



There are multiple active outbreaks¹ of COVID-19 in the West End. People who are testing positive are of all ages, races, and ethnicities. Some have been working while they could infect people and didn't know they were positive. Our community has always come together to help out others in need and to work as a community to solve our challenges. COVID-19 is our new community challenge – it is here and it is infecting people now. We can outsmart it; we can beat it; if we work together before it spreads even further and even quicker.

You can do your part by:

- Wearing a mask to keep others safe: masks work if we all wear them well;
- Staying home as much as you can;
- If asked to go to a social event, don't go;
- If you are working, wear a mask even with coworkers;
- If you are sick, don't go to work until you are tested;
- If you are waiting for a COVID-19 test result, stay home;
- If you have been told to self-isolate by a contact tracer, nurse or doctor, stay home.
- If you were in a public place or handling food, wash your hands regularly with soap for at least 20 seconds.

If you have any COVID-like symptoms, even mild ones, you have a right to a COVID-19 test. The Bogachiel Clinic can be contacted to learn more about testing if you have COVID symptoms (*Cough* ▪ *Shortness of breath* ▪ *Fever* ▪ *Chills* ▪ *Sore throat* ▪ *Headache* ▪ *Fatigue* ▪ *Muscle aches* ▪ *The loss of the sense of taste or smell* ▪ *Nausea* ▪ *Abdominal Pain*). Call them at 360-374-6998. If you live outside of Forks and need to get tested, you can also be tested in Port Angeles at 360.417-2274.

If you tested negative, that only tells you that you weren't infected on the day of your test. You can still get COVID-19. You can develop COVID-19 up to fourteen days after close contact exposure with a person who was positive. Monitor your symptoms, wear a mask, and practice social distancing. If any symptoms change, get tested again.

If you have concerns in regards to COVID-19, symptoms, social distancing, or quarantining please contact Department of Health at 360.417.2274. The Department of Health can also take information about those not helping to control this outbreak.

FINALLY - Be kind. We are all vulnerable to this disease. Let's work and learn together to keep each other safe. We can do this. Let's stay Forks Strong by kicking COVID-19 out!

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¹ Dr. Unthank defined as being two or more active cases within one household, business, or organization