



Community Situation Report

2020 COVID-19 Pandemic

March 31, 2020

Tips for Families

Living in a community where many people are wearing masks, your child may want to “pretend play” wearing a mask. This is very typical for toddlers! Pretend play is one way that children make sense of their world, by “trying on” the roles and people they see in the world around them. As a parent, you can decide how comfortable you are with this play theme. You might also suggest pretend play around medical roles (doctor/nurse with a teddy bear) to focus on how people take care of others when they are sick.

During stressful times, what children need most is you—a safe, secure relationship where they can express their feelings and questions. Here are some tips:

- Keep daily routines (naptime, bedtime) as consistent as possible for your child.
- Limit your child’s exposure to media reports about COVID-19. Remember, your child is soaking in the tension you’re feeling as you watch the news.
- Discuss your own questions/worries about COVID-19 when your child is out of earshot.
- Practice good hygiene to limit exposure to COVID-19.

For additional resources and tips for families including age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing, log on to: <https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

*Last results received 3/31/2020. We are working with Jefferson Healthcare and other labs to provide the test results data.

Total Positives (confirmed cases)	17
In-County Exposure	9
Presumed Out-of-County Exposure	8
Negative	434
Test Results Pending	63
Total Patients Tested	514

Last updated 3-31-2020 at 1:49PM

Confirmed Cases by Age

Age Group	No. of Positive
<19	0
20-29	2
30-39	4
40-49	3
50-59	0
60-69	5
70-79	3
80+	0

If you have symptoms:

If you think you've been exposed to the virus and have respiratory symptoms, call Jefferson Healthcare's dedicated COVID-19/Respiratory Illness Nurse Consult line at **360-344-3094** as a first step. COVID-19 testing drive-thru at Jefferson Healthcare is by appointment only.

Links to more information:

- Jefferson County Public Health: <https://co.jefferson.wa.us/1429/COVID-19>
- Jefferson Co. Public Health Facebook: <https://www.facebook.com/jeffersoncountypublichealth/>
- Jefferson County Gov Facebook: <https://www.facebook.com/jeffcowagov/>
- Dept. of Emergency Management: <https://www.co.jefferson.wa.us/950/Dept-of-Emergency-Management>

Difficulty coping? CALL THE CRISIS HOTLINE at 1-888-910-0416

Best Practices and Guides:

- Washington State Department of Health: <https://www.doh.wa.gov/>
- CDC: Centers for Disease Control & Prevention: <https://www.cdc.gov>

Current status of Jefferson County grocery stores and restaurants:

The information provided will be updated as things change. Suggest checking the site frequently.

- Local 2020: <https://l2020.org/covid-19/>

If you need help:

- Olympic Community Action Programs: Fill out the request for assistance form here: https://docs.google.com/forms/d/e/1FAIpQLSf1I8KITZeXU70zGI676aBAROdRpxyq0uFPhkq8jout_cU2w/viewform

If you want to help:

Fill out Olycap's volunteer form here:

<https://docs.google.com/forms/d/e/1FAIpQLSdOnTpA3QkOt4MA4dl1UVvdx5XyxEa4fAXlW3UtZQMzU-Odlg/viewform>

If you can't volunteer, you can donate to OlyCap's COVID-19 fund log on to <https://www.olycap.org>

Click on the **red** box on the opening page.

Have specialized skills and want to help? Are you a retired doctor, nurse, ENT, police officer, etc.?

Fill out DEM's volunteer form and help in our efforts: <https://www.co.jefferson.wa.us/1450/VolunteerHow-to-Help>

WIFI Hotspots—Please pass on to those you know who don't have internet connectivity:

<https://www.co.jefferson.wa.us/1444/COVID-19-Resources> (Scroll down to the bottom of the page)

For tips on avoiding Coronavirus scams:

<https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>