



**W. L. Benedict**  
**Sheriff**

# **Clallam County Sheriff's Office**

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File:

## **COVID-19 Daily Update and FAQ's** **March 24, 2020**

*(Note that this document is updated Monday through Friday, and changes made.)*

### **Major Changes in last 24 hours**

- 204 tests have so far been submitted for Clallam County. 4 are positive, 161 were negative, and 49 are pending.
- Governor orders Stay at Home for the entire state for most people (for specific documents see links below).
- General Call for Volunteers. Becca Yucha is Volunteer Service Coordinator. Email: [byucha@co.clallam.wa.us](mailto:byucha@co.clallam.wa.us)

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- The Clallam County Hot line number is 360-417-2430.
  - The Clallam County Public Information Officer for the COVID-19 response is Peter Raiswell. Tel: (360) 460 0360; email: [ccem\\_pio@co.clallam.wa.us](mailto:ccem_pio@co.clallam.wa.us)
  - The County Emergency Operations Center is activated Monday through Friday 8:30 a.m. to 5:00 p.m. It will not be operating this weekend.
  - Plan, Don't Panic
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### **More Information:**

Websites where you can go to, or direct others to, for additional information:

1. Governor's Proclamation:  
<https://www.governor.wa.gov/sites/default/files/proclamations/20-25%20Coronavirus%20Stay%20Safe-Stay%20Healthy%20%28tmp%29%20%28002%29.pdf>

2. WA Essential Critical Infrastructure (following Governor's Proclamation): <https://www.documentcloud.org/documents/6817901-FINAL-WA-Essential-Critical-Infrastructure.html>
3. [Doh.wa.gov](https://doh.wa.gov) Go to "COVID-19" page.
4. [Cdc.gov](https://www.cdc.gov) (Center for Disease Control site).
5. [Kingcounty.gov](https://www.kingcounty.gov)
6. [Who.int](https://www.who.int) ( World Health Organization site)
7. [OSHA.gov](https://www.osha.gov)
8. Harvard Medical School: <https://www.health.harvard.edu/blog/as-coronavirus-spreads-many-questions-and-some-answers-2020022719004>
9. <https://www.governor.wa.gov/issues/issues/covid-19-resources>
10. Clallam County volunteers website: <https://timecounts.org/clallamcert>
11. American Veterinary Association: <https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>

## Medical Information and Questions

There are four key strategies we must all use to address this issue:

- ALWAYS practice social distancing,
  - Wash your hands frequently with soap and water,
  - Clean surfaces often, including cell phones and computers,
  - Follow Governor's proclamation to "Stay at Home" order.
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- Please be a responsible community member by following these guidelines.
  - Test kits remain in critically short supply. We are still having great difficulties with re-supply issues and the state is prioritizing available supplies to areas that have identified cases.
  - Priority for PPE supplies continues to go to treat hospitalized patients with severe respiratory issues and first responders.
  - Given that we cannot test as many people as needed we are forced to rely on home isolation and social distancing as the most effective course for most people.
  - Test processing turnaround time continues to run at up to several days. At this time we are not able to have test kits processed on the peninsula.
  - PPE (Personal Protective Equipment) is in exceedingly short supply. Conservation of current resources is critical to make supplies last. We are seeking organizations or individuals who may have PPE which can be donated to the county supplies. If you have surplus PPE that you wish to share please call the Hotline number at 360-417-2430. We are also seeking people who are able to make cloth masks. (For more information on this see below).

- The virus is spread by droplets contact and is not airborne. Avoiding close contact is important and “social distancing” is strongly encouraged. The guidance for social distancing is a separation of six feet without prolonged contact, with the CDC defining “prolonged contact” as any time longer than 15 minutes.
- Symptoms of COVID-19 are very similar to those of colds and the flu. An accurate diagnosis cannot be made without a specific COVID-19 test.
- Presently there is no medication that can be effectively prescribed for COVID-19.
- The guidance from the County Health Officer is that the virus, in the large majority of cases, is not transmitted by asymptomatic people, but it can be transmitted by touching contaminated surfaces.

**Personal Protection:**

1. Should I be wearing a mask when I’m out in public?
  - No. At this point we recommend you stay home if you are sick, and if you are going out in public take the general precautions you would during respiratory illness season including: avoid close contact with sick people, wash hands frequently, avoid touching your face, mouth or eyes, sanitize surfaces you touch frequently and practice social distancing.
2. Can I go outside?
  - During the Governor’s “Stay at Home” mandate please remain at your place of residence as much as possible. Exercising outside is still OK if you can stay away from other people. Essential trips should be as quick as possible involving as few people contacts as possible.
3. When should I stay home from work?
  - If you can possibly arrange with your employer to work from home please do so. If you have had a cough, runny nose, sore throat, fever, shortness of breath, vomiting, or diarrhea, stay at home regardless until after symptoms have resolved for 72 hours.

**Differences between “Social Distancing”, “Isolation” and “Quarantine”:**

- Social Distancing: Give yourself space around other people who are not sick. Six feet is the recommended distance so that you are unlikely to be sprayed by droplets from an errant cough or sneeze. Avoid things like handshakes, hugs etc.
- Isolation: If you are sick or have symptoms do not go out in public but stay at your residence and practice social distancing from other residents there. Contact your healthcare provider if your symptoms get worse.
- Quarantine: If you have been, or think you have been, in contact with someone who is symptomatic go back to your residence and stay there of 14 days even if you do not develop symptoms.

### **Medical Care:**

1. Should I go to my doctor for my cough? Do I have coronavirus?
  - Still most folks with symptoms are more likely to have the common cold or flu. And even for those folks with COVID-19, the vast majority will recover and about 80% won't need medical care. We recommend folks with mild illnesses (cough, fever, and runny nose) stay home until they are well. There is nothing a clinic can do to make people better under these circumstances and it will add stress to an already stressed healthcare system. We all have to do our part to keep our community safe and that includes taking care of ourselves when we're sick.
  - Those who are having severe symptoms, like they are short of breath, should seek medical care. We recommend saving the emergency department for true emergencies and calling ahead.
2. What about my regular medical care – refills and such?
  - We recommend delaying non-essential health care visits at this time. If you just need refills of medications, try calling your clinic to see if you can get a 90 day bridge called in.
3. Who is at risk from this virus?
  - Anyone can get it, but pregnant women, those over 60 and those with underlying chronic medical conditions (COPD, lung disease, heart disease etc.) are at the highest risk. Children, luckily, appear to have less severe infections.
  - It appears that younger people are sometimes less observant of the social distancing recommendations and more apt to congregate in groups. Whatever age group you are in please do not gather in groups and do follow the social distancing guidelines. “Do Your Bit” by taking all the recommended actions. While you may be OK, you might well be saving someone else's life!

### **Travel:**

1. Should I cancel my upcoming trip?
  - The CDC has put out travel warnings for the areas affected by COVID-19. Please visit the CDC travel website for more information regarding your trip: <https://wwwnc.cdc.gov/travel>

### **Cleaning:**

1. How long does this virus survive on surfaces?
  - The CDC has found that this virus survives on hard surfaces (like desks and doorknobs) for about 2 hours. However, the virus lasts longer in wet, warm and humid conditions and on soft surfaces, and could last up to 9 hours. Cleaning surfaces frequently is strongly recommended to aid in reducing the transmission of the virus from surfaces.
2. What kills this virus? Do I need special cleaning products?
  - Normal cleaning products like alcohol-based hand sanitizers, soap, bleach-based cleaners all work well to kill this virus. Use the normal cleaning procedures you already use but do them frequently. There are no special cleaning products for COVID-19.

- Be careful about buying PPE and test kits online. We are hearing reports that things bought online may not be of the right quality and effectiveness.

### **Personal Hygiene:**

- Frequent hand washing is recommended. There is no difference in effectiveness between regular soap and anti-bacterial soap.

### **What are the most effective things I can do?**

- Plan, don't panic.
- Don't leave home.
- Practice Social Distancing all the time..
- Wash your hands **frequently.**
- Use PPE as needed.
- Use isolation and/or quarantine measures as needed.

### **Duration:**

How long is this problem going to last in our area?

- The “best guess” estimate is around three months from inception, but it could be longer. So be prepared for a longer rather than shorter time for how long your life will be impacted.

## **Non Medical Information**

- Clallam County is seeking volunteers to help with the COVID-19 response effort. If you have specific medical skills or would like to volunteer in other areas please call Becca Yucha, our Volunteer Services Coordinator, at 360-417-2525 or 360-912-4050. Her email is [byucha@co.clallam.wa.us](mailto:byucha@co.clallam.wa.us). We would like to hear from you!
- The Governor of Washington State has issued a general Stay at Home order for all except defined essential workers.
- Although schools are closed different school districts are making student meal arrangements and distance learning arrangements. Please be in contact with your specific school district for details of what they are able to offer.
- The county recognizes that certain segments of our population may require specific help as events progress, including our homeless folks. The county is working with experts in these areas to ensure that specific needs are appropriately addressed.

- The SBA (Small Business Administration) is making funds available to businesses in Clallam County. If you think you might be eligible for assistance make sure you keep detailed records of expenses involved.
- Here is a link to the SBA website for more information:  
<https://www.sba.gov/page/coronavirus-covid-19-small-business-guidance-loan-resources>

**Hotline:**

Is there a Hotline where I can call if I want more information?

- Yes. Call 360-417-2430 for information.

**Meals:**

Seniors needing meals should register through OLYCAP at 360-457-8921. Meals can be picked up at the Port Angeles Senior Center; limited cases may qualify for delivery. If you have surplus unopened foodstuff that you wish to donate please call a local Food Bank. (Their source of foodstuffs is often supermarkets and they are having less to contribute right now.)

**Making Masks:**

Due to the critical shortage of face masks the county is asking for volunteers to make masks. For those who can donate their ability, interest, skills and materials here are a couple of links to mask sewing patterns and instructions:

<https://www.deaconess.com/How-to-make-a-Face-Mask/>

Although we understand they may not be as effective as surgical masks or N95 masks they do provide a valuable level of protection, which will be much appreciated by those who get to use them. Please do what you can to help by volunteering both your time and resources to acquire the materials needed. At this time we are not able to reimburse for any costs incurred.

Masks can be delivered to the EOC at the courthouse, or if you give the information line a call we can probably arrange for them to be collected. For more information call Becca Yucha, Volunteer Services Coordinator at the numbers listed above..

**Clallam County Medical Officer:**

The county medical officer is Dr. Allison Unthank MD, MPH. She received her Doctor of Medicine degree from Johns Hopkins University of Medicine and her Master of Public Health degree from John Hopkins Bloomberg School of Public Health.

**211 Assistance:**

Here is a link to the 211 website for non-emergency assistance as outlined in a separate information release: [www.win211.org](http://www.win211.org)

**Employers Can Help:**

The economic impact of this crisis will affect individuals and organizations. If employers are able to help their employees by being as flexible and generous as possible with Sick Leave, Vacation Time and Paid Time Off our entire community will benefit from your generosity.

Remember that what we are going through now affects people in many ways. Be a good community citizen and do what you can to help others get through in any way you can. Be kind and thoughtful to those for whom this is traumatic.