CORONAVIRUS: WHAT YOU CAN DO FOR YOU AND YOUR COMMUNITY

The coronavirus continues to spread worldwide. Here are three simple steps to stay informed, prepare your family, and do your part to protect others.

FIRST: FOLLOW THE DATA

• The percentage COVID-19 cases in Yakima County is more than three times higher than the state average (6.8% vs. 23.3%, as of 5/26/20).
• The percentage COVID-19 cases in Yakima County is higher than neighboring counties (Benton, Grant, Kittitas, Klickitat, Lewis, and Skamania)
• This means COVID-19 is spreading faster in your community.

<table>
<thead>
<tr>
<th>County</th>
<th>Confirmed Cases</th>
<th>Deaths</th>
<th>Percent Positive</th>
<th>Percent of deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>All counties (WA State)</td>
<td>17,122</td>
<td>945</td>
<td>6.8%</td>
<td>5.5%</td>
</tr>
<tr>
<td>Yakima</td>
<td>3,008</td>
<td>91</td>
<td>23.3%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Benton</td>
<td>727</td>
<td>59</td>
<td>15.2%</td>
<td>8.1%</td>
</tr>
<tr>
<td>Grant</td>
<td>190</td>
<td>4</td>
<td>8.5%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Kittitas</td>
<td>75</td>
<td>0</td>
<td>5.2%</td>
<td>N/A</td>
</tr>
<tr>
<td>Klickitat</td>
<td>24</td>
<td>6</td>
<td>3.7%</td>
<td>12.5%</td>
</tr>
<tr>
<td>Lewis</td>
<td>35</td>
<td>3</td>
<td>1.6%</td>
<td>8.6%</td>
</tr>
<tr>
<td>Skamania</td>
<td>3</td>
<td>0</td>
<td>1.1%</td>
<td>N/A</td>
</tr>
</tbody>
</table>

* = confirmed cases/total number of tests
b = deaths/confirmed cases


SECOND: FOLLOW THE INFORMATION SUPPORTED BY SCIENCE

• What the science says about how to prevent yourself from getting sick:

Wash your hands often with soap and water for at least 20 seconds and avoid touching your face with unwashed hands.

Stay at home as much as possible, and if you are sick, and avoid close contact with people who are sick.

Cover your cough or sneeze with the inside of your elbow or tissue and throw used tissues in the trash. Immediately wash your hands.

Clean and disinfect frequently touched surfaces, such as tables, doorknobs, light switches, countertops, faucets, and phones.

Don’t have visitors unless they need to be in your home.

Created 05/26/2020
SECOND: FOLLOW THE INFORMATION SUPPORTED BY SCIENCE

- What the science says about how to keep yourself safe when you go outside your home:

  Stay at least 6 feet away from others.
  To help you visualize what 6 feet looks like, picture the length of a door, mattress, dining room table, or sofa.

  Wear a cloth face mask that covers your nose and mouth.* (Please see the note below)

  Avoid public transportation, ride-sharing, or taxis.
  Don’t ride in a car with members of different households.**(Please see the note below)

  Get deliveries and takeout and limit in-person contact as much as possible.** (Please see the note below)

  Don’t touch frequently touched surfaces in public areas, such as elevator buttons and handrails.

THIRD: CORRECT MISINFORMATION

- Here are some examples of misinformation. For more go to: World Health Organization/myth-busters

NOTES


**Not everyone can avoid taking public transportation and order grocery or meal deliveries. But experts recommend limiting these activities to the extent that you are able and always wear a mask when you go outside home.