**Information presented here as courtesy of king county health dept as of 3/15/20**

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| **Corona Virus Disease (covid-19) Update.** (Click the link on right column) | <https://kingcounty.gov/depts/dnrp/solid-waste/garbage-recycling/~/~/link.aspx?_id=9358D2FFA4474CAAA4CAA58E03CA2175> |
| **Who to call** | ****King County Novel Coronavirus Call Center****If you are in King County and believe you were exposed to a confirmed case of COVID-19, or if you're a healthcare provider with questions about COVID-19, contact our novel coronavirus call center: **206-477-3977**. (open daily from 8:00 AM to 7:00 PM)For general concerns and questions about COVID-19, please call the **Washington State Novel Coronavirus Call Center at 800-525-0127.** |
| **When to seek medical evaluation and advice:** | * If you have symptoms like cough, fever, or other respiratory problems, call your healthcare provider. Do not go to the emergency room. Emergency rooms need to be able to serve those with the most critical needs.
* If you are having a medical emergency, call 9-1-1.

****In addition to the recommendations listed below, the public can help:****1. **Do not go to the emergency room unless essential.** Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first.
2. Stay home when sick.
3. Practice excellent personal hygiene habits, including handwashing, coughing into tissue or elbow, avoid touching eyes, nose, or mouth.
4. Stay away from people who are ill, especially if you are 60 and older or have underlying health conditions such as diabetes, heart disease, lung disease, or a weakened immune system, or if you are pregnant.
5. Stay informed. Information is changing frequently. Check and subscribe to Public Health's website ([www.kingcounty.gov/COVID](https://kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx)) or blog ([www.publichealthinsider.com](https://publichealthinsider.com/category/novel-coronavirus/)).

Remember to take every day preventive action such as washing hands, and if you are sick stay home. During an outbreak with a new virus there is a lot of uncertainty. Our guidance and advice is subject to change as we learn more. We will continue to keep you updated. |
| ****Public Health urges residents to follow these recommendations:**** | * People at higher risk of severe illness should stay home and away from large groups of people as much as possible, including public places with lots of people and large gatherings where there will be close contact with others. People at higher risk include:
	+ People 60 and older
	+ People with underlying health conditions including heart disease, lung disease, or diabetes
	+ People who have weakened immune systems
	+ People who are pregnant
* Workplaces should enact measures that allow people who can work from home to do so. Taking these measures can help reduce the number of workers who come into contact with people with COVID-19 and help minimize absenteeism due to illness.
	+ Some people need to be at work to provide essential services of great benefit to the community. They can also take steps in their workplaces to minimize risk.
* If you can feasibly avoid bringing large groups of people together, consider postponing events and gatherings.
* Public Health is not recommending closing schools at this time unless there has been a confirmed case in the school.
* All people should not go out when they are sick.
* Avoid visiting hospitals, long term care facilities, or nursing homes to the extent possible. If you need to go, limit your time there and keep six feet away from patients.
* More detail on these measures will be available at [www.kingcounty.gov/covid](https://kingcounty.gov/depts/health/communicable-diseases/disease-control/novel-coronavirus.aspx)
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| **What to do if you have confirmed or suspected coronavirus disease (COVID-19)**<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDcasepositive_3.15.20.pdf> |
| **What to do if you were potentially exposed to someone with confirmed coronavirus disease (COVID-19)**<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDexposed.pdf> |
| **What to do if you have symptoms of coronavirus disease 2019 (COVID-19) and have not been around anyone who has been diagnosed with COVID-19**<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/COVIDconcerned_3.15.20.pdf> |
| **Allcare Medical Clinic is a small primary care clinic.****No corona virus testing set up here.****Call nearby urgent care or any testing center for all your testing and treatment.****Remember go to ER if you feel significantly ill with symptoms.** |