost entirely remote learning
- Limited in-person learning for high-need students
- No sports or extra-curricular activities



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

## Pacific County Zip Code Data

Updated: November 25, 2020, 1:00pm

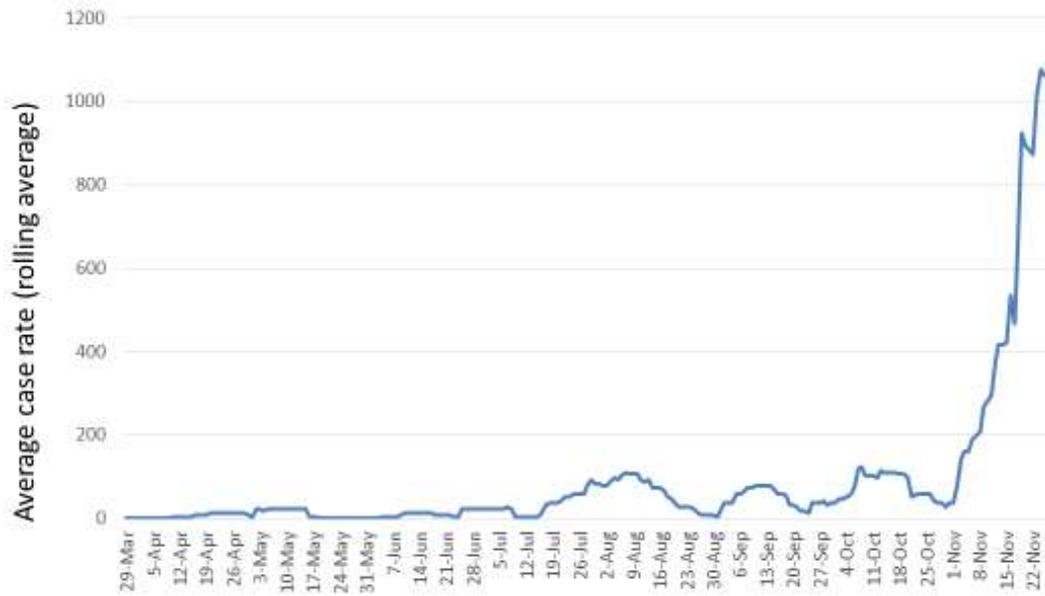
Bay Center	<a href="#">98527</a>	5 or less
Chinook	<a href="#">98614</a>	5 or less
Ilwaco	<a href="#">98624</a>	19
Long Beach	<a href="#">98631</a>	35
Lebam	<a href="#">98554</a>	5 or less
Naselle	<a href="#">98638</a>	10
Nachotta	<a href="#">98637</a>	5 or less
Menlo	<a href="#">98561</a>	5 or less
Ocean Park	<a href="#">98640</a>	19
Oysterville	<a href="#">98641</a>	5 or less
Seaview	<a href="#">98644</a>	18
Raymond	<a href="#">98577</a>	184
South Bend	<a href="#">98586</a>	105
Tokeland	<a href="#">98590</a>	5 or less
Incomplete data		18

- Represents permanent residence of Pacific County COVID-19 cases.
- Not a representation of where COVID-19 exposure or transmission occurred.

Effective 11/25/20, zip code data will be released in this format. To protect confidentiality, zip codes with 5 or fewer cases are reported as such. Incomplete data includes cases that have not yet been assigned to a zip code.

## Pacific County Average Case Rate per 100,000 population over past 14 days

Updated November 25, 2020, 1:00pm



**END OF STATUS REPORT**