



COVID-19



STAY HOME, LIMIT TRAVEL, SAVE LIVES

What is COVID-19? COVID-19 is a respiratory disease [spreading](#) from person-to-person caused by a novel (new) [coronavirus](#). The disease has been named “coronavirus disease 2019” (abbreviated “COVID-19”). People with COVID-19 can have no symptoms or develop mild, severe, or fatal illness.

Symptoms of COVID-19 may include:

- Shortness of breath
- Cough
- Fever

Those at high-risk for severe illness from COVID-19 Include:

- People 60 years and older
- Other high-risk conditions or underlying medical conditions (e.g., diabetes, chronic lung disease, asthma, serious heart conditions, people who are immunocompromised including cancer treatment.
- People who are pregnant should take precaution and be monitored, however, to date data on COVID-19 has not shown increased risk.

If you develop emergency warning signs:

- Trouble breathing
- Pain or pressure in your chest
- New confusion or inability to arouse/wake-up
- Gray/bluish lips or face

Seek medical attention immediately.

If you need emergency medical attention call 911 and notify them of your COVID-19 Symptoms.

How is Mason County Responding? The worldwide COVID-19 pandemic and its progression in Washington State continues to threaten the health of our people and our medical infrastructure. Mason County is actively working in an Area Command structure preparing, monitoring and responding to COVID-19 in Mason County.

HOW CAN I PROTECT MYSELF and STOP THE SPREAD of COVID-19?

Practice Social Distancing:

- Keep at **least 6 feet** of space between yourself and others whenever possible.
- Wash your hands regularly, before and after an essential public activity. Avoid touching your face, mouth, nose and eyes.
- **Clean — and then disinfect** — surfaces and things you touch often. These include, doorknobs, light switches, handrails, countertops, remote controls, shared electronic equipment, desks, phones, keyboards, toilets, faucets and sinks.
- Stay home except for essential needs: medical appts, medication, groceries, or emergencies.
- Try planning a once every other week shopping trip to avoid to many visits to grocery stores.
- Give your neighbors a call and check in to see how they are doing. Especially those who are elderly, or health compromised.
- Promote outdoor activities at home to get that fresh air. Stay home does not mean stay inside.

If social distancing is done correctly it will help limit your exposure possibilities and slow the transmission of the virus from person to person. With the participation of everyone it will help avoid overwhelming our medical system. As a community lets work hard to protect ourselves and our loved ones.

Local stores have provided hours for Senior Shopping to Limit exposure:

Safeway Shelton	T & Th 6-9am	600 Franklin St, Shelton WA 98584	(360)426-9978
Safeway Belfair	T & Th 6-9am	23961 NE State Route 3, Belfair WA 98528	(360)275-0922
Fred Myer Shelton	M, T, W, Th 7-8am	301 E Wallace Kneeland Blvd, Shelton WA 98584	(360)427-2979
Walmart Shelton	Tuesdays 6-7am	100 E Wallace Kneeland Blvd, Shelton WA 98584	(360)427-6226
QFC Belfair	M, T, W, Th 7-8am	201 NE State Route 3, Belfair WA 98528	(360)275-2050
Rite Aid Belfair	Monday-Friday 9-10am	23940 NE State Route 3, Belfair WA 98528	(360)275-8964