



Public Health & Human Services

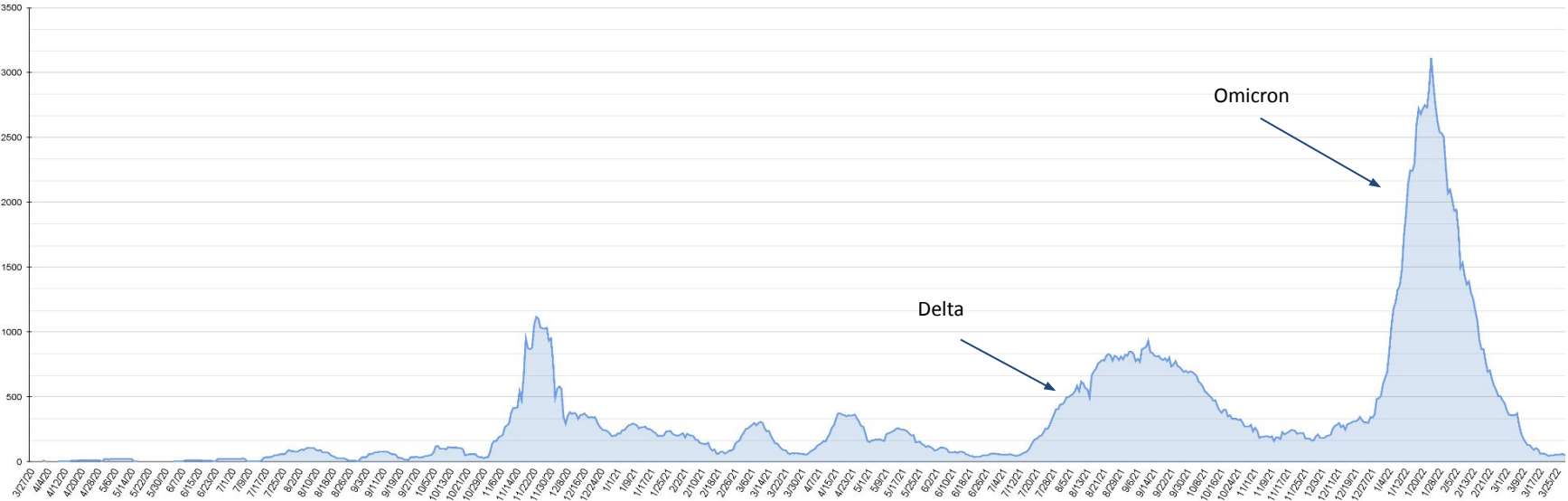
# Pacific County COVID-19 Update

## March 30, 2022

# 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

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>

<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

Case Rate by Zip Code	3/30/2022
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.

# 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

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)



# 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>