



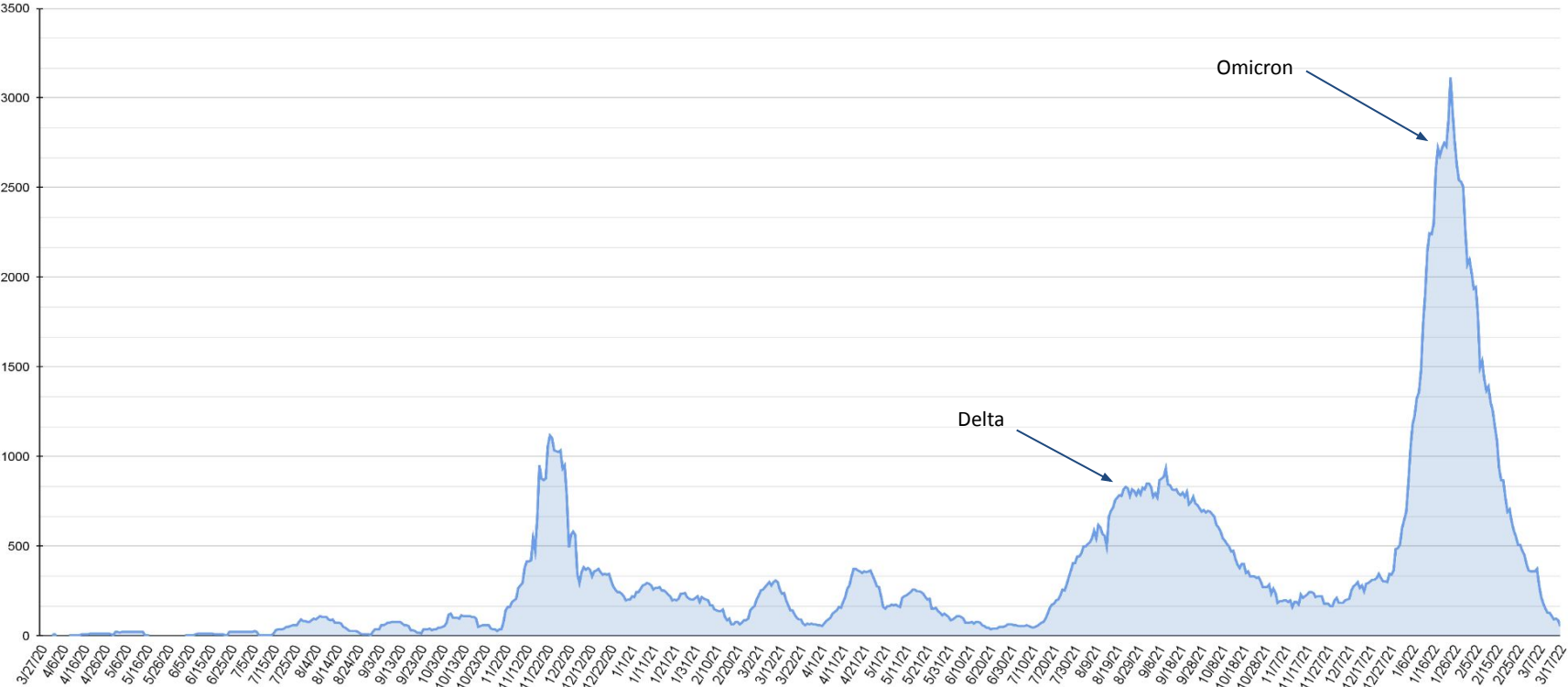
Pacific County COVID-19 Update

March 16, 2022

Pacific County Weekly COVID 19 Case Data

Pacific County Case Data Summary	3/2/2022	3/9/2022	3/16/2022
Cases (Total)	3757	3774	3780
New cases this week	24	17	6
New cases over 14 days	85	41	23
Total Hospitalizations	156	157	158
New hospitalizations this week	0	1	1
Deaths (total)	50	52	52
Case rate per 100,000 population over 14 days	448.2	203	97.1

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



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>

Pacific County Vaccine Rates: Initiation & Fully Vaccinated	3/16/2022
Percent of total population initiating vaccine	67%
Percent of total population fully vaccinated	59.7%
Percent of population 16+ initiating vaccine	75.4%
Percent of population 16+ fully vaccinated	67.5%
Percent of the population 5+ initiating vaccine	69.9%
Percent of the population 5 + who are fully vaccinated	62.3%
Percent of the eligible population who has received a booster	53.5
Total doses given (initial series and boosters)	35,298

Case Rate by Zip Code	3/9/2022	3/16/2022
Bay Center (98527)	37	37
Chinook (98614)	54	54
Ilwaco (98624)	170	173
Long Beach (98631)	443	444
Lebam (98554)	2	2
Naselle (98638)	238	241
Nahcotta (98637)	6	6
Menlo (98561)	7	7
Ocean Park (98640)	462	462
Oysterville (98641)	13	13
Seaview (98644)	94	94
Raymond (98577)	1485	1496
South Bend (98586)	494	494
Tokeland (98590)	42	42
Grayland (98547)	52	52
Incomplete data	174	163

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 3/16/2022

Pacific County COVID-19 Cases by Age Group

Age	2/23/2022	3/2/2022	3/9/2022	3/16/2022
0-9	336	338	338	339
10-19	628	634	638	641
20-29	418	425	430	431
30-39	577	579	581	582
40-49	487	489	490	491
50-59	443	447	450	450
60-69	402	402	404	405
70+	379	384	387	388
Incomplete data	63	59	56	53

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

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
- Long Beach City Hall



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>