



# Chelan-Douglas Health District

Weekly COVID-19 Newsletter

Oct. 13, 2020

*Always working for a safer and healthier community*

## Free testing continues this week in Wenatchee, East Wenatchee

CDHD continues its efforts to provide free COVID-19 testing to the residents of Chelan and Douglas counties for the week of Oct. 13-16.

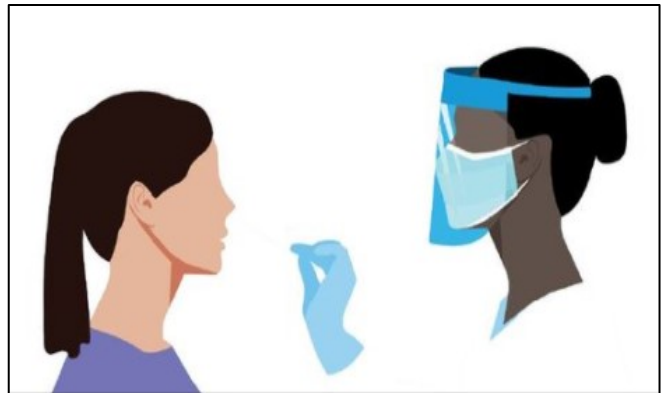
In Wenatchee, there will be free COVID-19 testing from 1 to 6 p.m. Oct. 13 through Oct. 16 at Wenatchee High School, 1101 Millerdale Ave.

In East Wenatchee, there will be free testing from 1 p.m. to 6 p.m. Oct. 13 through Oct. 15 at New Song Community Church, 11 N. Iowa Ave. Testing on Friday, Oct. 16 will be 9 a.m. to 1 p.m. at the church.

There are ongoing efforts to set up more community testing sites throughout Chelan and Douglas counties. The CDHD seeks community partners who have significant outside open space available to set up drive-thru community testing sites.

If you are interested in helping us, contact the Operations section of our Incident Management Team at [imt.osc@cdhd.wa.gov](mailto:imt.osc@cdhd.wa.gov). Operations will evaluate the site to determine if it fits the needs for a testing site.

For testing sites around the state, go to <https://cdhd.wa.gov/covid-19/#testing>



## Testing efforts play key role in lowering infection numbers

Drive-thru testing efforts last week in Wenatchee and East Wenatchee saw [1,553 residents](#) being tested for COVID-19, the CDHD reported.



Testing plays a key role in lowering our infection numbers in the two counties, said Nathan Week, CDHD interim health administrator.

“By using a four-pronged approach – testing, contacting tracing, isolation and quarantine – the virus can be tracked and interrupted, which helps prevent the spread of the virus and, in turn, lowers the number of infected individuals,” Weed said.



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## How does the testing work? Is it for adults and children?

The test is a nasal swab test. It is not painful, just uncomfortable for a moment. Anyone can be tested, but if you are having [symptoms](#), you should be tested. The nasal swab test can be done on children as young as 1 month old. The [CDC has special guidelines for testing children who are 28 days old and younger](#). Minors do need a guardian's permission.

## Why should people be tested?

Being tested for COVID-19 is important for public health so that disease transmission can be tracked and

interrupted to help prevent the spread of this virus. A positive test for COVID-19 alerts people

that they have the infection, allowing them to take steps and self-isolate or quarantine to protect their loved-ones, friends and community members. Testing and early identification allows for public health agencies to start contact-tracing to slow and prevent the spread of the disease.



## Is it safe to be tested? Will there be sick people at the site?

It is safe to be tested. Testers are wearing appropriate PPE based on their assigned task, and the people being tested stay in their vehicles. We ask that the public wear masks when interacting with testers and volunteers.

## Will the people doing the tests speak Spanish and English?

Spanish translators are available to assist community members who need them.

## What information do I need to share about the person being tested?

There is no requirement to show identification. People are asked to share contact information, so they can receive their results. In June, the [U.S. Department of Health and Human Services issued new laboratory data reporting guidance](#) requiring a few demographics requirement that includes race, ethnicity, age and gender.



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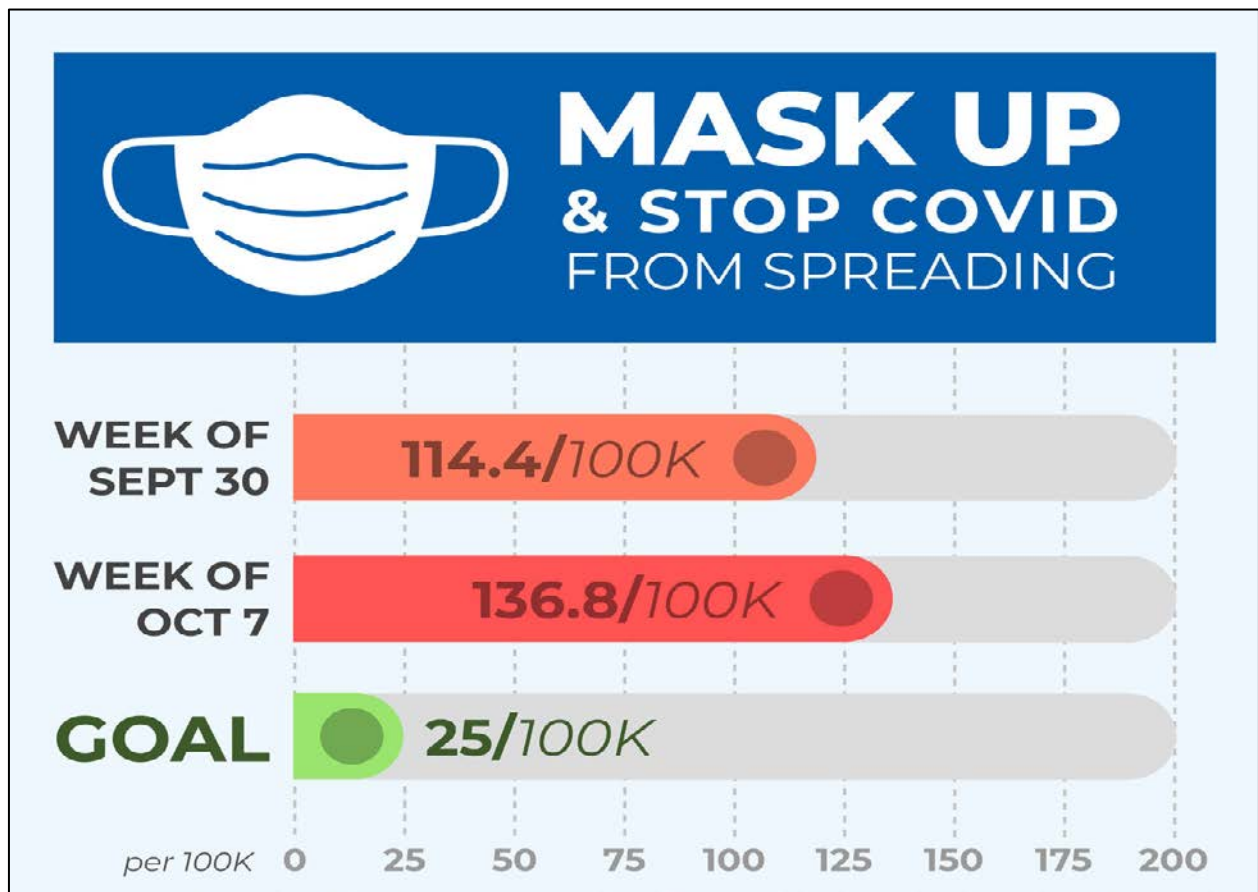
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## Mask Up!

Looking for weekly COVID-19 counts? We update them every weekday on our website at <https://cdhd.wa.gov/covid-19/#casecount>

We also release a Thermographic (above) every Thursday that charts Chelan and Douglas counties' progress toward re-opening local businesses and schools. Gov. Jay Inslee has said the two counties combined need to reach a state goal of 25 new cases per 100,00 residents before moving from one phase to another under the [Safe Start Washington](#) re-opening plan.

Please note that any discrepancy between the CDHD numbers and DOH is because DOH currently is reporting antigen positives in a weekly report separate from the total case counts.







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## New this week! **Community Update** with Dr. Malcolm Butler

Beginning Thursday, Oct. 15, we will kick off community updates, a weekly video with Dr. Malcolm Butler, the Health Officer for CDHD. For a half hour, Dr. Butler will talk about timely topics related to COVID, speaking Spanish for the second portion of the video. Look for guest speakers in the future as well as.

*Better Together* also is an opportunity for the community to ask Dr. Butler questions. Submit any questions for next week's *Community Update* to [imp.pio@cdhd.wa.gov](mailto:imp.pio@cdhd.wa.gov).

The video will be posted to the [CDHD Facebook page](#) on Thursdays.



## Video: How to Wash Your Hands

Just in time for the cold and flu season, Molina Healthcare announced it was proud to partner with Dr. Mabel Bodell of Confluence Health, who is also the executive director of Café Alma Chacon, on the video [How to Wash Your Hands](#). The video is for our Spanish-speaking community members across the state.

Please share the best practices how-to guide with on your own social media, websites and newsletters.





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## Roll up your sleeve! Flu vaccinations more important than ever this year

Flu vaccination campaigns are taking on a new significance this year with the continued spread of COVID-19 across our state and the threat of surges in both illnesses this fall. Everyone 6 months of age and older should give serious consideration to getting a flu shot.




The CDC also recommends getting a flu shot by the end of October, before flu season begins. Remember, it takes about two weeks after vaccination for antibodies to develop in the body and protect against the flu. VaccineFinder: <https://vaccinefinder.org/find-vaccine>

766 S MISSION ST., WENATCHEE, WA  
MOBILE CLINIC ~ CLÍNICA MÓVIL

**FREE! COVID19 tests & Flu Shots!**  
**¡GRATIS! Pruebas de COVID 19 y Vacunas contra la gripe**

<b>Flu Shots • Vacuna contra la gripe</b> Monday - October 12 Lunes - 12 de octubre 5:00PM - 8:00PM  Saturday - October 17 Sábado - 17 de octubre 11:00AM - 3:00PM (& COVID)	<b>Pruebas de • COVID 19 • Tests</b> Monday - Friday Lunes - Viernes 9:00AM - 5:00PM   <b>QUESTIONS? ¿PREGUNTAS?</b> Call   Llame 509-415-8274
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Get the **FLU SHOT**  
...not the flu!  
Obtenga la **VACUNA** contra la gripe  
...¡no la gripe!


### Emergency Food Assistance Program



Qualifications for this program include individuals isolating or quarantining at home to limit exposure of the virus in my community and answer "YES" to the following questions:

1. Is your residence located in Chelan County?
2. Have you or someone living in your home tested positive for COVID-19 or been directly exposed to someone who has tested positive for COVID-19?
3. Do you need secure access to food for the duration of isolation or quarantine at home?

If these are true of you, please contact Jim Kaing, Monday-Friday 9:00am-5:00pm or hablas español, Marisela Ontiveros, Monday-Friday 9:00am-Noon.

**509-663-4673**

or visit [www.servewenatchee.org](http://www.servewenatchee.org)

## SBA, Treasury announce simpler PPP forgiveness for loans of \$50,000 or less

Last week, the U.S. Small Business Administration, in consultation with the Treasury Department, released a simpler loan forgiveness application for Paycheck Protection Program (PPP) loans of \$50,000 or less. This action streamlines the PPP forgiveness process to provide financial and administrative relief to America's smallest businesses while also ensuring sound stewardship of taxpayer dollars.

Read more details on the [Wenatchee Valley Chamber of Commerce](#) blog.



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## Don't get tricked: Be safe this Halloween

Halloween will look a little different this year because of COVID-19. In fact, get-togethers should be smaller, recommends the Washington Department of Health.

The DOH is discouraging traditional trick or treating and encouraging people to find new and creative ways to celebrate Halloween while still protecting family and friends from the risk of getting COVID-19. [Tips for a Safer Halloween.](#)

Area businesses and local chambers are doing what they can to provide safer options on Halloween:

[8<sup>th</sup> Annual Scare Crazy](#): Through Oct. 31 in locations around Cashmere. The month-long community event marks its eighth year. Pick up a free self-guided scarecrow map at the Cashmere Chamber of Commerce, 103 Cottage Ave. Bring the kids to walk or drive around the quaint town of Cashmere to see the more than 100 scarecrows on display from businesses and residences.

**TIPS FOR A HEALTHY, HAPPY HALLOWEEN**

Many of our favorite Halloween traditions could increase our risk for getting or spreading COVID-19. We are asking Chelan and Douglas county residents to incorporate healthy habits into their celebrations. **Halloween should be spooky, but not because of COVID-19!**

SAFEST LOW-RISK ACTIVITIES	SPOOKIEST HIGHER RISK — NOT RECOMMENDED!
<ul style="list-style-type: none"> <li>Celebrating at home with your household               <ul style="list-style-type: none"> <li>Have a scavenger hunt with treats hidden around the house or yard.</li> <li>Dress up and break out the snacks for a spooky movie marathon.</li> </ul> </li> <li>Gathering with friends online               <ul style="list-style-type: none"> <li>Host a virtual costume contest or pumpkin carving party.</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Crowded halloween parties and events               <ul style="list-style-type: none"> <li>Chelan and Douglas counties are in modified Phase 1.5, meaning gatherings should be held outdoors with five or fewer people.</li> </ul> </li> <li>Indoor haunted houses (not permitted this year under Safe Start)</li> <li>Door-to-door trick-or-treating, especially in large groups</li> </ul>

**IDEAS FOR SAFER TRICK-OR-TREATING**

IF YOU GO TRICK-OR-TREATING	IF YOU HAND OUT TREATS
<ul style="list-style-type: none"> <li>Stick with members of your household.</li> <li>Maintain at least 6 feet of distance from people in other groups.</li> <li>Incorporate a snug cloth face covering into your costume.</li> <li>Wash hands before and after and bring along hand sanitizer.</li> </ul>	<ul style="list-style-type: none"> <li>Create grab bags of treats.</li> <li>Set treats on a table outside and greet visitors from a safe distance, or try a creative approach, like sliding candy down a long tube.</li> <li>Place markers on the ground to help visitors stay 6 feet apart.</li> </ul>

**BE CREATIVE, BE HEALTHY**

However you decide to celebrate, please keep these tips in mind:

- Fewer, shorter interactions are safer.
- Outdoors is safer than indoors.
- 6 feet apart is safer than shoulder to shoulder.
- Wearing face coverings is safer than not wearing face coverings.
- Don't gather with others or invite visitors if you are feeling sick!

FIND MORE TIPS: [coronavirus.wa.gov](https://coronavirus.wa.gov) | [cdc.gov/coronavirus](https://cdc.gov/coronavirus)



[Candy Cruz](#): Oct. 31, in three locations around Wenatchee, including downtown Wenatchee (1-3 p.m.), Pybus Public Market (2-4 p.m.) and the Town Toyota Center (2-5 p.m.). Participants will have the opportunity to receive candy from within the safety of their own vehicles. All volunteers will be in masks and gloves. No walk-up participants will be accommodated. Visit the event website for details about cruising routes.





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[Downtown Chelan Drive-Thru Trick-or-Treat](#): Oct. 31 from 5 to 7 p.m. in downtown Chelan. The Historic Downtown Chelan Association will host drive-thru trick-or-treating and a car-stume contest for everyone in your car. Come one down to pick up a goody bag!

[Activity Calendar](#) & [Coloring Pages](#): We've posted some fun ideas for your ghosts and goblins on our Facebook page and website.

## Questions of the Week

*Each week, we will feature questions that we receive from the public via our social media and email.*

**Q: Why are the total numbers of COVID-19 cases that the health district reports on its website different from those on the Department of Health's website?**

A: Any discrepancy between the CDHD numbers and DOH is because DOH currently is reporting antigen positives in a weekly report separate from the total case counts.

**Q: When will the health district re-open the schools?**

A: The CDHD does not make decisions for the school districts, which are governed by school boards. It does, however, offer guidance. For more information, see the [Region 7 K-12 Guidance for Reopening to Classroom Instruction](#).

**Q: A team from the Centers for Disease Control and Prevention says there is a lack of trust of official sources among some Wenatchee-area residents, and a lack of COVID-19 communication. Is anything being done with this testing effort to address that?**

A: The Chelan-Douglas Health District is continually working to improve relationships with our community members, partner agencies and organizations, and stakeholders. We recognize clear communication is one way we can foster these relationships and gain the trust of our community. New avenues are being developed and put into place to help bridge gaps in communication.

We are making great efforts to set up testing throughout both Chelan and Douglas counties. We also are going to extensive efforts to connect with our communities about any upcoming testing by making door-to-door contact with residents while keeping within appropriate COVID-19 guidelines; increasing and streamlining public outreach efforts; connecting with faith-based and non-profit communities; working with advocacy groups and the business communities, to name just a few. We have developed literature, flyers, pamphlets, and other written material in English and Spanish.