



Covid-19 Updated Community Guidance

'Stay Home, Stay Healthy' Order

Island County Public Health wants to keep you as informed as possible about continuing developments surrounding novel coronavirus and our response within the county. On March 30, Governor Jay Inslee announced guidance for state and local enforcement of the '[Stay Home, Stay Healthy](#)' order. In alignment with this announcement, Island County Public Health provides the following updated guidance:

- All Washingtonians are required to stay home unless engaging in an essential activity. All businesses have closed, except for [essential business](#).
- Submit any inquiries or requests regarding [Essential Critical Infrastructure Workers](#) to the [Essential Business Inquiries](#)
- **Do not call 911 to report a business or individual potentially in violation of the order.** Report potential business violations through the [Violations of the Governor's Proclamation](#) Education will be the primary role of law enforcement, followed by formal enforcement actions, as appropriate.

Mental Health Awareness:

While social distancing is critical to the physical health of individuals and to protect our community as whole, mental health professionals emphasize the importance of continuing safe social connections at this time. Safe connections could include regular phone calls, texts, video chats, walks with household members, and more. Island County Behavioral Health offers the following tips for managing stress and anxiety:

1. Take care of yourself: Get enough sleep, eat healthy, exercise, and take breaks from social media and news reports.
5. Talk to others: Feelings of anxiety are normal in a situation like this. Reach out and talk to people in your community who can provide support.
6. Avoid rumors and inaccurate information. Rely on official sources for information, such as [Island County Public Health](#), [WA State Department of Health](#), and [Centers for Disease Control and Prevention](#).
7. Do what you can- there are always things that we as individuals and communities can control: Wash your hands frequently, avoid close contact with people who are sick, clean and disinfect frequently touched objects and surfaces, cover your cough or sneeze with a disposable tissue, stay home when you are sick. Prepare for possible illness with a plan and emergency contact list.
8. Ask for help. Island County Human Services offers an on-call mental health line at **360.678.2346** geared specifically toward COVID-19 response. The call line will be fully staffed Monday-Friday from 10am-8pm and Saturday and Sunday from 9am-