

NUMBER OF INFECTIONS – As of 3-23-2020

Public health experts agree that the true number of people who have been infected with COVID-19 in Washington greatly exceeds the number of COVID-19 infections that have been laboratory-confirmed. It is very difficult to know exactly how many people in Washington have been infected to date since most people with COVID-19 experience mild illness. Officials are restricting testing to high-risk populations, including health care workers and people with more severe symptoms. There are no confirmed cases in Asotin County as of 3-23-2020.

FOLLOW THESE GUIDELINES

Knowing the symptoms of COVID-19 is important, but medical providers say a trip to a clinic or hospital could be risky because of possibly getting exposed to the virus or spreading it. Stay home and set up a network of people who can help you, along with a backup in case your helpers get sick too.

People who have coughs and sneezes should stay home as much as possible, and **call ahead to the doctor's office if they're planning to get their illness checked out.**

Get immediate help if you have “emergency warning signs” such as trouble breathing, chest pain or pressure, confusion, or “bluish lips or face.”

People who have confirmed coronavirus illness should stay home, as should those who were in close contact with a confirmed case.

It's necessary to buy food. But try to go to the supermarket at times when it's less crowded, stay 6 feet away from other shoppers as much as you can, and wash your hands thoroughly when you get home.

SOCIAL DISTANCING

Social distancing are practices implemented by public health officials to keep contagious diseases from spreading. Try to stay at least 6 feet away from each other. The U.S. is also telling people not to gather in large groups.

Experts believe the virus is mainly spread through droplets that come out of your mouth and nose. When an infected person speaks or exhales or coughs or sneezes, the droplets travel about 3 to 6 feet before gravity pulls them to the ground.

It's important to try to block coughs or sneezes with a tissue or your sleeve, so as to not send those droplet flying directly toward someone nearby.

The CDC on Sunday recommended that for the next eight weeks, organizers put off events that would draw at least 50 people. Now the number was reduced to 10.

Supplies to consider:

- Extra fluids, hydrating drinks
- Food for when you're sick, like soups, broths, crackers, honey, nonperishable items
- Pain and fever medications (like acetaminophen)
- Cough drops, cough medications
- Prescription medications
- Tissues
- Household cleaners (bleach, alcohol, soap)

WASH YOUR HANDS THOROUGHLY AND OFTEN – WASHINGTON/IDAHO BORDER IS OPEN