



**Lincoln County Health Department**  
**Dr. Ralph Monteagudo, Health Officer**

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## **Recommendations for the General Community**

### **Lincoln County Health Department is here for you during COVID-19**

*Please follow these recommendations from the Washington State Department of Health and our Public Health Officer, Dr. Ralph Monteagudo to keep you safe and healthy during this time.*

- **Reduce your risk and protect those who are vulnerable...**
  - As ordered by Governor Jay Inslee, stay at home and avoid all non-essential contact with others.
  - Limit your trips for groceries, gas and other essentials.
  - If you must go out, stay at least 6 feet away from others at all times
  - Wash your hands regularly. You should be washing your hands with soap and water for at least 20 seconds.
  - Keep household cleaners such as bleach wipes or alcohol wipes on hand. Wipe surfaces in your home or office regularly as the virus can live on surfaces for a period of time. Even soap and water can do the trick if you do not have wipes available to you.
  - Practice good respiratory etiquette; cough into your elbow instead of spewing virus-laden particles into the air. We've all seen that YouTube video showing how far a sneeze or cough can go... don't be that person and don't make us post that video because we will...
  - If you are sick – any kind of sick – please self-isolate. This means staying home and away from other people.
  
- **Be prepared...**
  - If you take daily medications (i.e. blood pressure pills), make sure you have enough to last a couple of weeks.
  - Pre-buy fever reducers like acetaminophen. There's no need to stock up with every available bottle, but ensure you have some on hand if someone in your household comes down with a fever, COVID-19 related or not. Please talk to your primary care provider about the use of ibuprofen in conjunction with COVID-19.
  - Consider stocking your medicine cabinet with things like cough drops, first aid supplies, cold medicine, etc. Again, no need to overdo it, just get enough for if someone in your family falls ill.
  - Have your go-to sickbed foods on hand. These can include chicken or vegetable broth and hydrating drinks such as Gatorade or Pedialyte.



- **Know what to do if you are showing symptoms of COVID-19...**
  - The most common symptoms of COVID-19 are fever, trouble breathing, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea. These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment. Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness.
  - Call your doctor if you...
    - Develop **symptoms, and have been in close contact** with a person known to have COVID-19
    - Have **recently traveled from an area** with widespread or ongoing spread of COVID-19 and you have developed symptoms.
  - Go to the Emergency Room if you develop severe symptoms of COVID-19 like a temperature higher than 103\*, difficulty breathing or uncontrolled coughing. Call before you go.

