

## Local Snapshot

Pacific County Positive Cases: 3934

New Cases since May 11: 38

Pacific County Cases over 14 Days: 58

Pacific County Hospitalizations to Date: 167

New Hospitalizations this week: 0

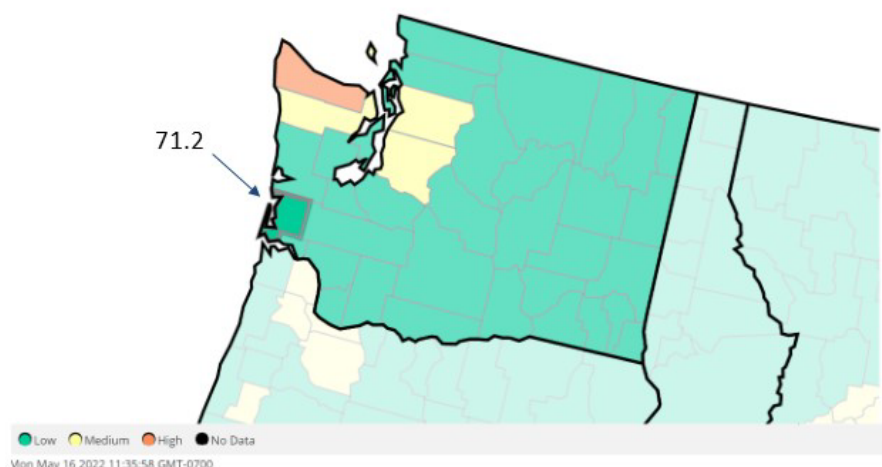
Pacific County Deaths: 56

New Pacific County Deaths this week: 1

Case rate per 100k/14 days: 254

## Pacific County COVID-19 Community Risk Level

COVID-19 Community Levels in Pacific County, Washington



Time Period: COVID-19 Community Levels were calculated on Thu May 12 2022. New COVID-19 cases per 100,000 population (7-day total) are calculated using data from Thu May 05 2022 - Wed May 11 2022.

CDC Community Risk data is slightly delayed compared with local "Case Rate per 100 thousand" data and uses a 7 day average compared to the case rate over 14 days.

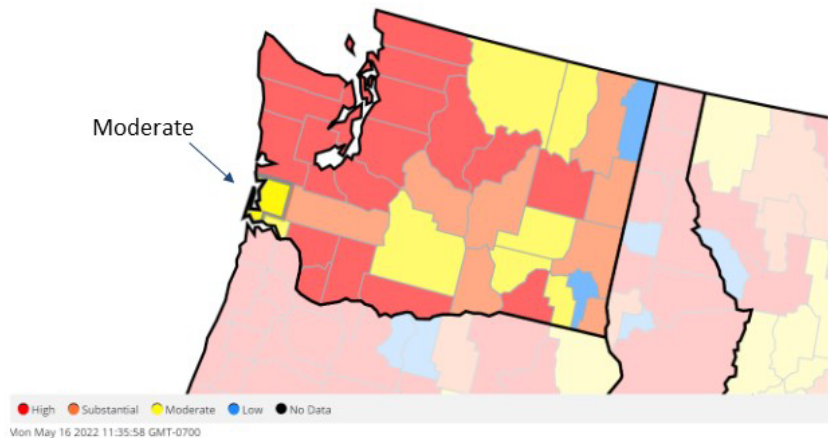
[https://covid.cdc.gov/covid-data-tracker/#county-view?list\\_select\\_state=Washington&data-type=CommunityLevels&null=CommunityLevels&list\\_select\\_county=53049](https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=Washington&data-type=CommunityLevels&null=CommunityLevels&list_select_county=53049)

Updated 5/18/2022

Current case rate per 100,000 over a 7-day period is 71.2 which puts us in the LOW category.

# Pacific County COVID-19 Community Transmission

Community Transmission in Pacific County, Washington



[https://covid.cdc.gov/covid-data-tracker/#county-view?list\\_select\\_state=Washington&data-type=CommunityLevels&null=Risk&list\\_select\\_county=53049](https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=Washington&data-type=CommunityLevels&null=Risk&list_select_county=53049)

Time Period for COVID-19  
Community Transmission Levels:  
Current 7-days is Sun May 08 2022 -  
Sat May 14 2022 for case rate.

## Recommended actions based on current level

Stay [up to date](#) with COVID-19 vaccines.

[Get tested](#) if you have symptoms.  
Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19.

Wear a mask on [public transportation](#).  
You may choose to wear a mask at any time as an additional precaution to protect yourself and others.

Updated 5/18/2022

Current community transmission is MODERATE.

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## Statewide Data Updates

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>

Pacific County Health Department 7013 Sandridge Road, Long Beach (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/220276330543044>

Willapa Harbor Hospital

826 Alder Street South Bend

Weekend walk in clinic 9:00am-9:00pm

Weekend clinic is walk-in and requires a doctor visit to test symptomatic patients only. Please remain in vehicle upon arrival and call 360-875-5579

Peninsula Pharmacies  
101 Bolstad Ave Space#2 Long Beach (360) 244 0606  
Appointments available from 10-1 on 5/5  
By Appointment Only  
Sign-up for an appointment: [www.covidtest360.com](http://www.covidtest360.com)

Warrenton Walgreens  
PCR testing by appt.  
1600 East Harbor  
[www.walgreens.com/findcare/covid19/testing](http://www.walgreens.com/findcare/covid19/testing)

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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.



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## 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.

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**Effective anti-COVID drug available in Washington for eligible patients.** Thousands of doses of Evusheld, a potentially life-saving COVID-19 drug, are available in our state. Evusheld could benefit those who are at highest risk for hospitalization and death from COVID-19. [Read the full April 4 news release.](#)

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### 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)

South Bend Pharmacy-Pfizer  
Ages 12+  
Boosters Available  
Friday, May 20<sup>th</sup> 9:00am-3:30pm  
South Bend Pharmacy  
101 Willapa Ave.  
South Bend, WA 98586  
For an appointment call: (360) 875-5757

Pacific County Health Department-Moderna  
Ages 18+  
Boosters Available  
Tuesday, May 24<sup>th</sup> 1:00pm-3:00pm  
7013 Sandridge Rd  
Long Beach, WA 98631  
<https://prepmo.doh.wa.gov/appointment/en/reg/2699222109>  
or Call 360 875-9407

Ilwaco Pharmacy  
Ages 5+  
Boosters Available  
Tuesdays and Wednesdays- 10:00 am-1:30 pm  
101 First Ave. S  
[www.covidvaccine360.com](http://www.covidvaccine360.com)

Ocean Beach Hospital

Ages 12+  
Boosters Available  
Tuesdays  
Ilwaco Timberland Library Community Room 158  
1st Ave N  
Ilwaco WA 98624  
Entrance on Left hand side  
<https://prepmo.doh.wa.gov/appointment/en/reg/2699240109>

Raymond Pharmacy  
Boosters Available  
Thursdays only- 10:30 am-1:30 pm  
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  
Established patients please 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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**Get a vaccine, exposure notifications, COVID-19 testing, and proof of vaccination.** Use the DOH [vaccine locator](#) to help end the pandemic. Next, get [WA Notify](#) so you'll know if you've been near another WA Notify user who later tests positive for COVID-19. For K-12 students, staff, and parents/guardians, learn more about our [partnership that helps schools provide easy COVID-19 testing on site](#). Once vaccinated, you can provide your vaccination status using [WA Verify](#).

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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](#).

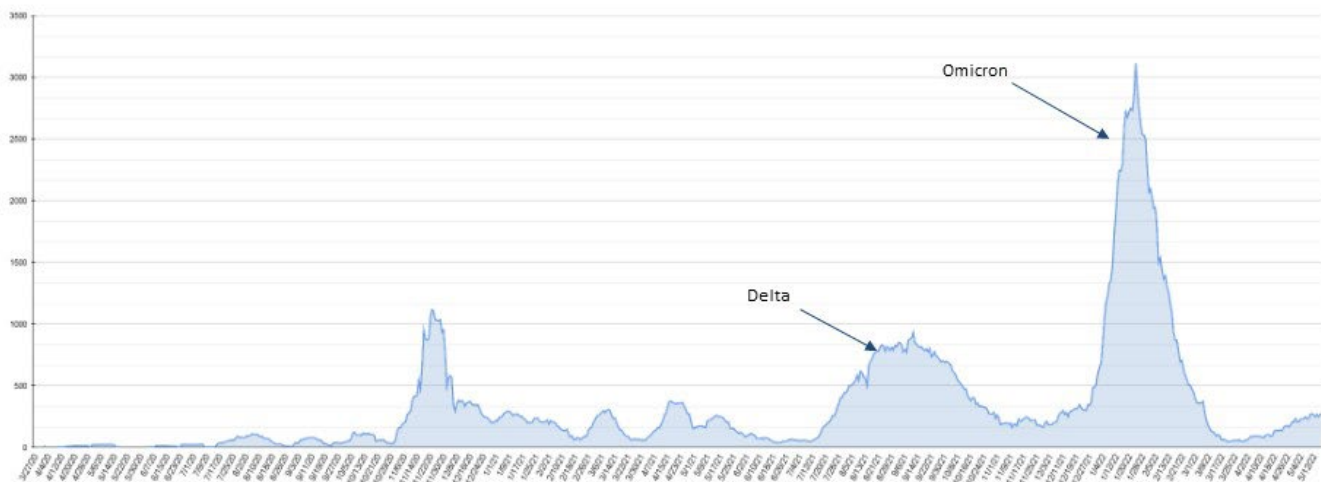


# Pacific County Weekly COVID 19 Case Data

Pacific County Case Data Summary	5/4/2022	5/11/2022	5/18/2022
Cases (Total)	3876	3896	3934
New cases this week	32	20	38
New cases over 14 days	43	52	58
Total Hospitalizations	167	167	167
New hospitalizations this week	3	0	0
Deaths (total)	55	55	56
Case rate per 100,000 population over 14 days	194	226	254

Updated 5/18/2022

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



Updated 5/18/2022

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

## Washington State Department of Health

May 18, 2022

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

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

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

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

Unvaccinated **65+ year-olds** are

- 2.7 times more likely to get COVID-19 compared with fully vaccinated 65+ year-olds.
- 3.5 times more likely to be hospitalized with COVID-19 compared with fully vaccinated 65+ year-olds.
- 4.3 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?uid=6285456089f88>

<b>Pacific County Vaccine Rates: Initiation &amp; Fully Vaccinated</b>	<b>5/11/2022</b>	<b>5/18/2022</b>
Percent of total population initiating vaccine	68.1%	68.2%
Percent of total population fully vaccinated	60.9%	61.1%
Percent of population 16+ initiating vaccine	76.6%	76.8%
Percent of population 16+ fully vaccinated	68.9%	69.1%
Percent of the population 5+ initiating vaccine	71.1%	71.2%
Percent of the population 5 + who are fully vaccinated	63.6%	63.8%
Percent of the eligible population who has received a booster	54.2%	54.4%
Total doses given (initial series and boosters)	36,758	37,035

Updated 5/18/2022

Case Rate by Zip Code	5/11/2022	5/18/2022
Bay Center (98527)	37	37
Chinook (98614)	55	56
Ilwaco (98624)	183	186
Long Beach (98631)	478	490
Lebam (98554)	13	14
Naselle (98638)	251	253
Nahcotta (98637)	6	6
Menlo (98561)	9	9
Ocean Park (98640)	496	504
Oysterville (98641)	12	12
Seaview (98644)	98	98
Raymond (98577)	1521	1529
South Bend (98586)	504	507
Tokeland (98590)	46	46
Grayland (98547)	53	53
Incomplete data	134	134

## 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 5/18/2022

## Pacific County COVID-19 Cases by Age Group

Age	4/27/2022	5/4/2022	5/11/2022	5/18/2022
0-9	356	357	357	358
10-19	643	646	646	649
20-29	436	436	438	441
30-39	583	588	589	590
40-49	503	508	512	517
50-59	465	467	469	470
60-69	420	422	426	437
70+	406	419	426	439
Incomplete data	32	33	33	33

Updated 5/18/2022

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 non-tested:** If you are symptomatic or 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 realización 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 echa 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>

## 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>Take <b>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.

END STATUS REPORT