



# COVID-19 UPDATE

March 19, 2020

At this time, there are NO confirmed cases of Coronavirus (COVID-19) in Okanogan County. There are many samples being submitted for testing and we expect there will be confirmed cases in the near future.

Remember to continue social distancing to slow the spread of COVID-19, protect our high risk people, and preserve the health care system's capacity to treat people at highest need.

**Now is the time to practice compassion.** COVID-19 is a worldwide pandemic. There is no part of the world that is not affected. There are people in all 50 states who have been diagnosed with COVID-19. It is now up to each of us to keep ourselves and our communities safe.

## If you have been tested for COVID-19

If you have been tested for COVID-19, that means your doctor thinks you may have COVID-19. The reasons your doctor thinks you may have COVID-19 are generally:

- You have COVID19 symptoms including fever, cough, or shortness of breath
- You have been in close contact with someone who has tested positive for COVID-19

If you have been tested for COVID-19, it is absolutely necessary that you **self-quarantine** at least until you receive your test results (and longer if your test results are positive) This is because you may be spreading COVID-19.

## How do you self-quarantine?

- **Stay home** except to get medical care
- **Separate yourself** from other people (and pets) in your home as much as possible
- **Wear a facemask** when you are around other people and before you enter your doctor's office
- **Do not share** personal household items (dishes, cups, towel, bedding, etc.) with people in your home
- **Wash your hands** and clean frequently touched surfaces often

## If your test results are POSITIVE for COVID-19

- Stay self-quarantined for whichever is longer:
  - 3 days after the fever is gone without use of fever-reducing medications (if you had a fever) **AND** you see an improvement in your initial symptoms (e.g. cough, shortness of breath);
- OR
- 7 days after your symptoms began

## If your test results are NEGATIVE for COVID-19

- If **you are** sick: stay self-quarantined for 3 days after your fever ends (if you had a fever) **AND** you see an improvement in your initial symptoms.
- If **you are not** sick: continue to monitor yourself for fever, cough, and shortness of breath for 14 days

### Confirmed Cases in Okanogan County

(As of March 19 at 8 AM)

0

### Samples Sent for Testing

78

### Negative Test Results

18

### Test Results Pending

60

### DOH Call Center

1-800-525-0127

Press # after the prompt

### Education & Information

[www.doh.wa.gov/  
emergencies/coronavirus](http://www.doh.wa.gov/emergencies/coronavirus)

### Okanogan County Alerts

Sign up for alerts like  
these from Emergency  
Management at:

<https://www.okanogandem.org>