

Local Snapshot

Pacific County Positive Cases: 4718
New Cases since August 24: 18
Pacific County Cases over 14 Days: 36
Pacific County Hospitalizations to Date: 196
New Hospitalizations this week: 0
Pacific County Deaths: 67
New Pacific County Deaths this week: 0
Case rate per 100k/14 days: 143

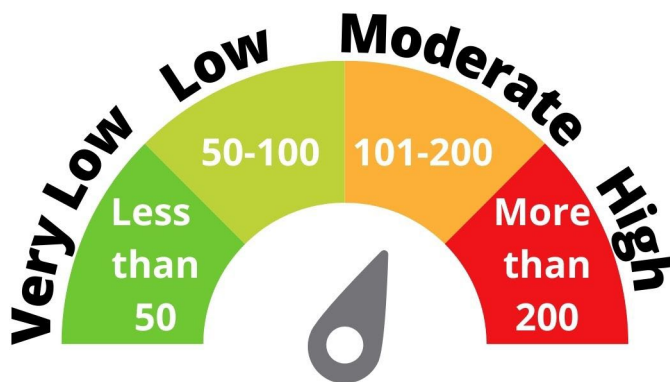
This will be the last Weekly Data Update

"Please note, Pacific County will be ending the "Weekly Data Update" as we transition away from tracking individual cases and refocus towards outbreak management efforts. Next week will be our last "Weekly Data Update," which will include extra slides and instructions on how you can access the same data we share through the Department of Health's Data Dashboard tools. Our staff has been working to upload any missing cases to the state, and they should be up-to-date within the following weeks.

We will continue to share important trends and changes in guidance related to COVID through a variety of communication mediums.

Please do not hesitate to call us with COVID questions if you need anything. We are happy to help and do our best to get you connected with the resources you need!"

Transmission Risk is Moderate



Current case rate per a 100k population is 143.
The Two-Week case rate in Pacific County is:
MODERATE.

- When case rates are moderate or high, 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).
-

Statewide Data Updates

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

The Washington State Department of Health has begun reporting "Percent of population 6 months + initiating/full vaccinated", which has replaced the "5 years+" categories shared in previous weekly data updates. The Department of Health is also having technical issues with the "Percent of Population 16+ initiating/fully vaccinated." This is why these percentages are unavailable this week. We apologize for the inconvenience and will continue to update you as they work to resolve this issue.

Information about the increasing proportions of Omicron BA.4 and BA.5 has also been included in this week's data update to help keep you updated about the current trends found with both.

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

Warrenton Walgreens
PCR testing by appt.
1600 East Harbor
www.walgreens.com/findcare/covid19/testing

Booster dose recommendations by age and underlying illnesses

The Center for Disease Control and Prevention (CDC) and the Western States Scientific Safety Review Workgroup's updated booster dose recommendations are as follows:

- Children ages 5-11 should receive a booster dose five months after completing their primary vaccine series. Immunocompromised children should receive their booster at least three months after their primary series.

- Everyone 12 and older should receive an updated bivalent booster dose two months after completing their primary vaccine series, or two months after receiving the single-shot Johnson & Johnson (J&J) vaccine.
- Everyone 50 and older should receive a second booster dose 2 months after receiving their first original monovalent booster dose.
- Individuals 12 and older who are moderately or severely immunocompromised should receive a second booster dose 2 months after receiving their first booster dose.
- Those 18 and older who received a primary vaccine and booster dose of the J&J vaccine two months ago can receive a second booster dose of an updated bivalent mRNA COVID-19 vaccine.

***Bivalent Boosters** for Pfizer (12 years and older) and Moderna (18 years and older) have seen a substantial increase in neutralizing antibody response to all Omicron variants including BA.4 and BA.5. Bivalent Booster doses can be given 2 months following the previous booster or the completion of primary vaccination. We expect these to become available for scheduling in the coming weeks!*

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.](#)

COVID VACCINE CLINICS

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

Aristo Health Care

Bivalent & Pfizer

6 months and older

Boosters Available

Tuesday, October 4th from 11am-4pm

Pacific County Fire Dist 1

Ocean Park Station

26110 Ridge Ave

Ocean Park, WA 98640

Click Here to Register:

https://prepmo.doh.wa.gov/appointment/en/client/registration?clinic_id=18642

or Call 360 875-9407

Aristo Health Care

Bivalent & Pfizer

6 months and older

Boosters Available

Wednesday, October 5th from 11am-4pm

Long Beach Fire Dept

701 Washington Ave N

Long Beach, WA 98631

Click Here to Register:

https://prepmo.doh.wa.gov/appointment/en/client/registration?clinic_id=18645

or Call 360 875-9407

Aristo Health Care

Bivalent & Pfizer

6 months and older

Boosters Available

Thursday, October 6th from 11am-3pm

South Bend Fire Dept

221 Willapa Ave

South Bend, WA 98586

Click Here to Register:

https://prepmo.doh.wa.gov/appointment/en/client/registration?clinic_id=18646

or Call 360 875-9407

Ocean Beach Hospital **Bivalent Pfizer** Adult

Ages 12 and Up

Boosters Available

Tuesday Sept 27th from 3pm to 4pm

Timberland Library Community Room

158 1st Ave N

Ilwaco Wa

(Entrance on L side)

Click here to register:

<https://prepmo.doh.wa.gov/appointment/en/reg/0019762591>

or Call 360-642-6330

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

Free N95 Masks!

Available at any Timberland Regional Library or Health Department location.

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



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](#).

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.

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	9/14/2022	9/21/2022	9/28/2022
Cases (Total)	4682	4700	4718
New cases this week	13	18	18
New cases over 14 days	24	31	36
Total Hospitalizations	195	196	196
New hospitalizations this week	0	1	0
Deaths (total)	67	67	67
Case rate per 100,000 population over 14 days	102	148	143

Updated 9/28/2022

Department of Health (DOH): COVID Dashboard

These extra slides will show instructions on how to navigate Washington State's Department of Health COVID Data Dashboard.

The header of the Data Dashboard will appear as shown below. Each of the headings is linked to specific areas of the page, so you can quickly navigate to what you'd like more information regarding. You can also simply scroll down the page to find the same information.

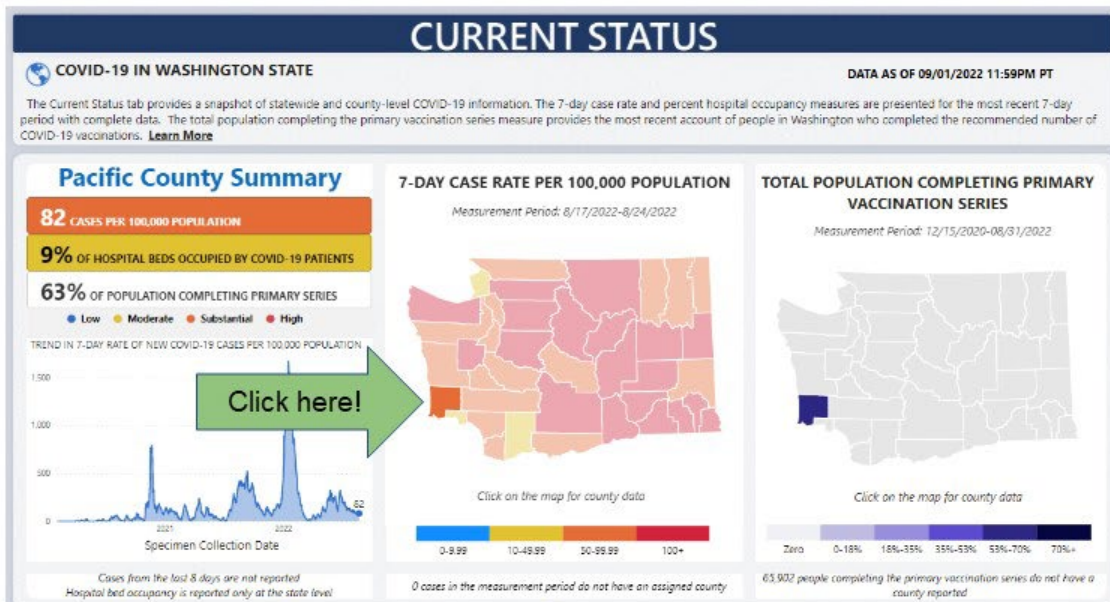
COVID-19 Data Dashboard 

[Current Status](#) [Disease Activity and Testing](#) [Vaccination](#) [Hospital Use](#)

[Summary Data Tables](#) [Data Download](#) [Reports](#) [Technical Notes](#)

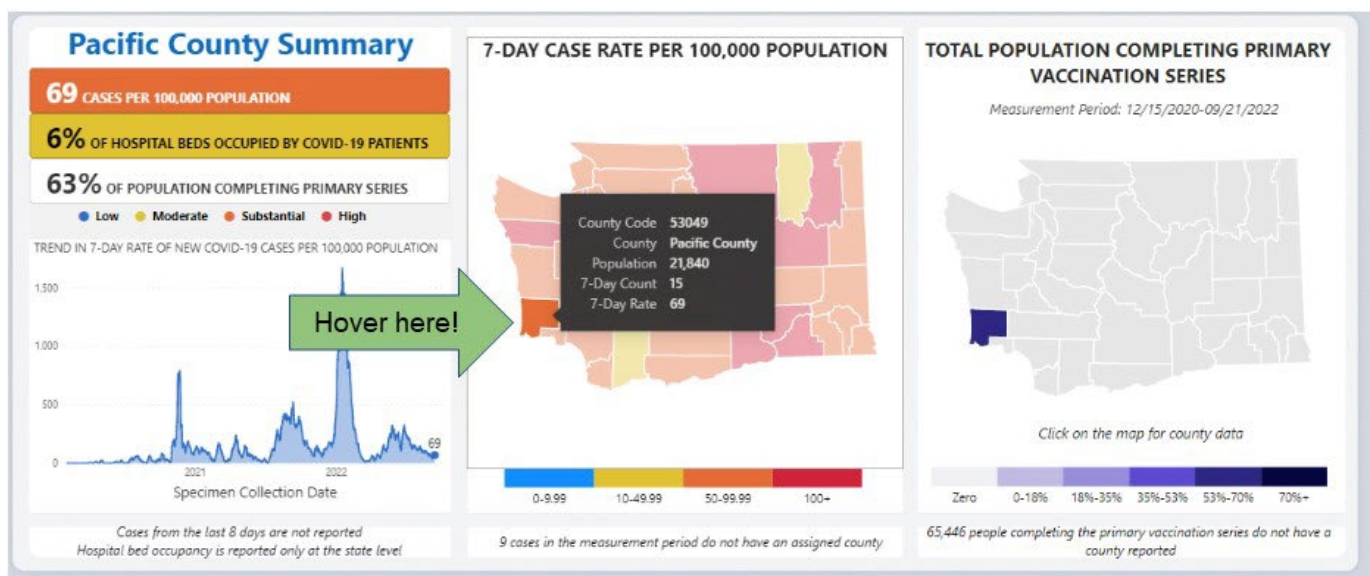
Website Last Updated 3:43 PM 9/23/2022
Data shown as of previous day at 11:59 pm PT.

Current COVID-19 Status



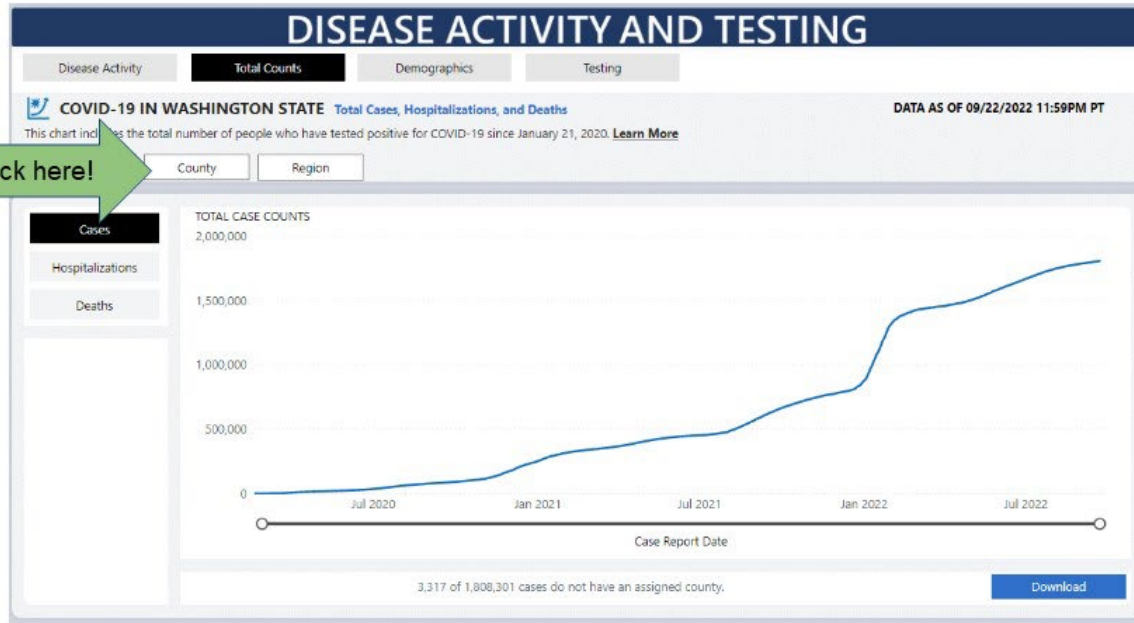
Access at <https://doh.wa.gov/emergencies/covid-19/data-dashboard> then click/select our county for a summary of the current status. Case rates are in 7-day format compared to our 14-day.

Current COVID-19 Status

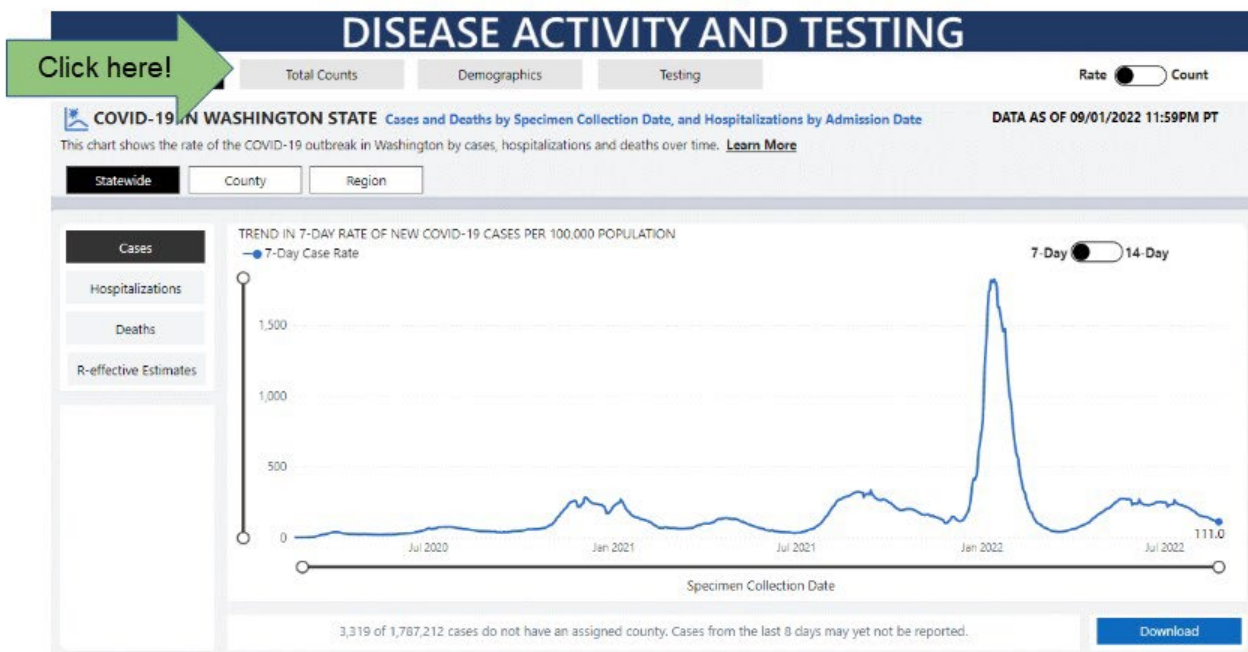


Access at <https://doh.wa.gov/emergencies/covid-19/data-dashboard> then click/select our county for a summary of the current status. Hover your mouse over the county (no clicking needed) to show more info!

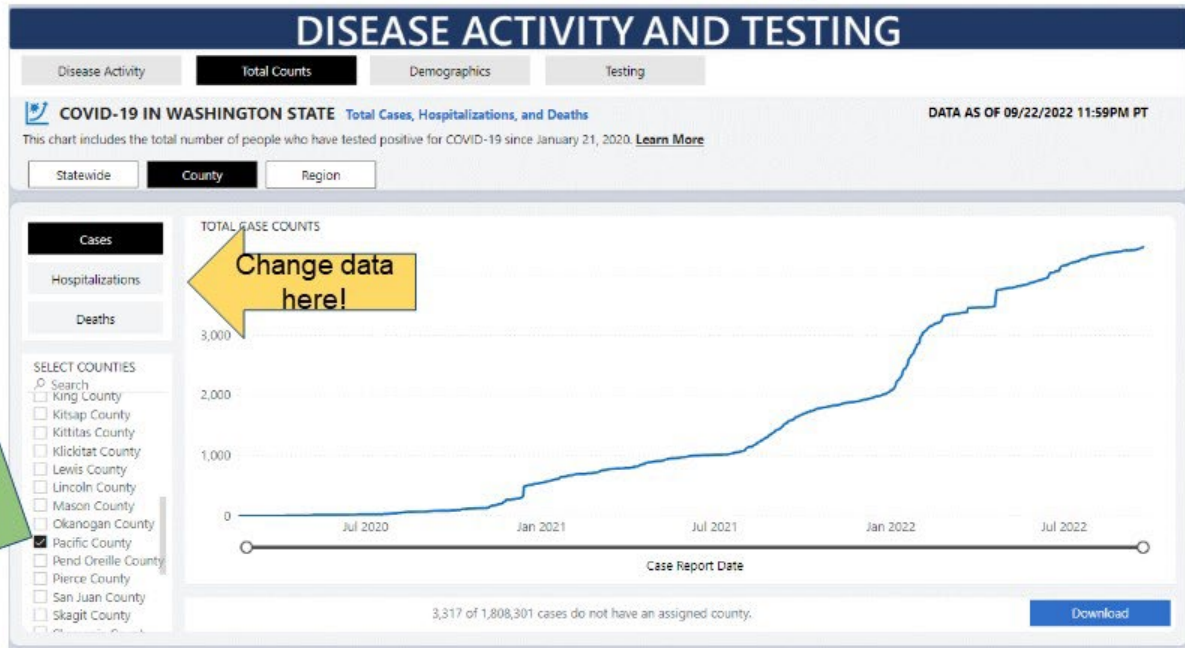
Disease Activity



Disease Activity: Counts

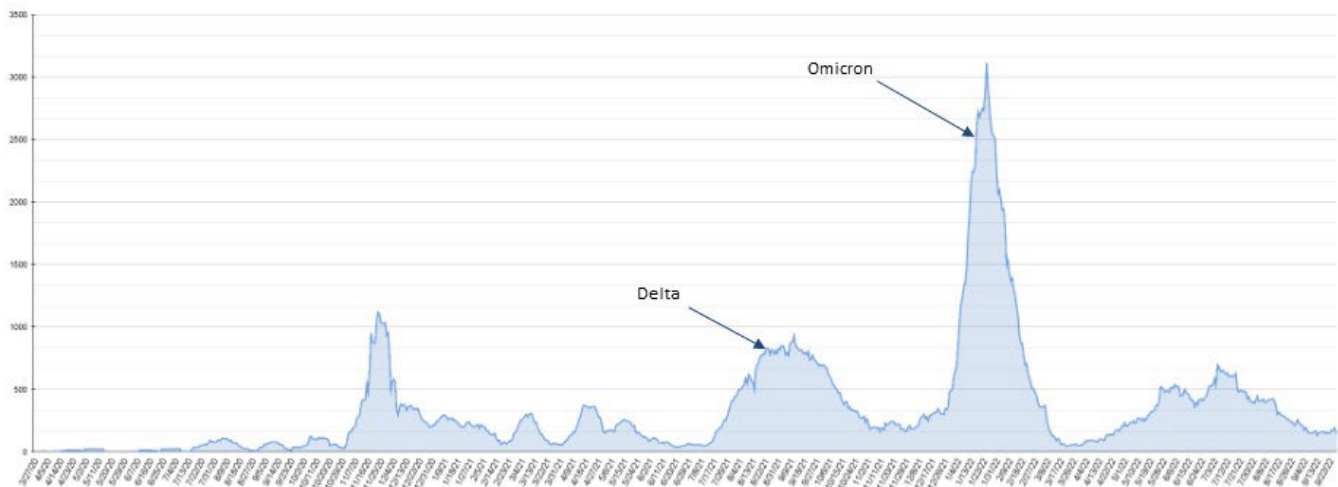


Disease Activity



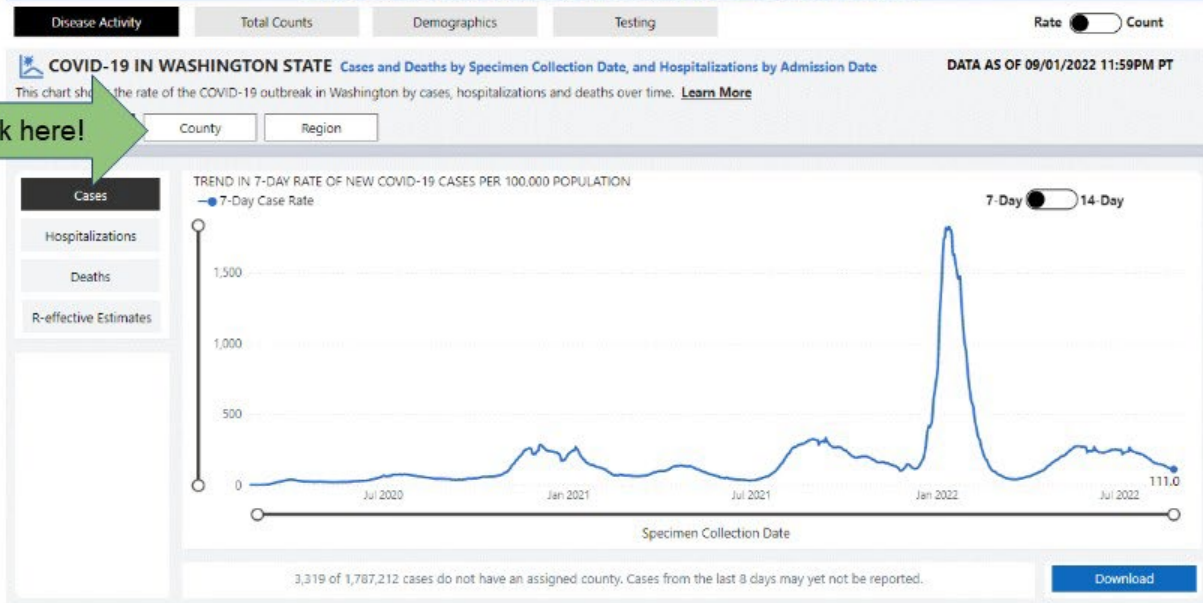
You can select different types of counts to observe. Don't forget to set it to Pacific County!

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



Disease Activity

DISEASE ACTIVITY AND TESTING



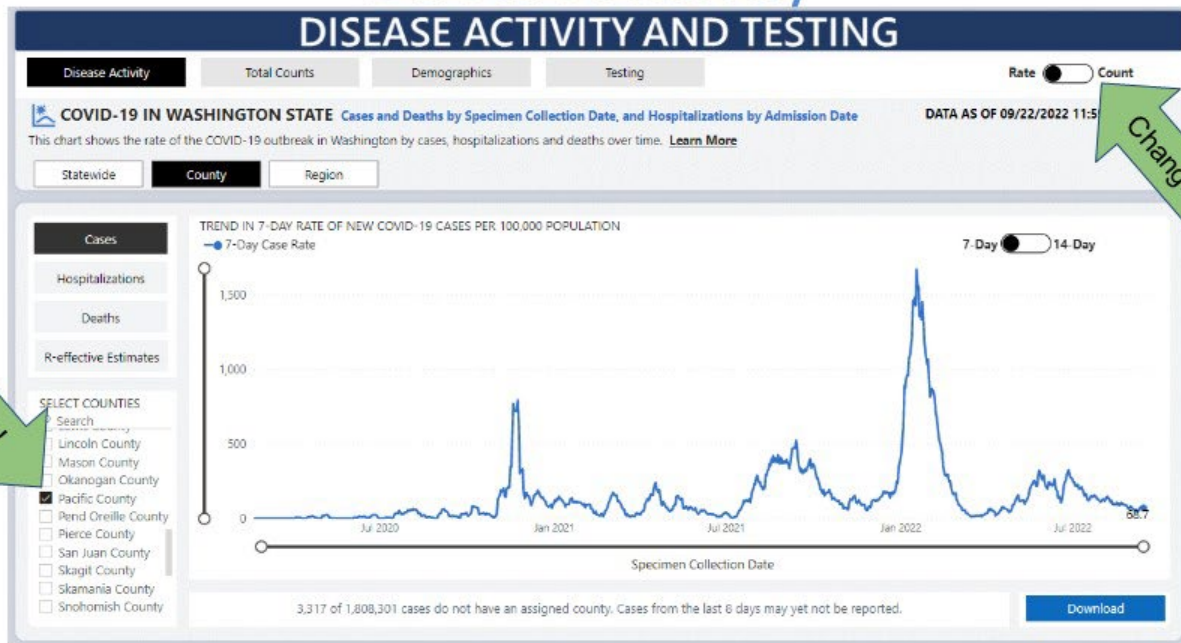
Disease Activity

DISEASE ACTIVITY AND TESTING



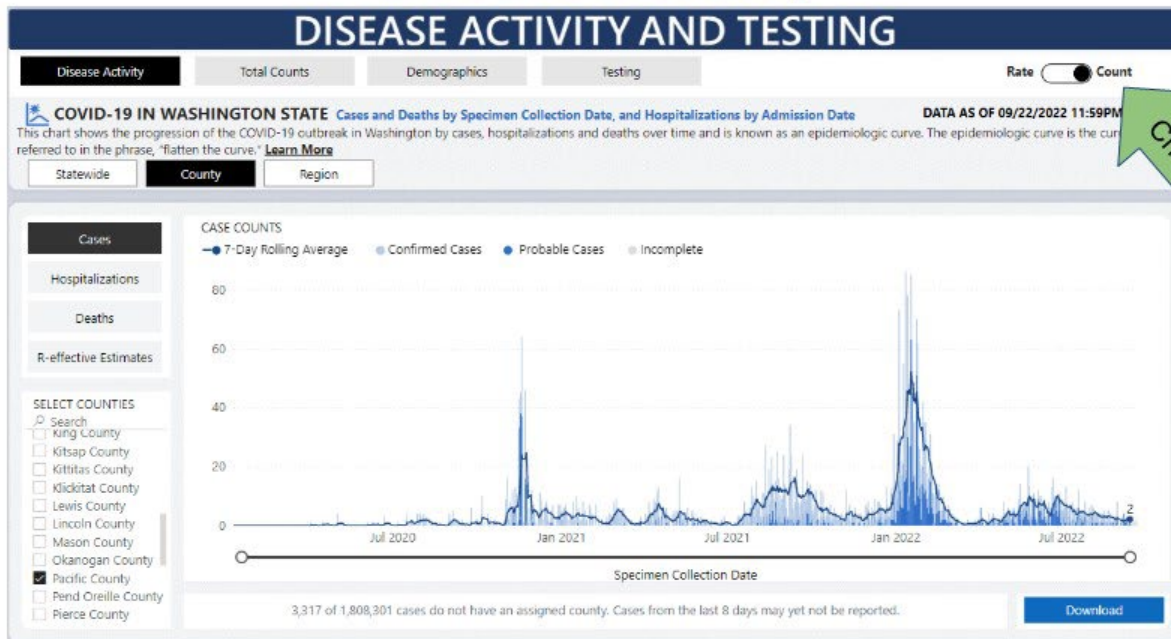
Adams County or all counties may be selected by default. Deselect all other boxes by toggling "Select All"

Disease Activity



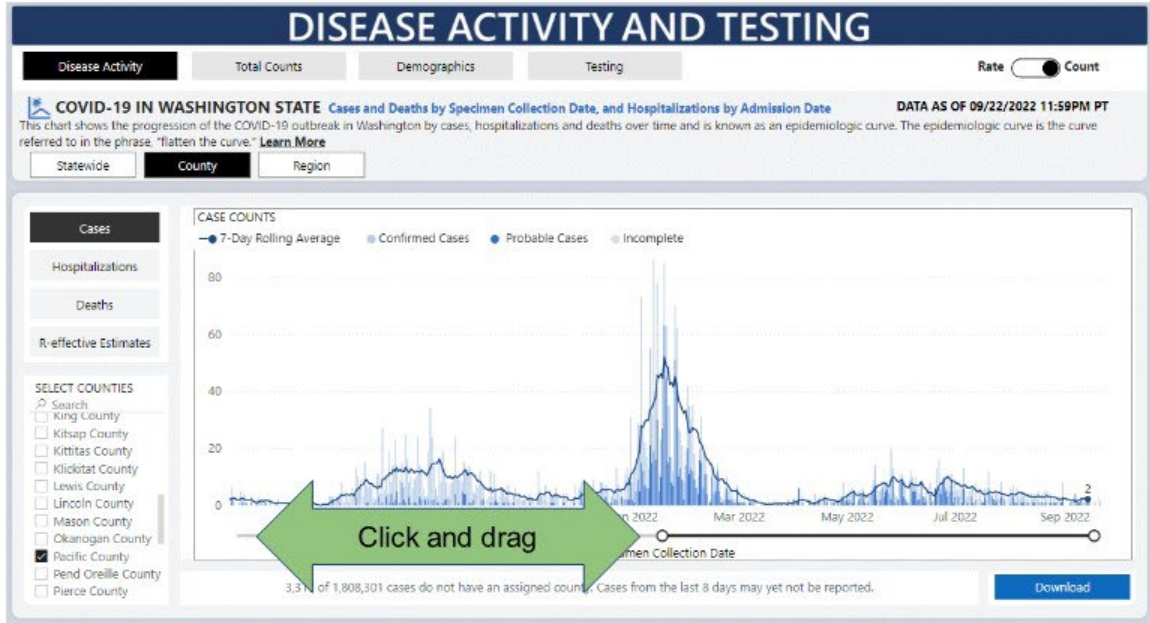
Select "Pacific County" from the list. Click the Switch in the top right corner to change from "Rate" to "Count."

Disease Activity



"Count" will show the epidemiological curve, which will heavily mirror the "Rate per 100,000" chart.

Disease Activity



Extra tip: You can "Click" and "Drag" the white bubbles at the bottom of the charts to change the dates.

DOH has reduced the frequency of "COVID-19 Cases, Hospitalizations, and Deaths by Vaccination Status" reports to once per month. We will continue to provide the latest edition available.

COVID-19 Cases, Hospitalizations, and Deaths by Vaccination Status Washington State Department of Health September 14, 2022

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

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

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

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

Unvaccinated **65+ year-olds** are

- 2.2 times more likely to get COVID-19 compared with fully vaccinated 65+ year-olds.
- 3.4 times more likely to be hospitalized with COVID-19 compared with fully vaccinated 65+ year-olds.
- 4 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=632247fe071ef>

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

Washington State Department of Health

(Updated Monthly)

Reports

✓ Modeling Situation Reports

✓ Roadmap to Recovery Reports

✓ Behavioral Health Reports

✓ Report Archive

Click here!

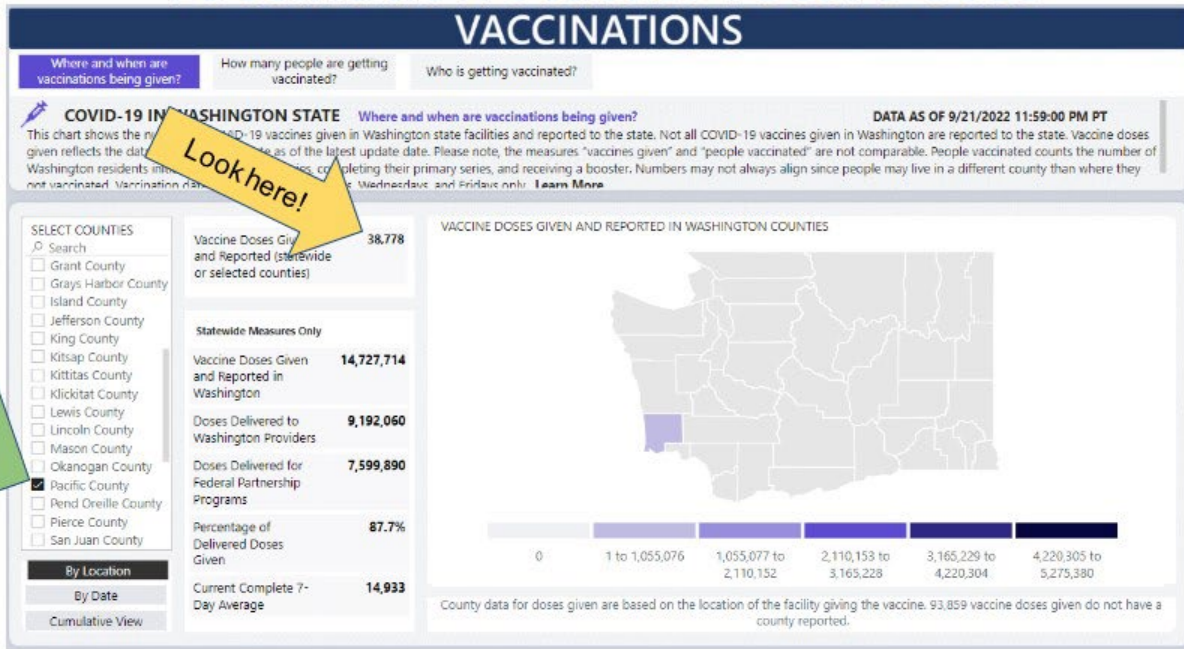
- [COVID-19 Cases Among Children and Youth in Washington \(PDF\)](#) - 9/21/2022 - updated weekly
- [Casos de COVID-19 en niños y jóvenes en Washington \(PDF\)](#) Español - 9/21/2022 - Actualizado semanalmente
- [COVID-19 Cases, Hospitalizations, and Deaths by Vaccination Status \(PDF\)](#) - 9/14/2022 - updated monthly
- [COVID-19 Death Categories \(PDF\)](#) - 8/26/2021
- [COVID-19 Morbidity and Mortality by Race, Ethnicity and Language in Washington State \(PDF\)](#) - 9/20/2022 - updated every two weeks
- [Long-term Care Report \(PDF\)](#) - 9/12/2022 - updated monthly
- [Multisystem Inflammatory Syndrome in Children Associated with COVID-19 in Washington State \(PDF\)](#) - 9/14/2022 - updated monthly
- [Outbreaks in Washington State K-12 Schools \(PDF\)](#) - 8/31/2022 - updated monthly
- [Reported COVID-19 Reinfections in Washington State \(PDF\)](#) - 9/21/2022 - updated weekly
- [SARS-CoV-2 Sequencing and Variants in Washington State \(PDF\)](#) - 9/21/2022 - updated weekly
- [SARS-CoV-2 Sequencing and Variants in Washington State Weekly Data \(Excel\)](#) - 9/21/2022 - updated weekly
- [SARS-CoV-2 Vaccine Breakthrough Surveillance and Case Information Resource \(PDF\)](#) - 9/14/2022 - updated monthly
- [Outbreaks in Washington State Agriculture and Food Manufacturing Settings \(PDF\)](#) - 6/16/2022

Pacific County Vaccine Rates: Initiation & Fully Vaccinated	9/21/2022	9/28/2022
Percent of total population initiating vaccine	69.9%	69.9%
Percent of total population fully vaccinated	62.4%	62.8%
Percent of population 16+ initiating vaccine	78.7%	78.7%
Percent of population 16+ fully vaccinated	70.6%	71.1%
Percent of the population 6 months + initiating vaccine	70.2%	70.2%
Percent of the population 6 months + who are fully vaccinated	62.6%	63.1%
Percent of the eligible population who has received a booster	55.4%	55.4%
Total doses given (initial series and boosters)	38,775	38,818

Updated 9/28/2022

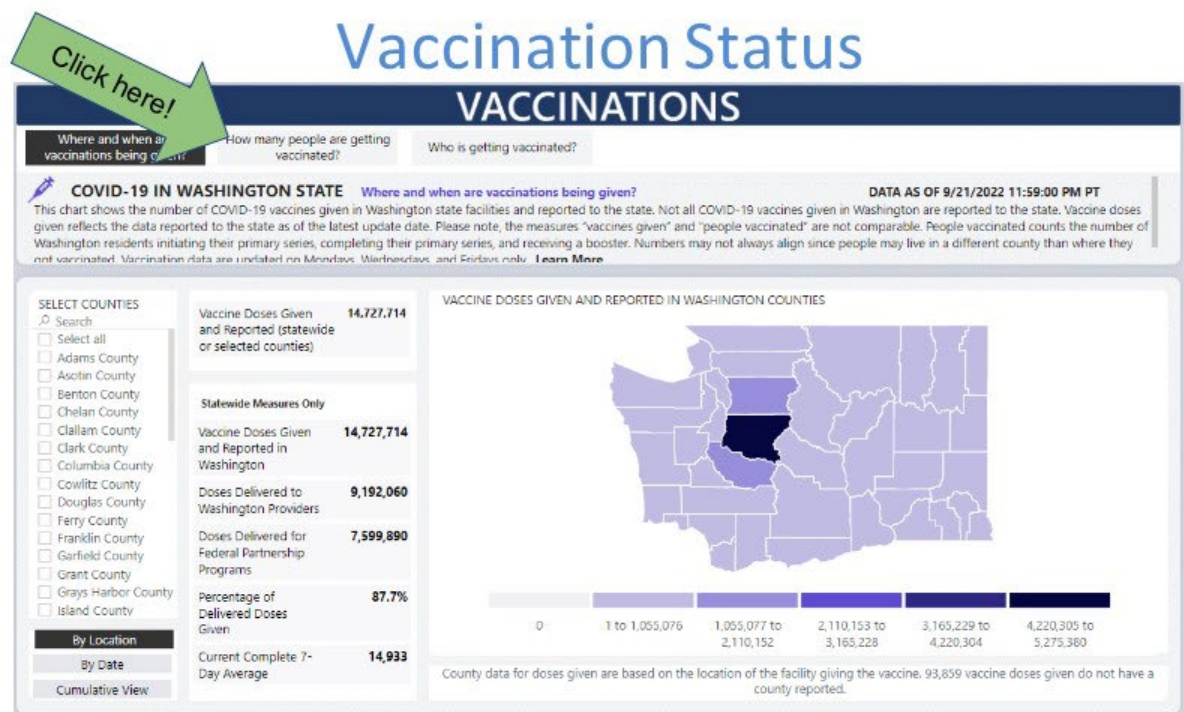
Vaccination Status: Total Doses

VACCINATIONS

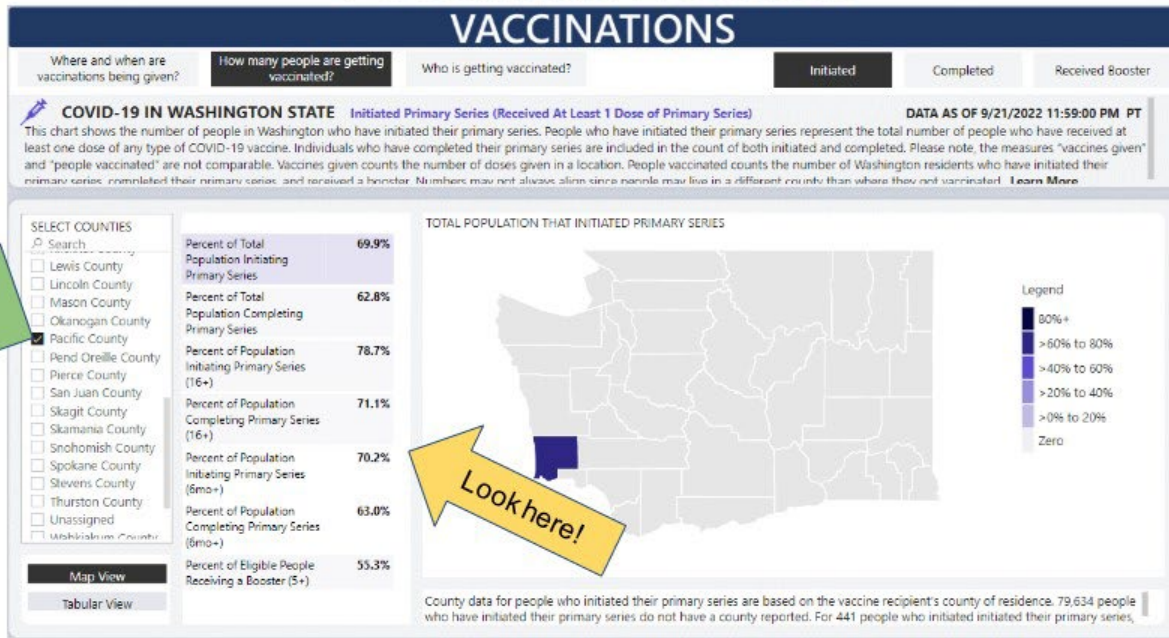


Vaccination Status

VACCINATIONS



Vaccination Status



Case Rate by Zip Code	9/21/2022	9/28/2022
Bay Center (98527)	41	41
Chinook (98614)	79	79
Ilwaco (98624)	234	234
Long Beach (98631)	575	580
Lebam (98554)	17	17
Naselle (98638)	286	286
Nahcotta (98637)	10	10
Menlo (98561)	12	12
Ocean Park (98640)	678	682
Oysterville (98641)	14	14
Seaview (98644)	127	127
Raymond (98577)	1769	1774
South Bend (98586)	579	582
Tokeland (98590)	68	68
Grayland (98547)	73	74
Incomplete data	138	138

Pacific County Cases by Zip Code

***Not tracked by DOH**

- 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 9/28/2022

Pacific County COVID-19 Cases by Age Group

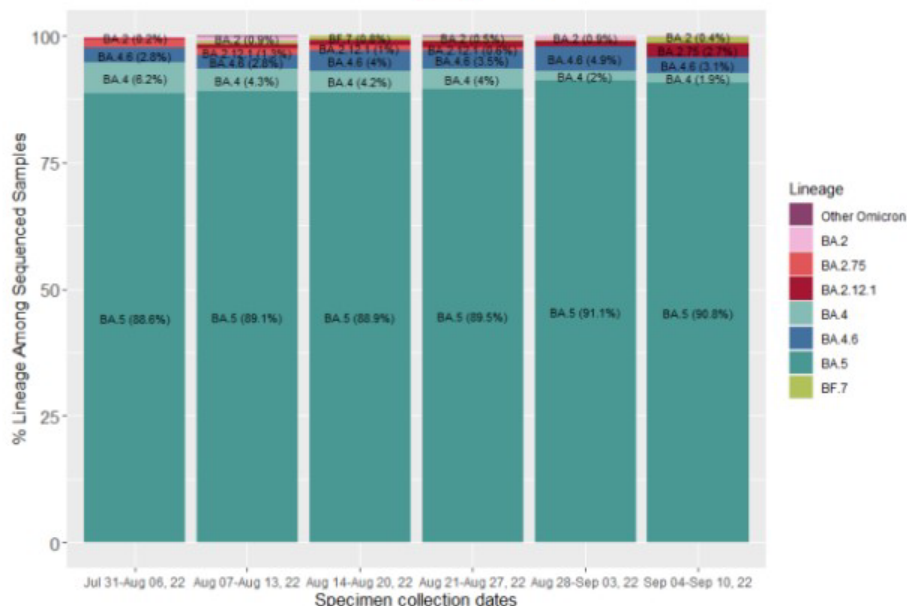
*Not tracked by DOH

Age	9/7/2022	9/14/2022	9/21/2022	9/28/2022
0-9	396	396	398	399
10-19	695	699	702	702
20-29	495	495	498	500
30-39	646	647	649	651
40-49	585	587	587	589
50-59	575	578	580	582
60-69	597	599	602	606
70+	642	643	646	652
Incomplete data	38	38	38	37

Updated 9/28/2022

DOH will continue to share variant updates bi-weekly. Again, we will provide the most up-to-date information on Slide 8.

SARS-CoV-2 Variant Proportions in WA



COVID-19 Omicron Variant Update

BA.5 continues to be the dominant variant with BA.4 and BA.4.6 as the next two most prevalent.

Findings for BA.5, BA.4 and BA.4.6 have shown an increased ability to evade immune response from both initial vaccinations and prior infections.

However, the current bivalent vaccine booster is specifically designed for and very effective against these Omicron variants.

[Scheduling information here.](#)

COVID-19 Omicron Variant Update

Reports

✓ Modeling Situation Reports

✓ Roadmap to Recovery Reports

✓ Behavioral Health Reports

✓ Report Archive

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- [Outbreaks in Washington State Agriculture and Food Manufacturing Settings \(PDF\)](#) - 6/16/2022

Click here!

The chart in the previous slide is usually found on Page 7 of the report.

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



What to do if you are exposed to COVID:

<p>IF YOU were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations (including boosters if eligible)</p>	<p>Quarantine for at least 5 days</p> <ul style="list-style-type: none"> Stay home for at least 5 full days. <p>Get tested</p> <ul style="list-style-type: none"> 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. <p>Take precautions until Day 10</p> <ul style="list-style-type: none"> Wear a quality mask for 10 days while around others. <p>Avoid travel</p> <p>Avoid being around people who are high risk</p>
<p>IF YOU were exposed to COVID and you are up-to-date on COVID vaccinations</p>	<p>No Quarantine</p> <ul style="list-style-type: none"> You do not need to stay home unless you develop symptoms. <p>Take precautions until Day 10</p> <ul style="list-style-type: none"> 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. <p>Avoid travel</p> <p>Avoid being around people who are high risk</p>
<p>IF YOU were exposed and had confirmed COVID within the past 90 days</p>	<p>No Quarantine</p> <ul style="list-style-type: none"> You do not need to quarantine unless you develop symptoms. <p>Take precautions until Day 10</p> <ul style="list-style-type: none"> 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. <p>Avoid travel</p> <p>Avoid being around people who are high risk</p>



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.

<p>Isolate at home, away from others.</p> <ul style="list-style-type: none"> 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.
<p>Reach out to your close contacts and let them know they've been exposed and they should quarantine.</p> <ul style="list-style-type: none"> 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).
<p>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)</p>
<p>Ventilate your space as much as you can.</p> <ul style="list-style-type: none"> 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.
<p>Stay hydrated, use OTC medications such as acetaminophen to manage symptoms. Seek medical care if you display the following symptoms:</p> <ul style="list-style-type: none"> 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). <p><small>*This list is not all possible symptoms. Call your medical provider if you have any other severe or concerning symptoms.</small></p>
<p>More information at: www.pacificcounty covid19.com</p>

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.pacificcountycovid19.com/reporhometest
- 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



Have more questions? Call us at (360) 875-9407 or visit:
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 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/reporhometest
- 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



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



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



Identify **one household member to be the caregiver**. The caregiver should have no high risk factors and the fewest contacts with people outside.



Prepare a **separate room or isolated space** for the person with COVID-19 infection.



Open a window(s) to improve ventilation and increase the circulation of fresh air.



Do not allow visitors and try to avoid close contact (less than 1 metre) with the person with COVID-19 infection.



Everyone should wear a medical mask when in the same room with the person with COVID-19 infection.



Clean hands frequently using soap and water or an alcohol-based hand sanitizer.



Clean and disinfect frequently touched surfaces, especially those touched by the person with COVID-19 infection.



Use separate dishes, cups, eating utensils and bedding from the person with COVID-19 infection.



The person with COVID-19 infection should rest, drink plenty of fluids, and eat nutritious food; continue any medication for chronic conditions.



Take **paracetamol/acetaminophen** for fever and/or body pain according to instructions. Antibiotics are not effective against COVID-19 infection.



Monitor the person with COVID-19 infection's symptoms regularly. Call your healthcare provider immediately if you see any of these danger signs:

- 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.

Tested positive? Report
using the QR code below:



Symptomatic and School

Should the student or staff member go to school?

Spring illnesses and allergies along with COVID are in full swing right now. It is important to take any symptoms students or staff may be experiencing seriously, and not let them come to the school right away. Even though we are getting back to a more "normal" life, we still must remain vigilant when it comes to COVID and other illnesses. Below is a guide on what to do if someone is experiencing COVID-like symptoms:

If an individual has one or more of the following symptoms:

- Fever (100.4F or above) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Cough (New, changed or worsening)
- Congestion or runny nose
- Nausea, vomiting, or diarrhea
- Headache
- Fatigue
- Sore throat



If these symptoms are present, the individual is asked to **stay home and test for COVID-19.**

Testing is not just for one person's sake, but also for the sake of others around them.

Free tests are readily available at your child's school, Pacific County Health Department, and county libraries.

Students and staff can return back to childcare programs, activities, or school after:

If they tested positive:

- 5 days have passed since symptoms started AND
- No fever within the past 24 hours without medication AND
- Symptoms have significantly improved AND
- Wear a mask around others at ALL times from symptom onset until 10 days after (you must test **NEGATIVE** with an antigen test to return without a mask). If the staff member or student cannot wear a mask due to other health reasons, they need to remain isolating through day 10 since symptoms began

If they tested negative:

- No fever within the past 24 hours (without medication) AND
- Symptoms have significantly improved



If a staff member or student has been identified as a **close contact**, they may continue to go to the school. However, it is recommended that they get tested 3-5 days after the exposure, wear a mask for 10 days, and watch for symptoms during those 10 days. If they test positive after exposure, please follow the guidelines above.

Please report any positive cases to Pacific County Health Department using the QR code or link provided
<https://hipaa.jotform.com/220324575452048>.

¿Dio positivo? Informe usando el código QR a continuación:



Siendo Síntomatico y Escuela

¿Crees que deberían ir a la escuela los estudiantes y empleados?

Las enfermedades y alergias de primavera llegaron, teniendo en cuenta que COVID-19 está en pleno apogeo en el momento. Es importante considerar seriamente tomando en cuenta si los estudiantes o empleados están experimentando un síntoma, y no dejándolos ir a trabajar de inmediato. Aun que estemos regresando a nuestras vidas "normales", aun estaremos pendiente por si viene el COVID-19 u otras enfermedades. Debajo hay una guía, para saber que hacer si alguien experimenta un síntoma parecido al COVID-19:

Si un individuo tiene uno de los siguientes síntomas:

- Fiebre (100.4F u arriba) u escalofríos
- Falta de aliento o Dificultad para respirar
- Cuerpo cortado o Dolores Musculares
- Tos (Síntoma nuevo, Cambio o Peor)
- Congestión nasal o nariz escurridiza
- Nausea, Vomito o Diarrea
- Dolor de Cabeza
- Fatiga
- Dolor de Garganta



Si estos síntomas se presentan, y el individuo pregunta si puede quedarse en casa para después hacerse una prueba de COVID-19. La prueba no solo será para la salud del individuo, sino para la salud de los demás y de la gente que está a su alrededor.

Las pruebas serán gratuitas y disponibles en las escuelas de sus hijos, en el Departamento de Salud del Condado del Pacifico, y las Bibliotecas del Condado.

Los estudiantes y empleados pueden regresar a sus programas de childcare, actividades o a la escuela después de:

Si prueban positivo:

- Después de los 5 Días de su primer síntoma &
- No fiebre dentro de las últimas 24 horas sin medicamento &
- Superado significativamente los síntomas &
- Usar su cubrebocas alrededor de otros en TODO momento de su último síntoma, en los últimos 10 días (Debes salir NEGATIVO con una prueba antigen para poder regresar sin cubrebocas). Si los empleados o estudiantes no pueden usar cubrebocas debido a sus condiciones de salud, ellos serán sometidos a aislamiento durante 10 Días desde que iniciaron sus síntomas.

Si prueban negativo:

- Sin fiebre dentro de las ultimas 24 horas (sin medicamento) &
- Si los síntomas se fueron completamente



Si un empleado o estudiante se han identificado como contacto cercano, ellos podrán continuar en la escuela. Aun que se recomienda que ellos prueben entre los 3-5 Días después de ser expuesto, y usando cubrebocas durante 10 días, y ver si tienen síntomas en los siguientes 10 días. Si dan positivo después de ser expuesto, por favor sigan las regulaciones arriba.

Por favor reporte cualquiera prueba positiva en el Departamento de Salud del Condado del Pacifico usando los codigos QR o el link proporcionado: <https://hipaa.jotform.com/220324575452048>.

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>

END STATUS REPORT