



# Healthy Washington

## Roadmap to Recovery

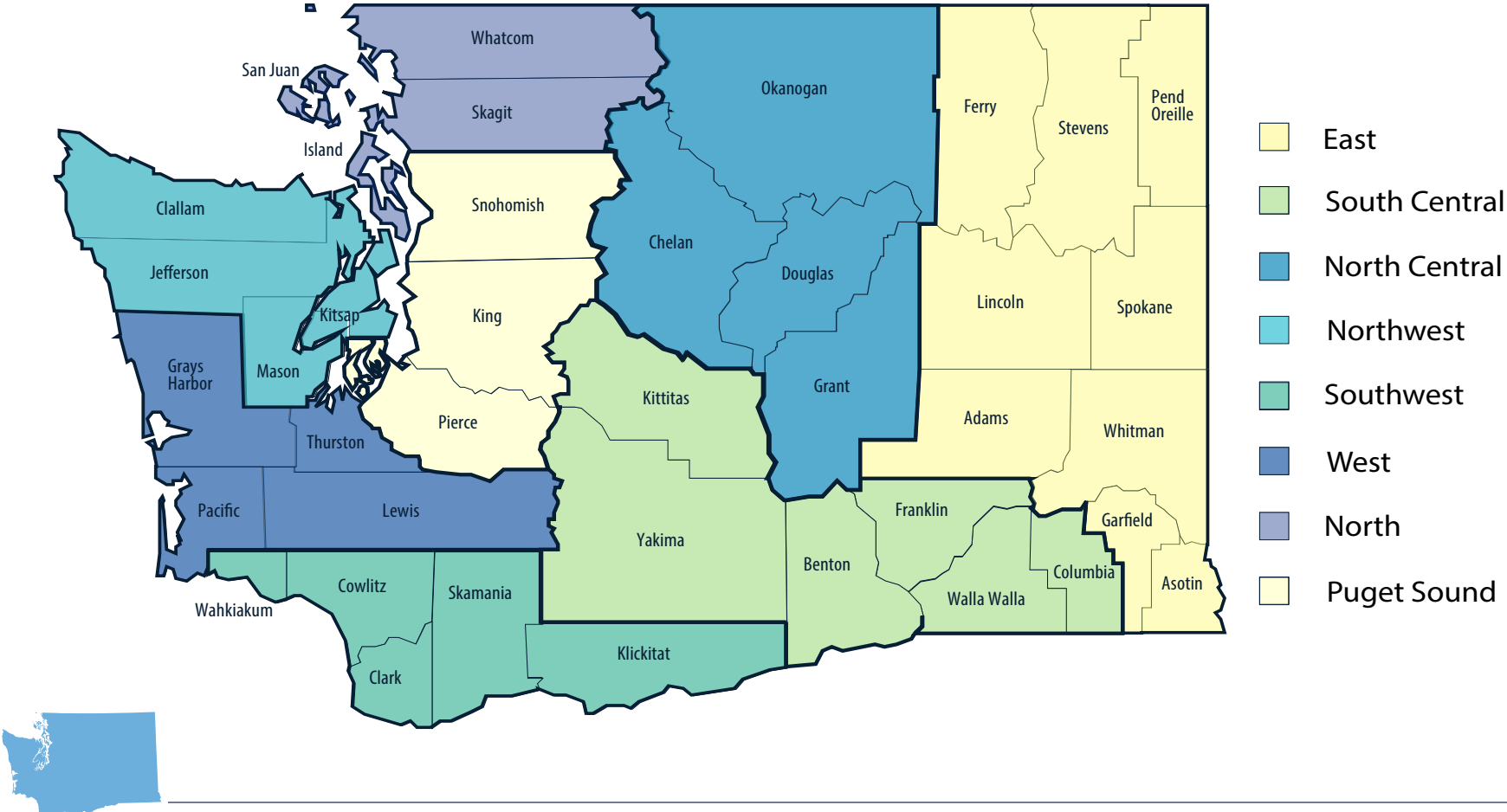
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# Healthy Washington - Roadmap to Recovery

## Regional Approach

Effective January 11, 2021, the State of Washington is launching Healthy Washington – Roadmap to Recovery which will use a regional approach for its upcoming phased recovery plan. These regions are largely based on the Emergency Medical Services (EMS) regions used for evaluating healthcare services given the concern for COVID-19’s potential impact on the healthcare system. There will be eight regions in Washington that fall along county lines. Most regions in Washington have four or more counties. These regions are designed based on the available health care services in the area which has a strong connection to the metrics we will be using for COVID-19 hospitalizations, case data, and general mobility of individuals.



## Metrics

Starting on January 11, the regions outlined above will begin in Phase 1 of the Healthy Washington plan. The Washington State Department of Health (DOH) will notify the local health jurisdictions (LHJs) within a region once they have met the criteria to move into Phase 2.

On each Friday, DOH will update the Healthy Washington – Roadmap to Recovery dashboard with the latest data and region phase designations. During the first few weeks of January, DOH will post a report on the web site as the dashboard is built. A region may move into a new phase (forward or backward) if their metrics meet the criteria using the most recent complete data. This move will take effect the Monday after the dashboard is updated.

In the Roadmap to Recovery, there are four metrics in total – two metrics that measure community disease levels (i.e., trends in case rates, test positivity) and two that measure health system capacity (i.e., trends in COVID-19 hospital admission rates , ICU occupancy).

All four of these metrics must be met in order to move forward from Phase 1 to Phase 2.

- Decreasing trend in 14-day rate of new COVID-19 cases per 100K population;
- Decreasing trend in 14-day rate of new COVID-19 hospital admissions per 100K population;
- Average 7-day percent occupancy of ICU staffed beds less than 90%; and,
- 7-day percent positivity of COVID-19 tests less than 10%

In order to remain in Phase 2, a region must continue meeting at least three of these four metrics.

- Decreasing or flat trend in 14-day rate of new COVID-19 cases per 100K population;
- Decreasing or flat trend in 14-day rate of new COVID-19 hospital admissions per 100K population;
- Average 7-day percent occupancy of ICU staffed beds less than 90%; and,
- 7-day percent positivity of COVID-19 tests less than 10%

If a region in Phase 2 regresses and no longer meets any three or more of the metrics, the region – including all the counties within – will move back to Phase 1 on the following Monday.

In sum, a region that meets three or four of the Phase 2 metrics will remain in phase 2. A region that meets zero, or only one or two of the Phase 2 metrics will move back to phase 1.

Additional details about metrics data sources, calculations, and reporting appear in Appendix 1.

**While every effort has been made to advance clear and simple metrics, DOH and the LHJs within the regions reserve the right to move a region backward (e.g., from Phase 2 to Phase 1) outside of these planned metrics in situations where rapid COVID-19 spread requires more immediate action.**



## Phases

The State of Washington will begin the Healthy Washington – Roadmap to Recovery plan with only two phases while it continues to assess the evolving pandemic. Additional phases may be added in the future as the impact of continued vaccine distribution and other changes in COVID-19 response require.

Below are metrics and placement (as of January 8). Updated metrics will be available [here](#) through DOH.



	Puget Sound	East	North	North Central	Northwest	South Central	Southwest	West
Phase as of 1/11/2021	Phase 1	Phase 1	Phase 1	Phase 1	Phase 1	Phase 1	Phase 1	Phase 1
Trend in 14-day rate of new COVID-19 cases per 100K population (1) (4) • 11/29–12/12/20 vs. 12/13–12/26/20	-27%	-28%	-31%	-24%	-25%	-4%	-27%	-1%
Trend in 14-day rate of new COVID-19 hospital admissions per 100K population (2) (4) • 12/6–12/19/20 vs. 12/20–1/2/21	+1%	+22%	+50%	-1%	+22%	+12%	-2%	+3%
Average 7-day percent occupancy of ICU staffed beds (2) (5) • 12/27–1/2/21	83%	69%	49%	76%	87%	93%	73%	86%
7-day percent positive of COVID-19 tests (1) (3) (6) • 12/13–12/19/20	7%	17%	4%	15%	6%	21%	16%	10%

(1) Data source: Washington Disease Reporting System

(2) Data source: WA HEALTH

(3) Data source: WA Department of Health negative labs dataset

(4) Decrease is -10% or more; flat is between 0% to less than -10%; and increase is more than 0%

(5) Low is less than 90%, high is 90% or more

(6) Low is less than 10%, high is 10% or more

# Healthy Washington - Roadmap to Recovery

Activities	Phase 1	Phase 2
<b>Social and At-Home Gathering Size — Indoor</b>	Prohibited	Max of 5 people from outside your household, limit 2 households
<b>Social and At-Home Gathering Size — Outdoor</b>	Max of 10 people from outside your household, limit 2 households	Max of 15 people from outside your household, limit 2 households
<b>Worship Services</b>	Indoor maximum 25% capacity	Indoor maximum 25% capacity
<b>Retail Stores</b> (includes farmers' markets, grocery and convenience stores, pharmacies)	Maximum 25% of capacity, encourage curbside pick-up	Maximum 25% of capacity, encourage curbside pick-up
<b>Professional Services</b>	Remote work strongly encouraged, 25% capacity otherwise.	Remote work strongly encouraged, 25% capacity otherwise.
<b>Personal Services</b>	Indoor maximum 25% capacity.	Indoor maximum 25% capacity.
<b>Eating and Drinking Establishments</b> (establishments only serving individuals 21+ and no food remain closed)	Indoor dining prohibited. Outdoor dining, 11 PM close, maximum 6 per table, limit 2 households per table	Indoor dining available 25% capacity, 11 PM close. Outdoor dining available, maximum 6 per table, limit 2 households per table
<b>Weddings and Funerals</b>	Ceremonies are limited to a total of no more than 30 people. Indoor receptions, wakes, or similar gatherings in conjunction with such ceremonies are prohibited.	Ceremonies and indoor receptions, wakes, or similar gatherings in conjunction with such ceremonies are permitted and must follow the appropriate venue requirements. If food or drinks are served, eating and drinking requirements apply. Dancing is prohibited.
<b>Indoor Recreation and Fitness Establishments</b> (includes gyms, fitness organizations, indoor recreational sports, indoor pools, indoor K-12 sports, indoor sports, indoor personal training, indoor dance, no-contact martial arts, gymnastics, climbing)	Low risk sports (including dance, no-contact martial arts, gymnastics, and climbing) permitted for practice and training only in stable groups of no more than 5 athletes. Appointment based fitness/training; 45-minute max session, no more than 1 customer/athlete per room or per 500/sq. ft. for large facilities.	Low and moderate risk sports competitions permitted (no tournaments). Fitness and training maximum 25% capacity.
<b>Outdoor Sports and Fitness Establishments</b> (outdoor fitness organizations, outdoor recreational sports, outdoor pools, outdoor parks and hiking trails, outdoor campsites, outdoor K-12 sports, outdoor sports, outdoor personal training, outdoor dance, outdoor motorsports)	Low and moderate risk sports permitted for practice and training only (no tournaments). Outdoor guided activities, hunting, fishing, motorsports, parks, camping, hiking, biking, running, snow sports, permitted.	Low, moderate, and high-risk sports competitions allowed (no tournaments), maximum 200 including spectators.
<b>Indoor Entertainment Establishments</b> (includes aquariums, indoor theaters, indoor arenas, indoor concert halls, indoor gardens, indoor museums, indoor bowling, indoor trampoline facilities, indoor cardrooms, indoor entertainment activities of any kind, indoor event spaces)	Private rentals/tours for individual households of no more than 6 people permitted. General admission prohibited.	Maximum 25% capacity. If food or drinks are served, eating and drinking requirements apply.
<b>Outdoor Entertainment Establishments</b> (includes zoos, outdoor gardens, outdoor aquariums, outdoor theaters, outdoor stadiums, outdoor event spaces, outdoor arenas, outdoor concert venues, rodeos)	Ticketed events only: Groups of 10, limit 2 households, timed ticketing required.	Groups of 15, limit 2 households per group, maximum 200 including spectators.

NOTE: Live entertainment is no longer prohibited but must follow guidance above for the appropriate venue. Long-term Care facilities, professional and collegiate sports remain governed by their current guidance/proclamations separate from this plan.

## Appendix One

### **Trend in 14-day rate of new COVID-19 cases per 100K population:**

The Trend in 14-day rate of new COVID-19 cases per 100K population metric describes whether virus transmission is increasing, decreasing, or staying the same (referred to here as “flattening”). A case is defined as an individual with a molecular or antigen test that is positive for COVID-19. Cases are assigned to the date a specimen was collected for testing, called the specimen collection date.

This metric is calculated by dividing the number of cases with a specimen collection date in a 14-day period by the population in the region and multiplying by 100,000. The percent change is calculated by subtracting the rate during the most recent time period from the preceding time period, dividing by the rate in the preceding time period, and multiplying by 100. The direction of the trend is defined by thresholds. The thresholds for this metric are:

- Decrease: -10% or more
- Flat: between 0% to less than -10%
- Increase: More than 0%

Data from WDRS are used for this metric. Metrics are calculated using the most recent complete data for two Sunday–Saturday weeks.

### **Trend in 14-day rate of new COVID-19 hospital admissions per 100K population:**

The Trend in 14-day rate of new COVID-19 hospital admissions per 100K population metric describes the impact on healthcare systems and whether the number of hospital admissions is increasing, decreasing, or flattening. A hospital admission is defined as an individual with confirmed COVID-19 infection who was admitted to the hospital. A hospital admission is assigned to the region of the hospital, not the region in which the individual lives. About 90% or more of Washington residents with COVID-19 in November 2020 were determined to reside in the same region as the hospital.

This metric is calculated by dividing the number of COVID-19 hospital admissions with an admission date in a 14-day period by the population in the region and multiplying by 100,000. The percent change is calculated by subtracting the rate during the most recent time period from the preceding time period, dividing by the rate in the preceding time period, and multiplying by 100. The direction of the trend is defined by thresholds. The thresholds for this metric are:

- Decrease: -10% or more
- Flat: between 0% to less than -10%
- Increase: More than 0%

Data from WA HEALTH are used for this metric. Metrics are calculated using the most recent complete data for two Sunday–Saturday weeks.



### **Average 7-day percent occupancy of ICU staffed beds:**

The Average 7-day percent occupancy of ICU staffed beds metric describes the capacity of the healthcare system to respond to the pandemic by indicating how many beds are currently occupied by critically ill patients and thus not available to treat additional patients who may need critical care. ICU occupancy is defined as the number of staffed adult ICU beds occupied in acute care hospitals. ICU occupancy includes all patients in the ICU, not only patients with COVID-19.

This metric is calculated by dividing the number of staffed adult ICU beds occupied each day by the total number of staffed adult ICU beds available and multiplying by 100. A 7-day average is calculated by averaging the percent over the most recent 7 days. The thresholds for this metric are:

- Low: Less than 90%
- High: 90% or more

Data from WA HEALTH are used for this metric. Metrics are calculated using the most recent complete data for a single Sunday–Saturday week.

### **7-day percent positivity of COVID-19 tests :**

The 7-day percent positive of COVID-19 tests metric describes how widespread infections are and if sufficient testing is occurring. A test is defined as a molecular test, including PCR, performed on an individual who has not previously tested positive for COVID-19 by molecular testing. Tests are assigned to the specimen collection date. Antigen and antibody tests are not included in this metric.

This metric is calculated by dividing the number of positive COVID-19 tests by the total number of tests performed in a 7-day period and multiplying by 100. The thresholds for this metric are:

- Low: Less than 10%
- High: 10% or more

Data from WDRS and the DOH negative lab dataset are used for this metric. Metrics are calculated using the most recent complete data for a single Sunday–Saturday week.



On a weekly basis, a color-coded status will be determined for each of the four indicators, charted in a table, and mapped accordingly. To determine the status, the most recent complete data will be used. Regions can advance to a higher phase if they meet all indicators.

Case Rates 14-day trend	
Decline (-10% or more)	
Flat (0% change to -10%)	
Any Increase	

Hospital Admission Rates 14-day trend	
Decline (-10% or more)	
Flat (0% change to -10%)	
Any Increase	

Average 7-day percent occupancy of ICU staffed beds	
Above 90%	
Below 90%	

7-day percent positivity of COVID-19 tests	
Above 10%	
Below 10%	





## Appendix Two

EMS Region	Counties
Puget Sound	King, Pierce, Snohomish
East	Adams, Asotin, Ferry, Garfield, Lincoln, Pend Oreille, Spokane, Stevens, Whitman
North	Island, San Juan, Skagit, Whatcom
North Central	Chelan, Douglas, Grant, Okanogan
Northwest	Clallam, Jefferson, Kitsap, Mason
South Central	Benton, Columbia, Franklin, Kittitas, Walla Walla, Yakima
Southwest	Clark, Cowlitz, Klickitat, Skamania, Wahkiakum
West	Grays Harbor, Lewis, Pacific, Thurston

