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## FOR IMMEDIATE RELEASE

### Skagit County COVID-19 Case

Today, Skagit County Public Health was notified of the first positive case of 2019 novel coronavirus COVID-19 in a Skagit County resident.

Skagit County Public Health is working with local response partners to identify and contact all those who may have come in close contact with this case. These individuals will be guided to quarantine and monitor themselves for fever and respiratory symptoms for 14 days following their last exposure.

The patient is a female in her 40s and is at home on isolation. The individual appears to have acquired COVID-19 through community transmission.

While 80% of COVID-19 cases are mild, there are members of our community who are at higher risk for complications, including people:

- Over 60 years of age
- With underlying health conditions including heart disease, lung disease, or diabetes
- With weakened immune systems
- Who are pregnant

It is likely that more cases will be confirmed in our area in the future. Skagit County Public Health, together with its healthcare, emergency management and law enforcement partners, has been working aggressively to respond to this threat. However, help from everyone is needed at this time to slow the spread of COVID-19 in our communities and reduce the number of people impacted.

Skagit County is asking that the public do their part to help reduce the spread of COVID-19:

- Stay home when sick and limit close contact with others in your household who are not sick.

- Call ahead and do not go to the emergency room unless seriously ill. 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 by phone first.
- Even if you are not ill, avoid visiting hospitals, long term care facilities or nursing homes to the extent possible. If you do need to visit one of these facilities limit your time there and keep 6 feet away from patients.
- Practice excellent personal hygiene habits, including handwashing with soap and warm water, coughing into tissue or elbow, avoiding touching eyes, nose, or mouth with unwashed hands.
- Stay away from people who are ill, especially if you are 60 and older or have underlying health conditions that put you at higher risk for severe illness.
- Pay attention to recommendations from Skagit County Public Health and DOH.

This is an emerging outbreak with rapidly evolving information. Updates will be made as new information emerges on the [DOH website](#) and the Skagit County Public Health [website](#). Please note the Skagit County Public Health website will receive an update shortly, and Public Health will use this website to communicate case updates going forward.

The Washington State Department of Health has established a call center to address questions from the public. If you have questions about what is happening in Washington State, how the virus is spread, and what to do if you have symptoms, please call 1-800-525-0127.