

KITTITAS COUNTY PUBLIC HEALTH
VIDEO UPDATE
Wednesday, November 25, 2020

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Today's video: <https://www.youtube.com/watch?v=nIgi-h2wxB8>

KCPHD channel:

<https://www.youtube.com/channel/UCyQzBwJLbkLj7WueKJ5w7mQ/>

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Good morning, it's Dr. Larson here to talk about Public Health. First, I'll talk about our incident rate, then about Thanksgiving and what we can do to protect each other.

Yesterday, we had 46 cases, which is twice the number we've had before. On the board here [showing], we can see testing numbers from the COVID-19 Clinic at KVH from Nov 16-24. On Nov. 20, they tested 217 people, so a lot more people are being tested. Some of these wanted to be tested because they are traveling, but most wanted to be tested because either they're symptomatic or they're a close contact of someone who is positive.

Our current percent positive rate is 7.5%, up from 6.0% last week. Our goal is 2%.

The current incident rate is 266.3 per 100,000 for 14 days. The goal is fewer than 25 cases per 100,000 for 14 days. We were fewer than 25 when we moved from Phase 2 to Phase 3 last summer, so our numbers are going up.

We are currently managing 173 active cases here at Public Health. In November, we've had 272 cases, with 37 of those being CWU students. The remaining cases belong to community members.

This [showing] is Chelan Douglas. They are at 863.8 cases this week, and were 632.5 last week. Everyone is going up.

Our hospital is at 80% capacity, with none of those being patients with COVID-19. The number there fluctuates up and down as some come to the emergency room and then go home. There are people in our community who are sick.

My ask going forward is for us to follow the governor's

restrictions over the holiday this week.

First, if you travel outside of the state for the holiday (which is not recommended), you need to quarantine for 14 days once you return to Washington. You don't have to wear a mask at home, but you should be quarantining from others.

That dovetails into the Thanksgiving recommendations. We can be thankful, to be sure, but we should be gathering with our immediate households only. Indoor gatherings are not allowed in Washington state, with people from outside our immediate households.

You can gather with up to five people from outside your immediate household if you meet up outside.

In reviewing the cases we have had since the beginning of the pandemic, there are two threads tying them together. One is not wearing a mask, and the other is prolonged contact with others.

Family members who come from out of state for Thanksgiving would bring their bubble to your bubble, and we usually don't wear masks at home. You'll spend the day together, eating and being thankful for things.

Thanksgiving is different this year from last year. You can still be thankful. You can call your family, you can Zoom with people, etc. But you should be staying within your own bubble.

We do still have the mask mandate in Washington state. 97% of our cases since the beginning of the pandemic have been related to people not wearing masks and not social distancing. It doesn't matter if that's in a business, at home, at school, or at work. We should be wearing masks and social distancing.

We'd really like to see our numbers come down and not go up after Thanksgiving.

We're still trying to keep the schools open. The K12 schools are still in place. Yesterday, we had 11 cases in the Ellensburg School District, with no secondary transmissions. Only three of those cases were in school during their infectious period. Because they're masking and social distancing in schools, we didn't have to put anyone in quarantine.

We're also trying to keep businesses open. I know it's a struggle for the restaurant and entertainment businesses. Bars

and restaurants are closed to in-person service. Please patronize those businesses -- order out and help out when they open back up.

When numbers are coming down, and we're going into those businesses again, we can eat and then put our masks back on. That will allow those businesses to stay open.

Regardless of your feelings about masking, it's not a political statement. It's a statement to keep businesses and schools open, and to keep each other safe. Please wear your mask this holiday. Be thankful, and spend time with your family.

Public Health is working this weekend, doing case and contact investigation. Watch out for yourselves, and for each other.

Thanks a lot. Bye.

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Transcription provided by:
DARLA HILL SAUTTER
509-312-9339 or words@middledee.com

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