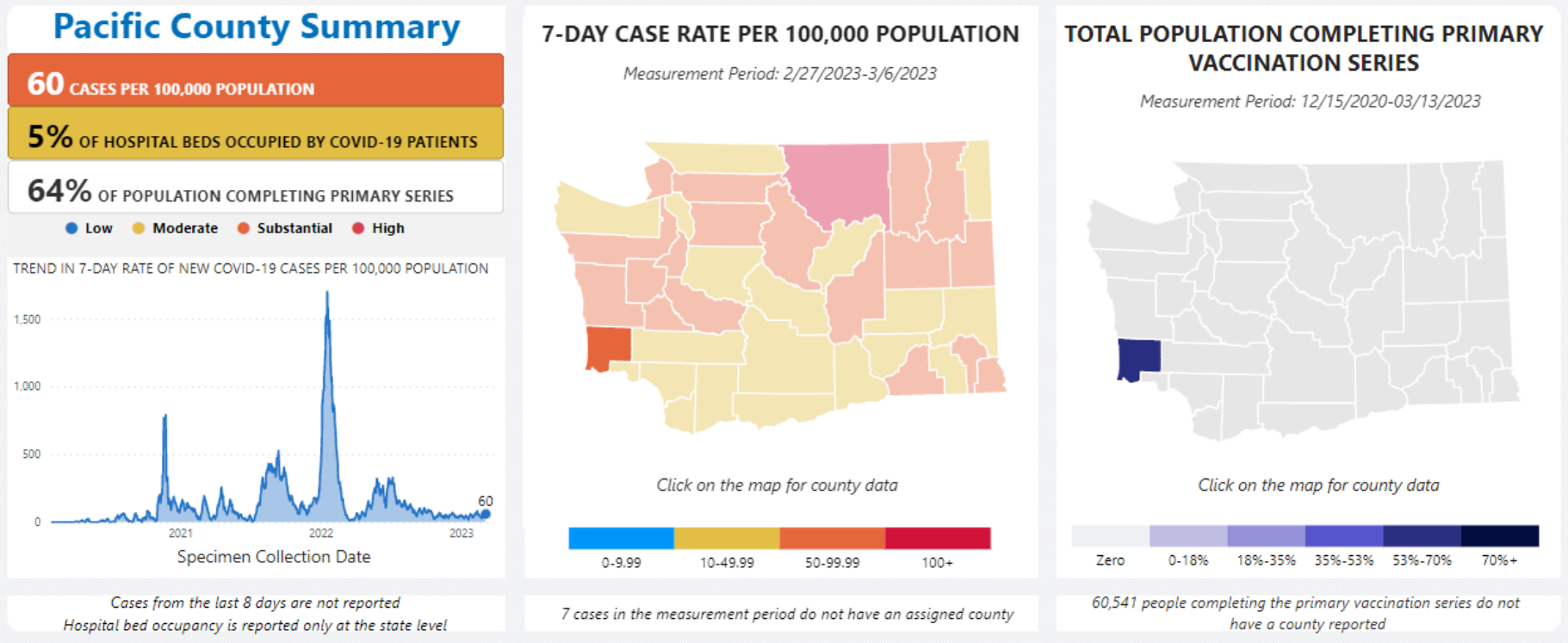
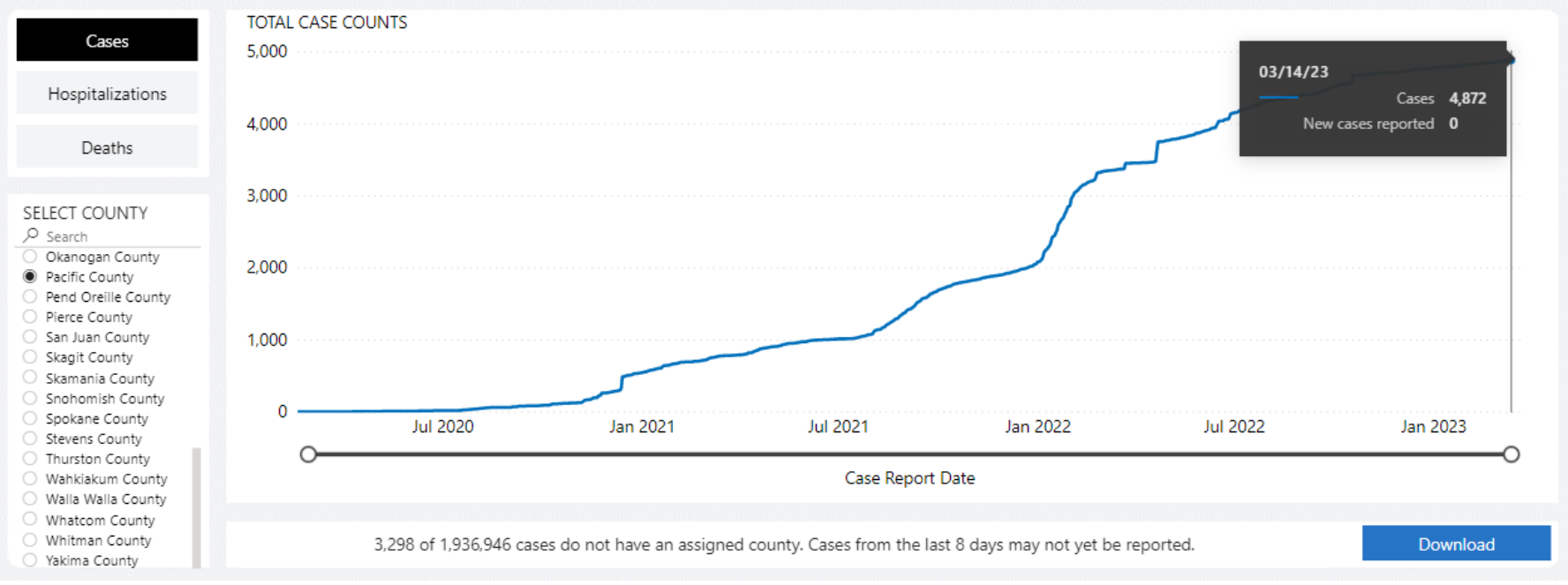
Pacific County COVID-19 Update
March 16, 2023

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. The current **7-day rate** is considered **"Substantial."**

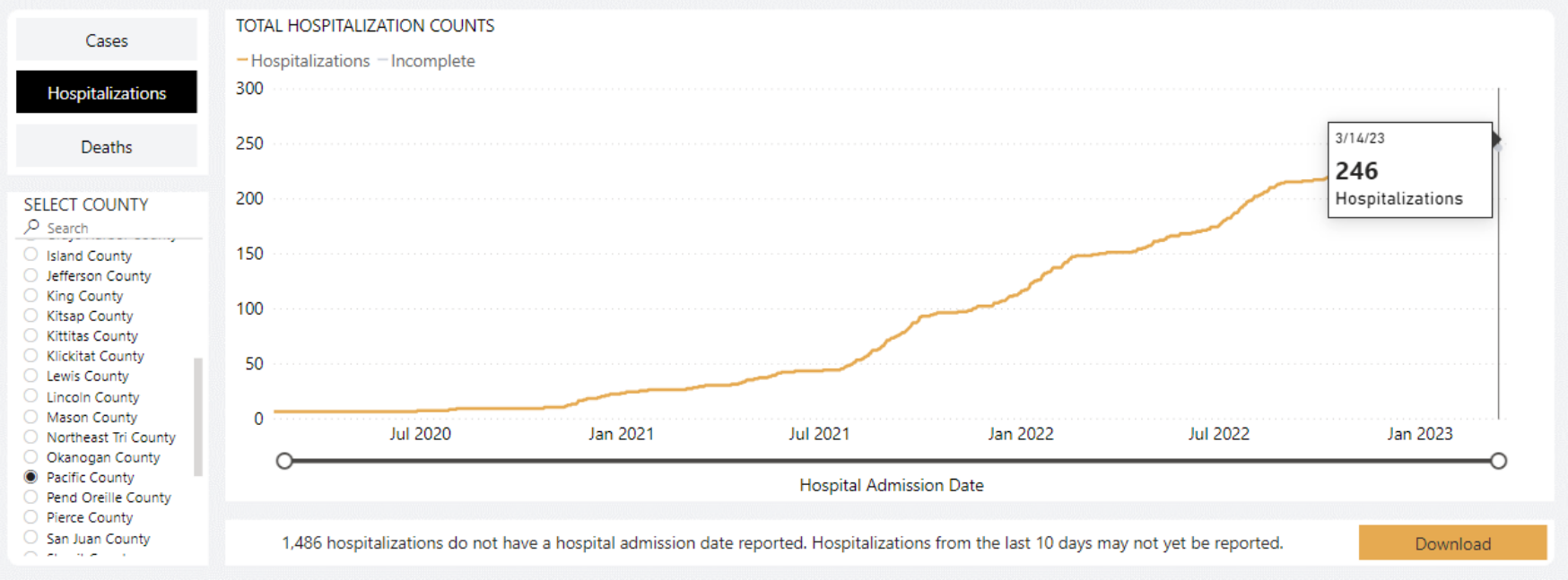
Disease Activity: Case Count



DOH has recorded **4,872** cases of COVID-19 as of 3/16/23.

19 new cases have been reported since our most recent Data Update 3/2/23.

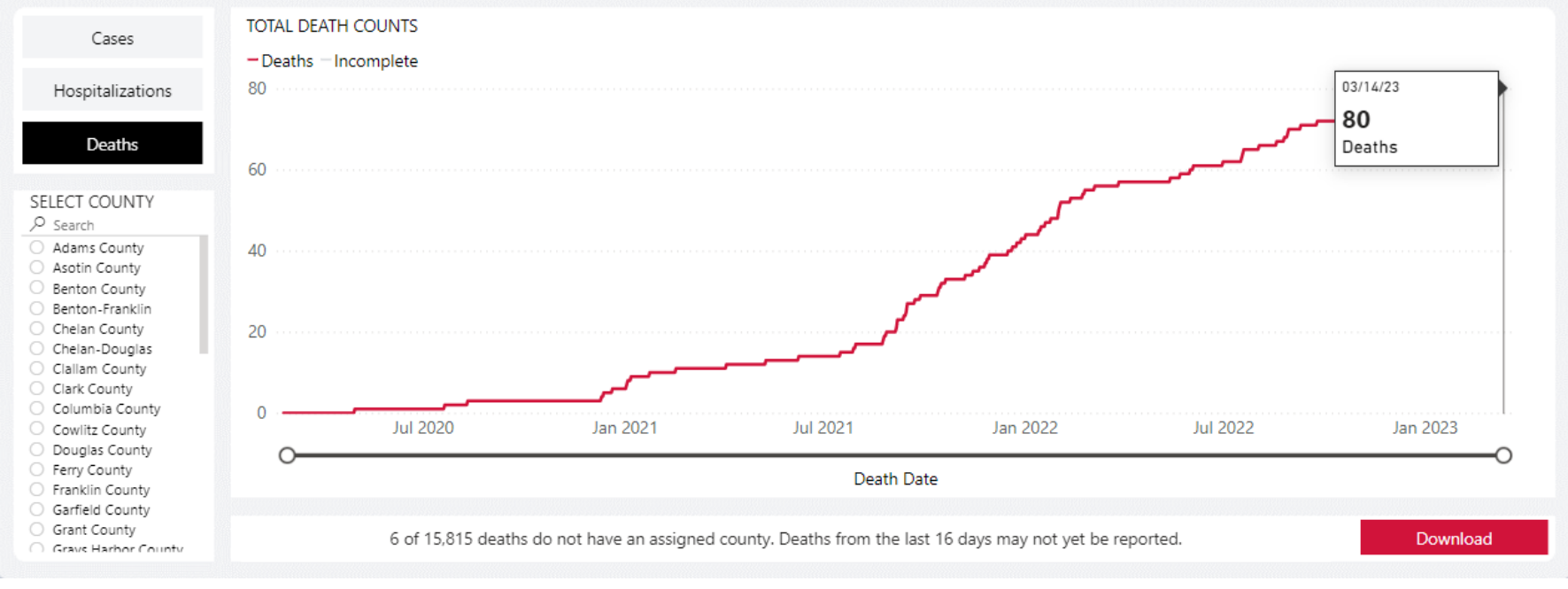
Disease Activity: Hospitalization Count



DOH has recorded **246** hospitalizations linked to COVID-19 as of 3/16/23.

1 new hospitalization has been reported since our most recent Data Update 3/2/23.

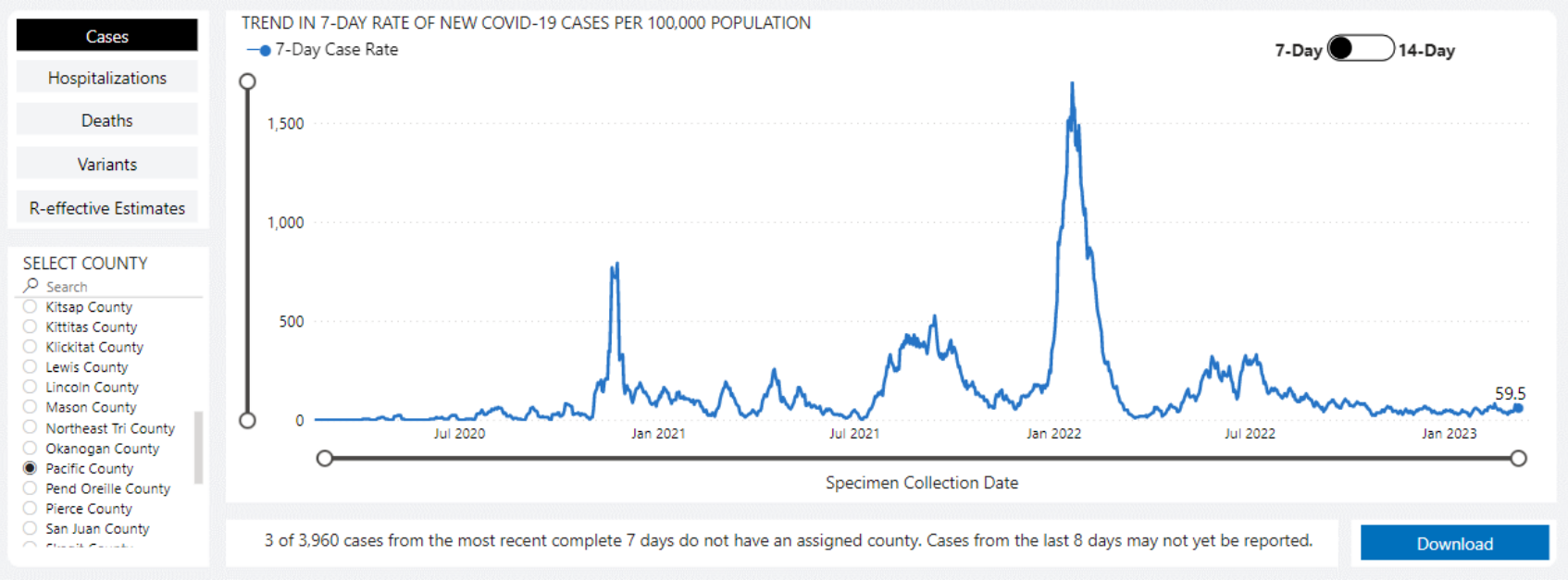
Disease Activity: Death Count



DOH has recorded **80** deaths linked to COVID-19 as of 3/16/23.

1 new death has been reported since our most recent Data Update 3/2/23.

Disease Activity: Case Rate per 100K



The current 7-day case rate is **59.5 per 100,000.**

This is **greater than** our most recent (3/2) Data Update's rate of **36.6 per 100,000.**

COVID-19 Cases, Hospitalizations, and Deaths by Vaccination Status
Washington State Department of Health (Monthly)

February 13, 2023

Unvaccinated **5-11 year-olds** in Washington are

- **Due to a small number of COVID-19 hospitalizations and associated instability assessing vaccination status, hospitalization rates are not available in this age group at this time* - DOH*
- **Due to a small number of COVID-19 deaths and associated instability assessing vaccination status, death rates are not available in this age group at this time* - DOH*

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

- 4.2 times more likely to be hospitalized with COVID-19 compared to 12-34 year olds with at least one booster dose.
- **Due to a small number of COVID-19 deaths and associated instability assessing vaccination status, death rates are not available in this age group at this time* - DOH*

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

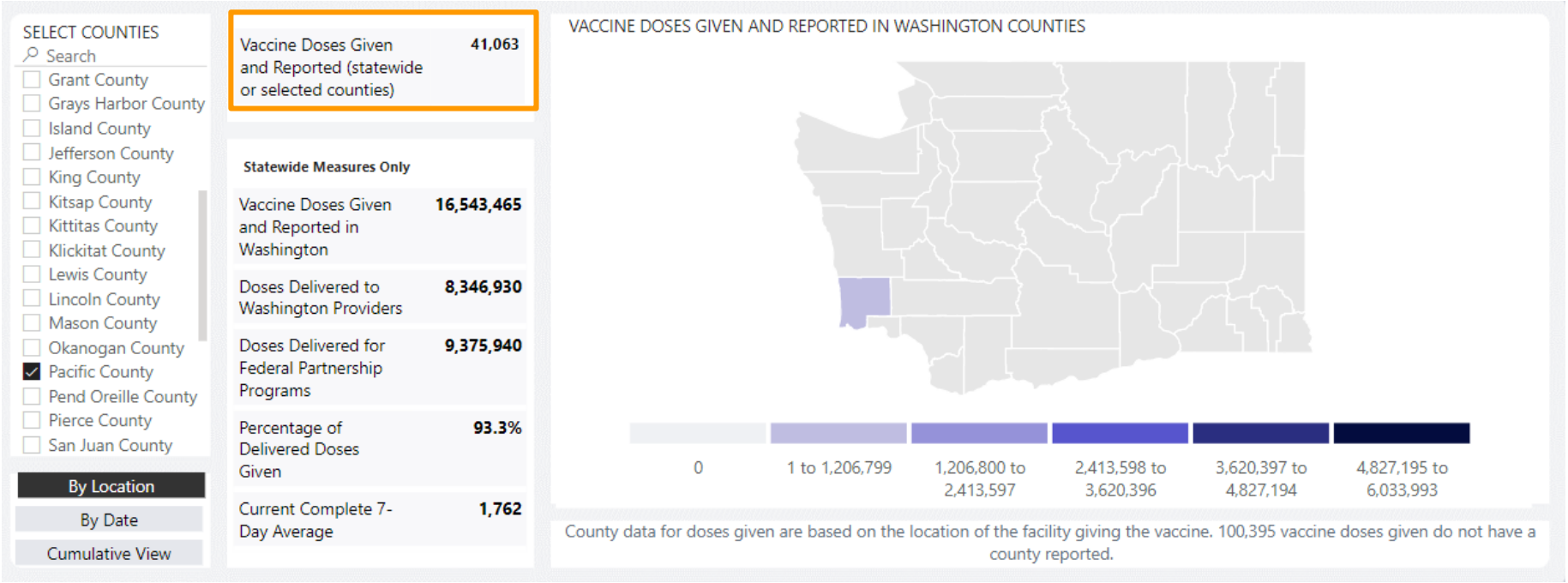
- 5.5 times more likely to be hospitalized with COVID-19 compared to 35-64 year olds with at least one booster dose.
- 6 times more likely to die of COVID-19 compared to 35-64 year olds with at least one booster dose.

Unvaccinated **65+ year-olds** are

- 2.6 times more likely to be hospitalized with COVID-19 compared to 65+ year-olds with at least one booster dose.
- 2.8 times more likely to die of COVID-19 compared to 65+ year-olds with at least one booster dose.

https://doh.wa.gov/sites/default/files/2022-02/421-010-CasesInNotFullyVaccinated.pdf?uid=63c951bd4a4c8

Vaccination Status: Total Doses



<u>41,063</u> vaccine doses have been administered in Pacific County.

This is a **<u>20</u>** dose increase from the last (3/2) Data Update's count.

Vaccination Status: Vaccine Proportions

SELECT COUNTIES

Search

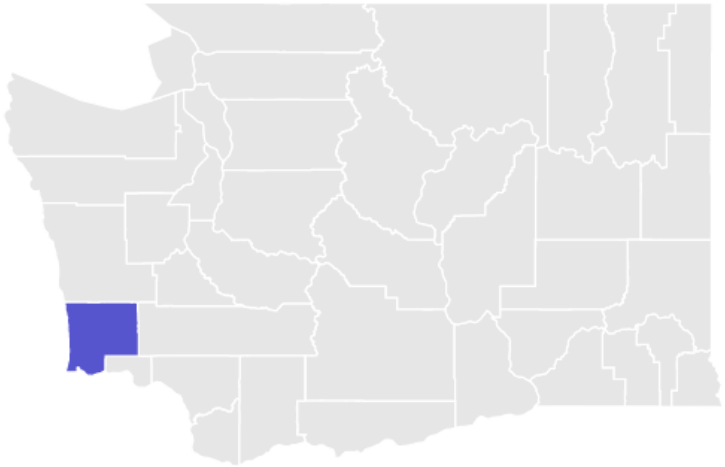
- Jefferson County
- King County
- Kitsap County
- Kittitas County
- Klickitat County
- Lewis County
- Lincoln County
- Mason County
- Okanogan County
- [x] Pacific County
- Pend Oreille County
- Pierce County
- San Juan County
- Skagit County
- Skamania County
- Snohomish County

Map View

Tabular View

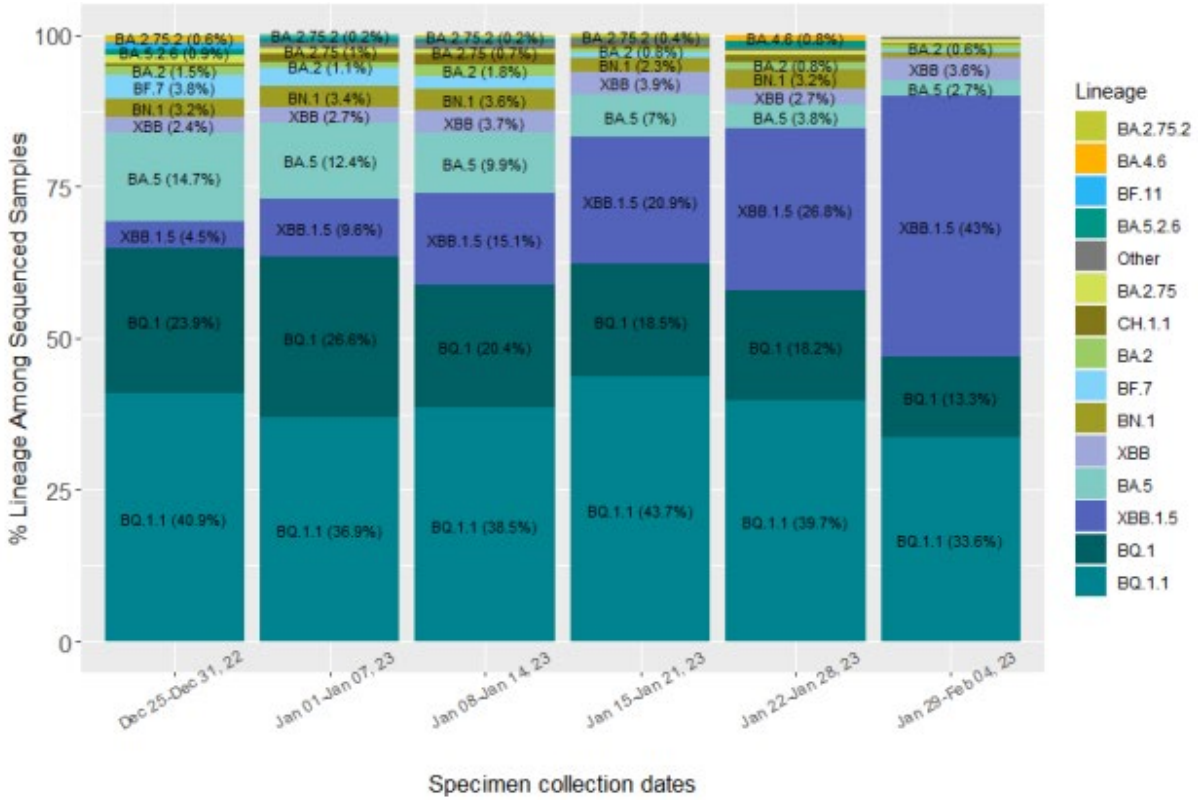
Percent of Total Population Initiating Primary Series	71.5%
Percent of Total Population Completing Primary Series	64.0%
Percent of Population Initiating Primary Series (16+)	80.7%
Percent of Population Completing Primary Series (16+)	72.5%
Percent of Population Initiating Primary Series (6mo+)	71.8%
Percent of Population Completing Primary Series (6mo+)	64.3%
Percent of Eligible People Receiving Any Booster (5+)	57.7%
Percent of Eligible People Receiving a Bivalent Booster (5+)	24.0%

PEOPLE THAT RECEIVED A BIVALENT BOOSTER AMONG ELIGIBLE POPULATION



County data for people with a bivalent booster is based on recipient's county of residence. 1,889 people receiving a bivalent booster do not have a county reported.

SARS-CoV-2 Variant Proportions in WA



Updated 2/22/23 (monthly)

COVID-19 Omicron Variant Update

XBB.1.5 has risen to be the dominant Omicron sublineage with BQ.1.1 and BQ.1 as the next most prevalent.

We are seeing more of XBB and XBB 1.5 nationally and within Washington, which is another variant that has an increased infectivity compared to BQ's.

The current bivalent vaccine booster is specifically designed for and effective against these Omicron sublineages.

Scheduling information here.

Download printable copies at: http://www.pacificcountycovid19.com/if-you-have-covid-19.html

What to do if you are exposed to COVID-19:

If you were exposed and you DO NOT have symptoms (regardless of vaccination status)

No quarantine
- You do not need to quarantine unless you develop symptoms

Take precautions until day 10
- Get tested if you develop symptoms
- Wear a quality mask for 10 days while around others
- Avoid travel
- Avoid being around people who are high risk

If you were exposed and you HAVE symptoms (regardless of vaccination status)

Quarantine for at least 5 days

Get tested
- Test right away and then again on day 5
- If you can't get a test, but have been exposed and have symptoms, assume you are positive and isolate
- If positive, isolate for 5 days after symptom onset

Continue to take precautions on day 5-10 including:
- Wearing a quality face mask while around others,
- Avoiding travel
- Avoiding being around people who are high risk

More information:
www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation
www.pacificcountycovid19.com

What to do if you test positive for COVID-19

Updated August 11, 2022

Isolate at home and stay away from others.
- Isolate at least 5 days, or 24 hours after symptoms improve and no fever without medication, WHICHEVER IS LONGER.
- Day 1 of your isolation period begins the first full day after symptoms start.
- Wear a quality face covering at all times when around others through day 10. It is very important to wear a mask at all times for the entire 10 days- even after you are out of isolation- as you may still be contagious on days 5-10
- Improve ventilation by opening windows and/or using air purifiers with HEPA filters.
- Stay hydrated, use OTC medications to manage symptoms.
- Seek medical care if you experience severe symptoms

If you are high risk due to age (over 65), or underlying health condition, contact your provider for treatment options including oral antiviral medication that can help reduce the severity of COVID-19. If you do not have a provider or are unable to get an appt within 48 hrs, call 1-800-525-0127 for a free telehealth appointment.

Reach out to your close contacts and let them know they've been exposed
- Close contacts include anyone you were around for more than 15 minutes from 2 days prior to when you first developed symptoms through today.

Close contacts are not required to quarantine, but should take precautions until day 10
- Get tested (right away if you have symptoms, or on day 5 if you do not have symptoms)
- Wear a quality mask for 10 days while around others
- Avoid travel
- Avoid being around people who are high risk

Find more information at:
www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation
www.pacificcountycovid19.com

Descargue copias imprimibles en: http://www.pacificcountycovid19.com/if-you-have-covid-19.html

Que hacer si a sido expuesto al COVID-19:

Si usted fue expuesto y **NO** tiene síntomas (independientemente de los estados de vacunación)

No haga cuarentena
- No necesita hacer cuarentena al menos que desarrolle síntomas

Tenga precaución por un total de 10 días
- Hágase la prueba si desarrolla síntomas
- Use una mascarilla de calidad alrededor de otras personas por un total de 10 días
- Evite viajar
- Evite el contacto con personas de alto riesgo

Si ha sido expuesto y **SI** tiene síntomas (independientemente de los estados de vacunación)

Haga cuarentena por al menos 5 días

Hágase la prueba
- Hágase una prueba de inmediato y otra el dia 5
- Si no puede obtener una prueba, ha sido expuesto y tiene síntomas, asuma que está positivo y aléjese de otros
- Si da positivo, haga aislamiento por 5 días tras el desarrollo de síntomas

Siga tomando precaución del dia 5 al 10 esto incluye :
- Usar una mascarilla ajustada alrededor de otros,
- Evitando viajar
- Evitando el contacto con personas del alto riesgo

Encuentre más información visitando:
www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation
www.pacificcountycovid19.com

Qué hacer si da positivo al COVID-19:

Última actualización: 11 de ago. del 2022

Aisles en casa y aléjese de los demás.
- Aíslese por lo menos 5 días o 24 horas después de que hayan mejorado sus síntomas o que no tenga fiebre sin el uso de medicamento contra la fiebre CUALQUIERA QUE DURE MÁS.
- El primer día del periodo de aislamiento comienza un día después de presentar síntomas.
- Use una mascarilla de calidad en todo momento alrededor de otras personas durante un total de 10 días. Es muy importante usar la mascarilla por un total de 10 días aun si ha terminado su aislamiento – ya que aún puede ser contagioso en los días 5-10.
- Mejore la ventilación abriendo ventanas y/o usando purificadores de aire con filtro absorbente de partículas de alta eficiencia (HEPA Filter).
- Manténgase hidratado, use medicamentos sin receta para controlar sus síntomas.
- Busque atención médica si presenta síntomas severos.

Si usted tiene un alto riesgo de enfermarse (mayor de 65), o alguna condición médica, contacte a su proveedor médico para opciones de tratamiento incluyendo tratamientos antivirales que pueden ayudar a evitar la forma grave del COVID-19. Si usted no tiene un proveedor médico o no puede tener una cita médica dentro de 48 horas, llame al 1-800-525-0127 para una cita gratis de telesalud.

Avise a sus contactos cercanos que han sido expuestos
- Los contactos cercanos incluyen cualquier persona con quien usted haya tenido contacto por más de 15 minutos hasta 2 días antes de que usted haya presentado síntomas.

No es necesario que los contactos cercanos hagan cuarentena, pero deben tener precaución un total de 10 días.
- Hágase la prueba si desarrolla síntomas
- Use una mascarilla de calidad por un total de 10 días
- Evite viajar
- Evite el contacto cercano con personas de alto riesgo

Encuentre más información visitando:
www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation
www.pacificcountycovid19.com

Free At-Home COVID-19 Tests

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

Don't have a provider? You can call 1-800-525-0127, then press # to schedule your video consultation via the DOH hotline for FREE. Visit here for more telehealth information: https://doh.wa.gov/emergencies/covid-19/treatments/free-telehealth