

## COVID-19 Reminders:

To help stop the spread of COVID-19, Governor Inslee has asked Washington residents to stay home as much as possible and do their part to keep everyone healthy. This is especially important as the [state begins to gradually reopen](#) and we work together to prevent outbreaks.

King County is currently in [Phase 2 of the Safe Start plan](#) to gradually and carefully reopen the local economy. Please follow this Safe Start guidance to see what is open in addition to essential activities and please, limit non-essential activities.

Now more than ever, we need everyone to slow the spread of COVID-19. Continued vigilance is crucial to reduce the spread of COVID-19.

- Wash hands frequently with soap and water for at least 20 seconds. If not available, use hand sanitizer. Engaging in good hygiene such as hand washing is a way, we can all do our part to keep ourselves, our families, workers and our communities safe.
- Limit non-essential trips out of the house and minimize contact with others who don't live with you. Regardless of whether they are young and healthy or not.
- Stay at least 6 feet away from others outside of your home.
- Wear a cloth face covering or mask to cover your mouth and nose when outside your home.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Stay away from others who are sick. Stay home if you are sick or showing [symptoms](#).
- Avoid group gatherings and poorly ventilated spaces.
- Limit trips for groceries, gas and other essentials. [Fewer, shorter and safer interactions are crucial](#).
- Do not buy more than you need. Many are overstocking on products that sick neighbors, healthcare providers, and emergency providers need like hand sanitizer and disinfectant wipes. [Leave some for your neighbors!](#)
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.

If you must travel, check for the latest COVID-19 Travel Alerts and follow the [CDC's Travelers' Health guidance](#).

The Public Health continues to work with state and local partners to coordinate on what is best for our community, continuously monitor the situation, and adapt as necessary to the changing circumstances.

Currently, there are no vaccines available to prevent COVID-19 infections.

For more information on Washington's COVID-19 response, visit [www.coronavirus.wa.gov](http://www.coronavirus.wa.gov)

<https://kingcounty.gov/depts/health/covid-19/FAQ.aspx>

[https://coronavirus.wa.gov/sites/default/files/2020-07/Social%20gatherings%20how-to\\_July29.pdf](https://coronavirus.wa.gov/sites/default/files/2020-07/Social%20gatherings%20how-to_July29.pdf)