

## Local Snapshot

Pacific County Positive Cases: 3796  
 New Cases since March 23: 10  
 Pacific County Cases over 14 Days: 16  
 Pacific County Hospitalizations to Date: 160  
 New Hospitalizations this week: 1  
 Pacific County Deaths: 55  
 New Pacific County Deaths this week: 2  
 Case rate per 100k/14 days: 50.8

Now that the mask mandate has been lifted, we've heard a lot of questions in the community about whether or not to keep wearing masks, so we've created a risk gauge to help inform that decision.

You may want to consider COVID-19 transmission in your community when considering whether or not to wear a mask. That tells you the probability that anyone in a given room has COVID-19.

● When case rates are high (>100/100,000 residents) it's a good idea to keep masking in indoor settings to protect yourself and others.

● When case rates fall below 100 per 100,000 it is safer for most people to begin unmasking in indoor spaces.

● For those at high risk of severe illness from COVID-19 or those with household members at high risk, recommend continuing to wear masks until case rates are very low (<50/100,000).

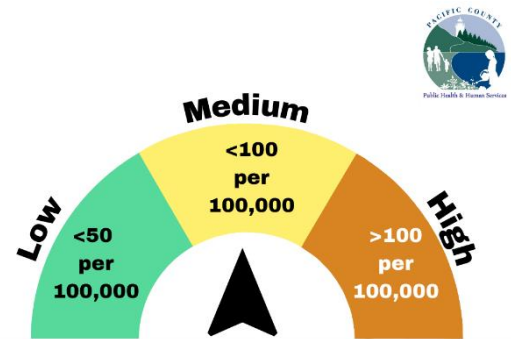
As of today, March 30<sup>th</sup>, Pacific County case rate is 50.8 over 14 days which puts us in the MEDIUM category.

Remember when the mask mandate was lifted on March 11<sup>th</sup>, masking is still required for staff and visitors in the following high-risk areas:

- ◆ Healthcare and medical facilities
- ◆ Long-term care settings
- ◆ Public transit, taxis, and rideshare vehicles
- ◆ Correctional facilities
- ◆ Private businesses and local governments that want to require masks for their employees, customers or residents

Private businesses can still require masks or proof of vaccination if they choose. Many individuals will choose to continue to wear masks for a variety of reasons. Please be kind, compassionate and respect the rules of the room.

Wearing a mask when COVID-19 case rates are high is an act of community. It offers protection not just for yourself but for those vulnerable members of our society around you. Let us keep practicing the care and compassion for our neighbors that has gotten us this far in the pandemic. As a reminder, high quality N95 masks are available free of charge for those who live or work in Pacific County. Pick yours up today at any Pacific County based Timberland regional library or either health dept location!



COVID-19 Community Level  
in Pacific County

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## Statewide Data Updates

**Newest numbers.** The Washington State Department of Health (DOH) reported a total of 1,440,632 confirmed cases as of 11:59 p.m. on March 13. There have been 12,219 COVID-19 deaths in Washington.

**Data note** (Monday, March 14): Due to a technical issue in our data systems, the Health Care System Readiness data may be incomplete. DOH also continues to experience delays in reporting cases, hospitalizations, and deaths as a result of prior slowdowns in our data systems during the omicron surge. We are clearing these backlogged cases, hospitalizations, and deaths as resources permit. The COVID-19 Epidemiological Curves tab is the most accurate representation of COVID-19 activity and is updated daily as new cases are identified and duplicates are resolved.

For the most recent number of cases by county, demographics, and more, visit the [Department of Health's dashboard](#).

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## COVID Testing Clinics Next Week

Pacific County Health Department 1216 West Robert Bush Drive, South Bend (360) 875-9407  
Appointments available from 10-1 on Wednesdays  
By Appointment Only  
For symptomatic or close contacts only  
Sign-up for an appointment: <https://hipaa.jotform.com/220736299131052>

Peninsula Pharmacy (Ilwaco Test Site)  
Drive through by appointment only  
101 Bolstad Ave Space 2 Long Beach, WA 98631  
10:00am-1:00pm on Thursdays  
[www.covidtest360.com](http://www.covidtest360.com) or call 360-244-0606

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## Updated Guidance from DOH

[Mask Guidance During COVID-19](#) has been updated to align with changes to the [Secretary of Health's mask order](#). This guidance includes information on health care settings and masking requirements.

The latest versions of the three following guidance documents have been translated\* into 40 languages (listed below).

[What to do if you test positive for COVID-19](#)

[What to do if you were potentially exposed to someone with COVID-19](#)

[Symptom Decision Tree for Non-Health Care Settings and the Public](#)

The statewide indoor mask mandate has been lifted. Beginning March 12, masks are no longer required in most indoor public places. Masks will still be required in some settings like healthcare, public transportation, long term care, and jails, and some businesses may choose to continue requiring masks. You can support these local businesses and their staff by wearing a mask when asked.



## Second COVID-19 booster dose recommended for certain individuals

People age 50 and older and certain immunocompromised individuals can now get a second booster dose of an mRNA (Pfizer-BioNTech or Moderna) COVID-19 vaccine at least four months after receiving their initial booster dose. The Washington State Department of Health (DOH) updated its booster dose recommendations following guidance from the U.S. Food and Drug Administration, the Centers for Disease Control and Prevention, and the Western States Scientific Safety Review Workgroup.

DOH's updated booster dose recommendations are as follows:

- Everyone 12 and older should receive a booster dose five months after completing their two-dose vaccine series of Pfizer or Moderna, or two months after receiving the single-shot Johnson & Johnson (J&J) vaccine.
- Everyone 50 and older can receive a second booster dose four months after receiving their first booster dose.
- Individuals 12 and older who are [moderately or severely immunocompromised](#) can receive a second booster dose four months after receiving their first booster dose.
- Those 18 and older who received a primary vaccine and booster dose of the J&J vaccine four months ago can receive a second booster dose of an mRNA COVID-19 vaccine.

## COVID VACCINE Clinics

Below are the upcoming COVID-19 vaccine clinics in Pacific County. You can also visit our website at: [www.pacificcountycovid19.com](http://www.pacificcountycovid19.com)

Ocean Beach Hospital and Medical Clinics (PFIZER ONLY) 1st, 2nd, and 3rd doses  
 Ages 12+  
 Boosters Available  
 April 12th- \*second dose 21 days after (starts at 3:00pm)  
 Ilwaco Timberland Library- Community Room  
 158 First Ave. N Ilwaco, WA  
<https://prepmo.doh.wa.gov/appointment/en/reg/0209913066>

Ocean Beach Hospital and Medical Clinics (PFIZER ONLY) PEDIATRIC  
 Ages 5-11

No Boosters

April 12th- \*second dose 21 days after (starts at 3:45pm)

Ilwaco Timberland Library- Community Room

158 First Ave. N Ilwaco, WA

<https://prepmod.doh.wa.gov/appointment/en/reg/9192306001>

Peninsula Pharmacy

Ages 5+

Boosters Available

Tuesdays only- schedules posted monthly

101 First Ave. S

[www.covidvaccine360.com](http://www.covidvaccine360.com)

Raymond Pharmacy

Boosters Available

Check the pharmacy website for clinics after 01/01/2022

Raymond Pharmacy

515 Commercial St., Raymond, WA

[www.raymondcovidvaccine.com](http://www.raymondcovidvaccine.com)

Family Health Center Klipsan (Moderna)

Ages 18+

No Boosters

On-going for established patients, by appointment

21610 Pacific Way, Klipsan, WA

Established patients please call 360-665-3000 to schedule an appointment

Valleyview Health Center (Moderna)

Ages 18+

No Boosters

On-going for established patients, by appointment

300 Ocean Ave., Raymond

Call 360-942-3040 to schedule an appointment

Shoalwater Bay Wellness at the Clinic (Moderna)

Ages 18+

Boosters Available

By appointment on open Fridays

2373 Old Tokeland Rd

Tokeland, WA

Call 360-267-0119 to schedule an appointment

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### **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](http://www.sayyescovidhometest.org)) and the federal ([www.covidtests.gov](http://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.pacificcountycovid19.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](http://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/>

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## Free N95 Masks!

Available at any Timberland Regional Library or Health Department location.

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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, 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.

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**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.

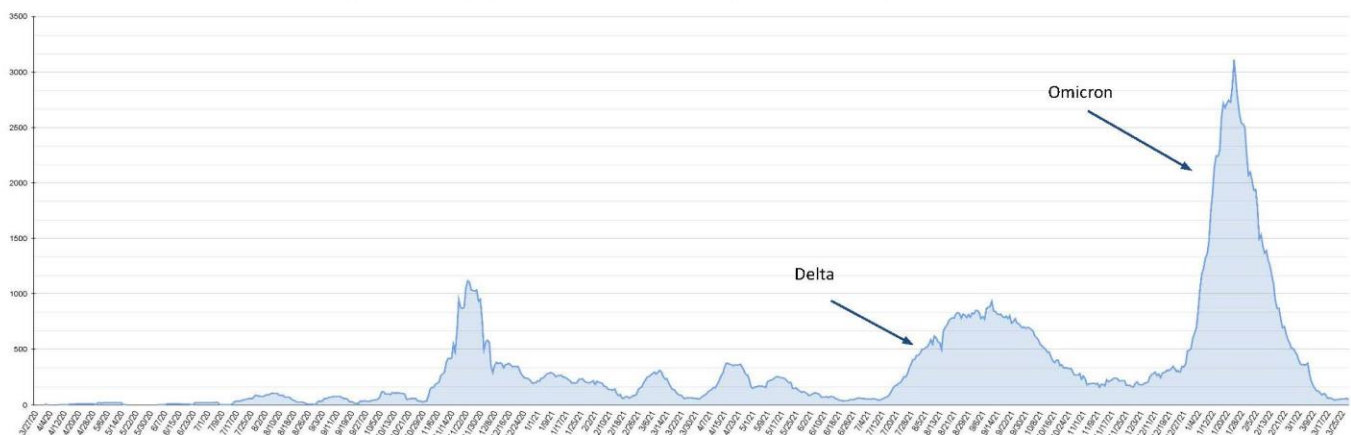
**Washington Listens helps people manage stress and anxiety they may be experiencing because of COVID-19.** If you or anyone you know is having difficulties managing stress, call the Washington Listens support line at 1-833-681-0211. Hours are from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturdays and Sundays. TTY and language access services are available by using 7-1-1 or their preferred method. [See resources and self-help tips from Washington Listens.](#)

## Pacific County Weekly COVID 19 Case Data

Pacific County Case Data Summary	3/16/2022	3/23/2022	3/30/2022
Cases (Total)	3780	3786	3796
New cases this week	6	6	10
New cases over 14 days	23	12	16
Total Hospitalizations	158	159	160
New hospitalizations this week	1	1	1
Deaths (total)	52	53	55
Case rate per 100,000 population over 14 days	97.1	50.1	50.8

Updated 3/30/2022

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



Updated 3/30/2022

## COVID-19 Cases, Hospitalizations, and Deaths by Vaccination Status

### Washington State Department of Health

March 2, 2022

Unvaccinated **12-34 year-olds** in Washington are

- 3 times more likely to get COVID-19 compared with fully vaccinated 12-34 year-olds.
- 5 times more likely to be hospitalized with COVID-19 compared with fully vaccinated 12-34 year olds

Unvaccinated **35-64 year-olds** are

- 3 times more likely to get COVID-19 compared with fully vaccinated 35-64 year-olds.
- 6 times more likely to be hospitalized with COVID-19 compared with fully vaccinated 35-64 year olds

Unvaccinated **65+ year-olds** are

- 4 times more likely to get COVID-19 compared with fully vaccinated 65+ year-olds.
- 7 times more likely to be hospitalized with COVID-19 compared with fully vaccinated 65+ year-olds.
- 7 times more likely to die of COVID-19 compared with fully vaccinated 65+ year-olds.

<https://doh.wa.gov/sites/default/files/2022-02/421-010-CasesInNotFullyVaccinated.pdf>



<b>Pacific County Vaccine Rates: Initiation &amp; Fully Vaccinated</b>	<b>3/23/2022</b>	<b>3/30/2022</b>
Percent of total population initiating vaccine	62.2%	67.3%
Percent of total population fully vaccinated	59.9%	60.0%
Percent of population 16+ initiating vaccine	75.7%	75.8%
Percent of population 16+ fully vaccinated	67.8%	67.9%
Percent of the population 5+ initiating vaccine	70.2%	70.3%
Percent of the population 5 + who are fully vaccinated	62.6%	62.7%
Percent of the eligible population who has received a booster	53.1%	53.0%
Total doses given (initial series and boosters)	35,443	35,471

Updated 3/30/2022

<b>Case Rate by Zip Code</b>	<b>3/30/2022</b>
Bay Center (98527)	37
Chinook (98614)	54
Ilwaco (98624)	173
Long Beach (98631)	450
Lebam (98554)	2
Naselle (98638)	241
Nahcotta (98637)	6
Menlo (98561)	7
Ocean Park (98640)	467
Oysterville (98641)	13
Seaview (98644)	95
Raymond (98577)	1497
South Bend (98586)	497
Tokeland (98590)	44
Grayland (98547)	53
Incomplete data	157

## 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 3/30/2022

## Pacific County COVID-19 Cases by Age Group

Age	3/9/2022	3/16/2022	3/23/2022	3/30/2022
0-9	338	338	338	340
10-19	638	642	642	642
20-29	430	432	433	433
30-39	580	580	580	580
40-49	490	493	493	495
50-59	450	451	452	452
60-69	404	405	407	408
70+	387	388	389	390
Incomplete data	56	53	52	56

Updated 3/30/2022

Download printable copies at: <http://www.pacificcountycovid19.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 post-exposed if you are symptomatic: If you have been exposed to COVID and unable to 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 unable 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
- Pale, 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.pacificcountycovid19.com](http://www.pacificcountycovid19.com)

Download printable copies at: <http://www.pacificcountycovid19.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](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.pacificcountycovid19.com/reporthometest](http://www.pacificcountycovid19.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.pacificcountycovid19.com/get-vaccinated](http://www.pacificcountycovid19.com/get-vaccinated)



Have more questions? Call us at (360) 875-9407 or visit: [www.pacificcountycovid19.com](http://www.pacificcountycovid19.com)



## Pruebas de hogar para el COVID-19

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

- Cuando tenga síntomas del COVID-19, como fiebre o tos, hágase la prueba de inmediato.
- Cuando tenga contacto cercano con una persona que este positivo para el COVID-19, espere al menos 5 días para realizarse la prueba.
- Cuando 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=yGbwi7uFPvY>



### 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.pacificcountycovid19.com/reporthometest](http://www.pacificcountycovid19.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.pacificcountycovid19.com/get-vaccinated](http://www.pacificcountycovid19.com/get-vaccinated)



¿Si tiene preguntas? Llámenos al (360) 875-9407 o visite: [www.pacificcountycovid19.com](http://www.pacificcountycovid19.com)



## Free At-Home COVID-19 Tests & N95 Masks

*Pick yours up today!*

- Naselle Library
- South Bend Library
- Raymond Library
- Ocean Park Library
- Ilwaco Library
- Pacific County Health Dept (Long Beach or South Bend Office)
- Olympic Area Agency on Aging
- City of Long Beach
- Shoalwater Clinic



# COVID-19 Treatment Options

*If you are high risk of severe illness due to COVID-19 (as defined below), call your provider to see if you are eligible!*

Key points to know:

- Monoclonal antibody treatments (mAB) and oral antiviral medications are available in Pacific County
- Medical provider order is required
- Treatments are most effective if administered within the first few days of disease (the earlier the better)
- Those who are high risk due to age or certain underlying health conditions are eligible. Talk to your provider to see if they are right for you!

More information: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/treatments-for-severe-illness.html>

 World Health Organization

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

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

**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.

