

Local Snapshot

Pacific County Positive Cases: 3672
New Cases since February 2: 102
Pacific County Cases over 14 Days: 249
Pacific County Hospitalizations to Date: 156
New Hospitalizations this week: 4
Pacific County Deaths: 49
New Pacific County Deaths this week: 1
Case rate per 100k/14 days: 1169

Testing (and re-testing) for COVID-19

If you test positive for COVID-19 using an at-home antigen test, you do not need to confirm your result with a PCR test. Antigen tests are unlikely to produce false positives.

Antigen tests are specific. They produce a positive result when they detect pieces of the protein from the surface of the virus that causes COVID-19. The tests do require a certain amount of virus to be present (a higher viral load) to produce a positive result. When viral loads are lower, the tests may not be able to detect the infection and produce a false-negative.

If you test positive, isolate at home for at least 5 days and until you've been fever-free for at least 24 hours (without fever-reducing medicine) and your other symptoms are improving. For the next 5 days, be sure to wear a mask anytime you're around others and avoid contact with people who are at high risk for COVID-19 illness.

If you test negative but have symptoms you should test again at least 24 hours later to confirm the result. Be sure to isolate at home while you wait to retest. If you've been in close contact with someone who has COVID-19 and develop symptoms, you should assume you have COVID-19 and isolate at home – even if your at-home test result is negative.

WA Listens

Washington Listens helps people manage stress and anxiety they may be experiencing because of COVID-19. If you or anyone you know is having difficulties managing stress, call the Washington Listens support line at 1-833-681-0211.

Hours are from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturdays and Sundays. TTY and language access services are available by using 7-1-1 or their preferred method.

At-Home COVID-19 Test Kits Available!

Pacific County Health Department in partnership with [Timberland Regional Library](#) and [Shoalwater Bay Medical Clinic](#) is pleased to announce the Pacific County at-home COVID test kit program. This program is in addition to the Washington State (www.sayyescovidhometest.org) and the federal (www.covidtests.gov) at-home test kit programs and is limited to those who live or work in Pacific County. Beginning today, February 9th, individuals can pick up one test kit per person at the locations listed below. Each kit contains 2 rapid COVID tests that people can administer themselves at home. We recommend everyone has a home kit on hand in case they develop symptoms of COVID-19 or in case they are exposed to someone who tests positive. For those testing due to exposure to COVID-19, it is best to wait until day 5 after exposure to ensure the most accurate test results. If individuals

test positive on their at-home test kit, we encourage them to report their positive result here:

<http://www.pacificcounty covid19.com/repothometest.html>

Please note, if you are currently experiencing symptoms and need a test, call the front desk of the location you are picking up at upon arrival and a staff member will bring the kit out to your car- Please do not enter the building if you are symptomatic.

Naselle Timberland Library

4 Parpala Rd.

Naselle

360-484-3877 (if you are experiencing symptoms, please call when you arrive and someone will bring a test out to your car)

Hours of Operation:

Tue 10:00am 7:00pm

Wed 10:00am 7:00pm

Fri 10:00am 5:00pm

Sat 10:00am 3:00pm

Closed Sunday, Monday, and Thursday

South Bend Library

1216 W 1st St.

South Bend

360-875-5532 (if you are experiencing symptoms, please call when you arrive and someone will bring a test out to your car)

Hours of operation:

Monday 10:00 AM - 5:00 PM

Tuesday 10:00 AM - 5:00 PM

Thursday 10:00 AM - 5:00 PM

Friday 10:00 AM - 5:00 PM

Closed Wednesday, Saturday Sunday

Raymond Library

507 Duryea St

Raymond

360-942-2408 (if you are experiencing symptoms, please call when you arrive and someone will bring a test out to your car)

Hours of operation:

Tuesday 10:00 AM - 6:00 PM

Wednesday 10:00 AM - 6:00 PM

Thursday 10:00 AM - 6:00 PM

Friday 10:00 AM - 6:00 PM

Saturday 10:00 AM - 5:00 PM

Closed Sunday, Monday

Ilwaco Timberland Library

158 1st Ave N

Ilwaco

360-642-3908 (if you are experiencing symptoms, please call when you arrive and someone will bring a test out to your car)

Hours of operation:

Tues - Thurs 10 a.m. - 6 p.m.

Fri & Sat 10 a.m. - 5 p.m.

Closed Sundays and Mondays

Ocean Park Timberland Library

1308 256th Place

Ocean Park

360-665-4184 (if you are experiencing symptoms, please call when you arrive and someone will bring a test out to your car)

Hours of operation:

Tuesday - Thursday 10 - 6

Friday - Saturday 9 - 5

Closed Sunday / Monday

Pacific County Health Dept (Long Beach)

7013 Sandridge Road

Long Beach

360-642-9349 (if you are experiencing symptoms, please call when you arrive and someone will bring a test out to your car)

Hours of operation:

Monday- Thursday 8:00-4:30 (closed 12:00-1:00 for lunch)

Closed Fridays

Pacific County Health Dept (South Bend)

1216 West Robert Bush Drive

South Bend

360-875-9343 (if you are experiencing symptoms, please call when you arrive and someone will bring a test out to your car)

Hours of operation:

Monday-Friday 8:00-4:30 (closed 12:00-1:00 for lunch)

Shoalwater Medical Clinic

2373 Old Tokeland Rd. Bldg E

Tokeland

360-267-0119 or **800-841-2244**

Hours of operation:

Monday- Friday 8:30 AM-4:30 PM (closed 12:00-1:00 for lunch)

Additional information about and other testing options in Pacific County can be found at: www.pacificcountycovid19.com/at-home-testing

Federal Free At- Home Test Kit Program

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. Orders will usually ship in 7-12 days. Order your tests now so you have them when you need them.

<https://www.covidtests.gov/>

Or call: 1-800-232-0233

Washington State At-Home Test Kit Program

Offering free, rapid, at-home COVID-19 test kits to residents of Washington State.

<https://www.sayyescovidhometest.org/>

Free N95 Masks!

Will be available starting Friday, 2/18 at any Timberland Regional Library or Health Department location.

Pacific County Health Department Closed for President's Day

Our offices will be close on February 21st in observance of the President's Day Holiday.

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, or, other type of emergency, please contact 9-1-1 immediately. If no one is available to take your call during regular business hours please leave a message and someone will get back to you within 3 business days.

The state COVID-19 Assistance Hotline is a general information line related to COVID-19. If you need information or have a general question, call 1-800-525-0127, then press # or text 211-211 for help. New hours of operation are 6 a.m. to 10 p.m. Monday, and 6 a.m. to 6 p.m. Tuesday through Sunday and on [observed state holidays](#). 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.

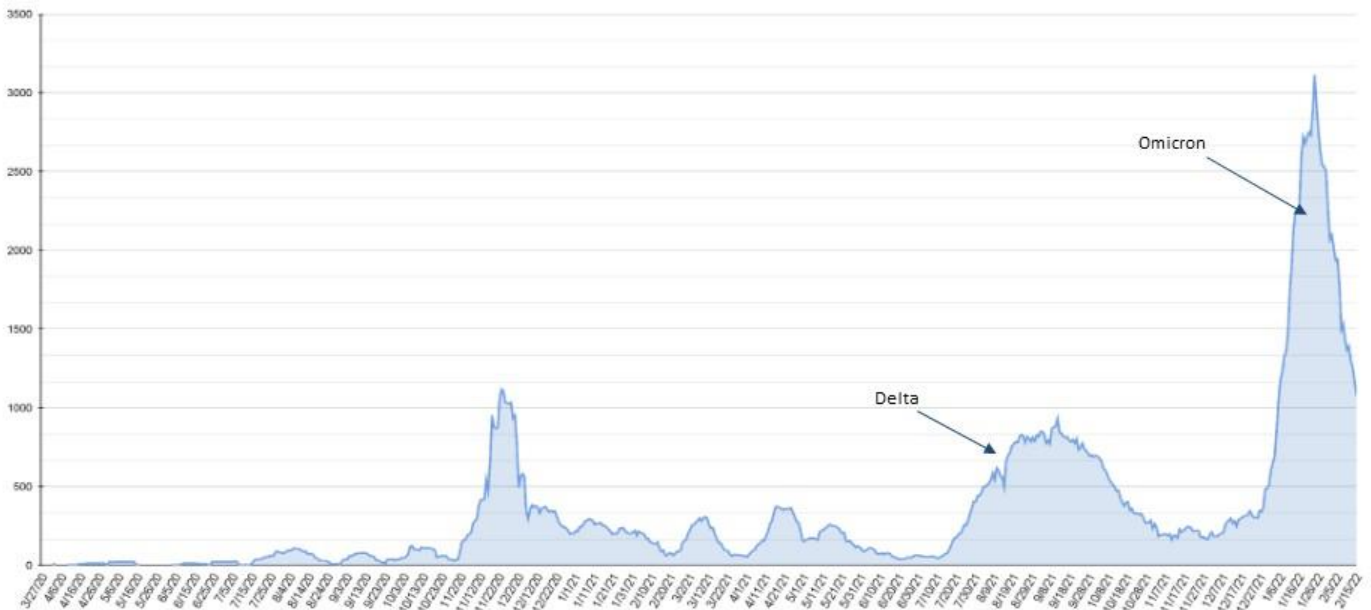
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Pacific County Weekly COVID 19 Case Data

Pacific County Case Data Summary	2/2/2022	2/9/2022	2/16/2022
Cases (Total)	3423	3570	3672
New cases this week	235	147	102
New cases over 14 days	470	382	249
Total Hospitalizations	147	152	156
New hospitalizations this week	4	5	4
Deaths (total)	44	48	49
Case rate per 100,000 population over 14 days	2264	1497	1169

Updated 2/16/2022

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



Updated 2/16/2022

COVID-19 Cases, Hospitalizations, and Deaths by Vaccination Status
Washington State Department of Health
February 09, 2022

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/data-tables/421-010-CasesInNotFullyVaccinated.pdf>

Pacific County Vaccine Rates: Initiation & Fully Vaccinated	2/16/2022
Percent of total population initiating vaccine	65.5
Percent of total population fully vaccinated	57.8
Percent of population 16+ initiating vaccine	73.8
Percent of population 16+ fully vaccinated	65.5
Percent of the population 5+ initiating vaccine	68.4
Percent of the population 5 + who are fully vaccinated	60.4
Number of people who've received an additional dose (third dose or booster)	6126
Total doses given (initial series and boosters)	34,319

Case Rate by Zip Code	2/16/2022
Bay Center (98527)	37
Chinook (98614)	53
Ilwaco (98624)	161
Long Beach (98631)	427
Lebam (98554)	2
Naselle (98638)	227
Nahcotta (98637)	6
Menlo (98561)	7
Ocean Park (98640)	438
Oysterville (98641)	13
Seaview (98644)	94
Raymond (98577)	1437
South Bend (98586)	485
Tokeland (98590)	40
Grayland (98547)	56
Incomplete data	189

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.

Updated 2/16/2022

Pacific County COVID-19 Cases by Age Group

Age	1/26/2022	2/2/2022	2/9/2022	2/16/2022
0-9	278	297	302	322
10-19	531	581	596	624
20-29	379	395	405	414
30-39	502	535	551	469
40-49	425	454	459	474
50-59	380	411	419	439
60-69	333	352	376	396
70+	300	332	344	367
Incomplete data	60	66	118	67

Updated 2/16/2022

Download printable copies at: <http://www.pacificcounty covid19.com/if-you-have-covid-19.html>



What to do if you are exposed to COVID:

IF YOU were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations (including boosters if eligible)

Quarantine for at least 5 days

- Stay home for at least 5 full days.

Get tested

- Get tested at least 5 days after close contact with someone with COVID-19.
- If you can't get a test and have symptoms, assume you are positive and isolate.

Take precautions until Day 10

- Wear a quality mask for 10 days while around others.

Avoid travel

Avoid being around people who are high risk

IF YOU were exposed to COVID and you are up-to-date on COVID vaccinations

No Quarantine

- You do not need to stay home **unless** you develop symptoms.

Take precautions until Day 10

- Wear a quality mask for 10 days when around others.
- Get tested if you develop symptoms, or assume you are positive and isolate for 5 days.

Avoid travel

Avoid being around people who are high risk

IF YOU were exposed and had confirmed COVID within the past 90 days

No Quarantine

- You do not need to quarantine **unless** you develop symptoms.

Take precautions until Day 10

- Take precautions until Day 10.
- Wear a mask for 10 days when around others.
- If you develop symptoms, assume you are positive and isolate for 5 days.

Avoid travel

Avoid being around people who are high risk



What to do if you test positive:

For non-tested: If you are symptomatic or have been exposed to COVID-19, you should get a test. Please assume you are positive and follow the advice below.

Isolate at home, away from others.

- Isolate at least 5 days OR 24 hours after symptoms improve and no fever without fever-reducing medicine: **WHICHEVER IS LONGER**
- Day 1 of your isolation period begins the first full day after symptoms start.
- Continue to wear a quality mask while around others until day 10.

Reach out to your close contacts and let them know they've been exposed and they should quarantine.

- Quarantine for a minimum of 5 days from the last date of exposure.
- If no symptoms by day 5, quarantine can end but continue to wear a face covering and monitor for symptoms until day 10.
- If symptoms develop, get tested; if available to test, assume you are positive & isolate.
- Close contacts include anyone you were around who is not fully vaccinated for more than 15 minutes while you were infectious (2 days prior to when symptoms started).

Wear a mask while inside and ask others in your home to do the same (preferably a KN95, KF-94, or a 3-ply surgical mask, if possible)

Ventilate your space as much as you can.

- If your home has an HVAC system, make sure it has a fresh filter. Consider using a HEPA air purifier if you don't have HVAC.
- Open the windows and doors whenever possible and safe to do so.
- Use fans to move virus particles from inside your home to outside.

Stay hydrated, use OTC medications such as acetaminophen to manage symptoms. Seek medical care if you display the following symptoms:

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion, inability to wake or stay awake
- Fate, gray, or blue colored skin, lips, or nail beds (or an abnormally low reading on a pulse oximeter, if you have one)

*This list is not all possible symptoms. Call your medical provider if you have any other severe or concerning symptoms.

More information at: www.pacificcounty covid19.com

Download printable copies at: <http://www.pacificcounty covid19.com/at-home-testing.html>



COVID-19 Home Testing

When to use your COVID-19 At Home Test :

- If you have COVID-19 symptoms, like a fever or cough, test right away.
- If you were a close contact of someone with COVID-19, wait at least 5 days to test.
- If you are testing before a gathering, test right before the gathering, or as close to the event as possible.

Please read the test instructions or watch the video below.
https://www.youtube.com/watch?v=qBt_H4Gc-rU

Reporting your positive results:

*Do not report negative results.

While we don't require individuals to report their at-home COVID-19 test results, we highly recommend people to do so, and to let close contacts know about potential exposure. Your honest responses help us understand how the virus is affecting you and your community.

Options to report an at home test:

- Report online using the QR code or directly at: www.pacificcounty covid19.com/reporthometest**
- Call us at: (360) 875-9407**

Use WA Notify to alert other users that they may have been exposed.
<https://www.doh.wa.gov/Emergencies/COVID19/WANotify>

Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection for your immune system. You are eligible to receive a COVID-19 vaccine (or booster) once you have fully recovered from your COVID-19 infection. Schedule an appointment at:
www.pacificcounty covid19.com/get-vaccinated

Have more questions? Call us at (360) 875-9407 or visit:
www.pacificcounty covid19.com



Pruebas de hogar para el COVID-19

Quando usar la prueba de detección de COVID-19 para el hogar:

- Quando tenga síntomas del COVID-19, como fiebre o tos, hágase la prueba de inmediato.
- Quando tenga contacto cercano con una persona que este positivo para el COVID-19, espere al menos 5 días para realizarse la prueba.
- Quando se realice la prueba para una reunión, hágase la prueba antes del evento, o lo mas cerca al evento.

Por favor lea las instrucciones para la realizarse la prueba o vea el video siguiente
<https://www.youtube.com/watch?v=yGbw17uFPvY>

Como reportar un resultado positivo de COVID-19:

*No reporte un resultado negativo.

Aunque no es un requisito reportar su resultado positivo de COVID-19 de una prueba hecha en casa, es recomendado que lo haga, y de hacerle saber a sus contactos cercanos de una posible exposición. Una respuesta honesta de su parte nos ayuda a entender como lo afecta el virus y como afecta a la comunidad.

Opciones para reportar una prueba de casa:

- Repórtelo en línea usando el código de QR o directamente en: www.pacificcounty covid19.com/reporthometest**
- Llámenos al: (360) 875-9407**

Usa Notifica WA para alertar a otros usuarios sobre una posible exposición.
<https://www.doh.wa.gov/Emergencies/COVID19/WANotify/Spanish>

Después de su infección de COVID-19 póngase la vacuna para proteger aún más su sistema inmunológico. Usted es elegible para recibir una vacuna del COVID-19 (o vacuna de refuerzo) cuando este recuperado de su infección de COVID-19. Haga una cita en:
www.pacificcounty covid19.com/get-vaccinated

¿Si tiene preguntas? Llámenos al (360) 875-9407 o visite:
www.pacificcounty covid19.com

Home care for COVID-19: Guide for family and caregivers

<p>Identify one household member to be the caregiver. The caregiver should have no high risk factors and the fewest contacts with people outside.</p>	<p>Prepare a separate room or isolated space for the person with COVID-19 infection.</p>	<p>Open a window(s) to improve ventilation and increase the circulation of fresh air.</p>	<p>Do not allow visitors and try to avoid close contact (less than 1 metre) with the person with COVID-19 infection.</p>
<p>Everyone should wear a medical mask when in the same room with the person with COVID-19 infection.</p>	<p>Clean hands frequently using soap and water or an alcohol-based hand sanitizer.</p>	<p>Clean and disinfect frequently touched surfaces, especially those touched by the person with COVID-19 infection.</p>	<p>Use separate dishes, cups, eating utensils and bedding from the person with COVID-19 infection.</p>
<p>The person with COVID-19 infection should rest, drink plenty of fluids, and eat nutritious food; continue any medication for chronic conditions.</p>	<p>Take paracetamol/acetaminophen for fever and/or body pain according to instructions. Antibiotics are not effective against COVID-19 infection.</p>	<p>Monitor the person with COVID-19 infection's symptoms regularly. Call your healthcare provider immediately if you see any of these danger signs:</p> <ul style="list-style-type: none"> • Difficulty breathing • Chest pain • Confusion • Loss of speech or mobility 	

In some people there is a risk of more severe COVID-19.

High risk factors include:

- age 60 and over
- hypertension
- diabetes
- cardiac disease
- chronic lung disease
- cerebrovascular disease
- dementia
- mental disorders
- chronic kidney disease
- immunosuppression (including HIV)
- obesity
- cancer

During pregnancy, women over the age of 35, obesity, and chronic conditions are also high risk factors.

People who are infected with the COVID-19 virus and have any of these risk factors should be closely monitored by a health provider.

A pulse oximeter can be used to monitor oxygen levels.

- For people with **high risk factors**, check oxygen levels twice a day and report results to a health provider.
- Follow instructions on how to appropriately use the device.
- If the oxygen level on the screen is **less than 90%**, call for emergency help.
- If the oxygen level is **between 90-94%**, reach out to your health care provider for further guidance.
- For children, if the oxygen level is **less than 90%** plus a cough, difficulty breathing, inability to breastfeed or drink, lethargy or unconsciousness, or convulsions, call for emergency help.

Do I need a BOOSTER?

	Who's eligible?	When should I get a booster?	Which booster?
If you got... Pfizer	Everyone 12+ should get their booster dose.	At least 5 months after completing the primary series of Pfizer vaccine.	Adults 18+ can get a booster dose of any COVID-19 vaccines (Pfizer or Moderna preferred). Children 12-17 should get a Pfizer booster.
If you got... Moderna	Adults 18+ should get their booster dose.	At least 5 months after completing the primary series of Moderna vaccine.	A booster dose of any COVID-19 vaccines (Moderna or Pfizer preferred).
If you got... Johnson & Johnson	Adults 18+ should get their booster dose.	At least 2 months after completing the primary series of J&J vaccine.	A booster dose of any COVID-19 vaccines (Pfizer or Moderna vaccine is preferred over a J&J vaccine).

Find appointments at:

www.pacificcountycovid19.com/get-vaccinated



**Got Symptoms?
Get Tested.**

For a full list of testing options available
in Pacific County, Please visit:

www.pacificcountycovid19.com/get-tested

Or call 360-875-9407

Mondays & Wednesdays

Jan 31, Feb 2, Feb 7, and Feb 9

South County Building (7013 Sandridge Road)

Register: <https://curative.com/sites/34594>

Tuesdays & Thursdays

Feb 1, Feb 3, Feb 8, and Feb 10

South Bend Fire Station Parking Lot (221 Willapa Ave)

Register: <https://curative.com/sites/34595>

END STATUS REPORT