April 21, 2020

Rumors abound

The spread of rumors or as the World Health Organization (WHO) defines it, an “infodemic,” is growing as the days of COVID-19 increase. Be cautious about where you get your information and always beware of scams. Two of the best places to get accurate information are through the Washington State Department of Health https://www.doh.wa.gov/ and the Centers for Disease Control & Prevention (CDC): https://www.cdc.gov . Do not respond to any texts or emails claiming to be about the stimulus checks and ignore online offers for COVID-19 vaccinations or home test kits, WHO warns.

The Washington State Department of Health has provided answers to questions from concerned citizens to include:

- **How well does my cloth facemask protect me from COVID-19?** In general, we wear cloth facemasks because they protect other people from getting COVID-19 from us, in case we have it and don’t know. Cloth facemasks work best if they have several layers of woven fabric, we have clean hands, and we stay at least six feet away from other people.

- **Can you get COVID-19 from a blood transfusion?** In general, respiratory viruses are not known to be transmitted by blood transfusion, and there have been no reported cases of COVID-19 from blood transfusions.

- **Can I buy a test and check myself at home for COVID-19?** Not yet. There are no FDA-approved tests that you can buy right now to test yourself at home.

- This is something people are working on and might be available in the future.

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**NOTE:** New graphs showing confirmed positive cases by symptoms onset and by lab confirmation date can be found at https://jeffersoncountypublichealth.org/1459/Jefferson-County-Data-Reports . All data is preliminary and subject to change as more data becomes available. Test results may be delayed by several days. The graphs will only be updated for positive cases.
If you have symptoms:
Call Jefferson Healthcare’s Nurse Consult line at 360-344-3094 as a first step. COVID-19 testing drive-thru at Jefferson Healthcare is by appointment only.

If you want to help:
Go to https://www.olycap.org to fill out a volunteer form.
Dept. of Emergency Management is looking for retired doctors, nurses, EMTs, police officers; those with a food-handler’s card. To volunteer, go to https://www.co.jefferson.wa.us/1450/VolunteerHow-to-Help

If you need help:
• Olympic Community Action Programs: Fill out the request for assistance form:
  https://docs.google.com/forms/d/e/1FAIpQLSf1l8KlTZeXU7o2Gl676aBAROdRpxyq0uFPhkq8joult_cU2w/viewform

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. Other Mental Health Resources can be found at: https://www.co.jefferson.wa.us/1447/Mental-Health-Resources

Best Practices and Guides:
• Washington State Department of Health: https://www.doh.wa.gov/
• CDC: Centers for Disease Control & Prevention: https://www.cdc.gov