



COVID-19 Recommendations - March 16, 2020 Update

Here are some new facts worth knowing from among the massive onslaught of new information since last Friday.

- **WA state Governor Inslee lowered the limit on public gatherings to 50 people.** Additional prohibitions temporarily restrict restaurants to drive through or delivery, closed all bars, entertainment and recreational facilities. The current timeline is through March 31, *but that is expected to be extended*. King County rules for any gathering of any size under 50 people still apply. That means your company, too, no matter the size. **See [here for the official rules](#).**
- **NYT**, Reuters and some **researchers** in the science community have confirmed the French Health Ministry announcement that NSAID medications (like Ibuprofen, cortisone) may aggravate COVID-19 symptoms. **The recommendation** is to use paracetamol aka **acetaminophen** aka **Tylenol** for aches or fever.
- **We do not have the capacity to do widespread testing in WA state.** While we now have several local labs that can run the test, we do not have the supplies to collect samples. Furthermore, the COVID-19 symptoms are almost indistinguishable from the flu, which makes doctors dubious to diagnose COVID-19 outright. There is no easy way to confirm. Therefore, only if you are headed to a hospital from complications due to your symptoms, and only if you have been in contact with a known COVID-19 case, then you will be tested. Everybody else will instead be asked to self-quarantine and prescribed medications to help with a generic diagnosis of flu or respiratory illness. Frontline healthcare workers are being regularly tested for COVID-19 to halt the spread among those most at risk from complications from the virus.

- **Supply lines.** Costco is limiting visits to 1000 customers in store to ensure social distancing. They allow 25 people in when 25 people leave the store. They are working diligently to re-supply all fresh food, paper products, and pharmacy items. So far, their supply chain is working well. Also, they have imposed per person limits on some items to spread out the supply more fairly and slow the panicked buying. This will allow for longer lasting supply chains for the foreseeable future. Meanwhile, Amazon is hiring 100,000 workers (and recruiting from those recently out of work) to help keep supply lines going for customer needs as well.
- Johns Hopkins University has a **current chart of case data by location**. You can use this as means to fact check whatever you hear or read on any form of media. [Find it here](#).
- We received clarification from the WA Department of Health today on the **duration of self-quarantine** and **COVID-19 immunity**.
 - If you are a confirmed COVID-19 case, you must follow the quarantine orders given to you by your healthcare provider.
 - If you have the symptoms and are under self-quarantine, then you are released from self-quarantine 3 days after all the symptoms are gone or 7 days after onset, **whichever is later**.
 - There is early research that suggests potential immunity once you have recovered from COVID-19, however there is no definitive research or consensus on this matter. *For now, assume you can get reinfected and use all prevention protocols if you re-enter the public domain after symptoms are gone and your quarantine has ended.*
- Spain has announced a complete country quarantine. San Francisco has announced a “shelter in place” form of quarantine as a city. Basically, everything is shut down except essentials. New York is seriously considering a similar quarantine at this moment. Seattle, while far ahead of the curve in cases and deaths compared to New York or San Francisco, is not yet in a full quarantine mode. **However, a Seattle “shelter in place” quarantine could come any day.**

URGENT. If you have not already done so, we think it is imperative that you form a plan with your team on how to operate your company if Seattle, King County, or a wider region is placed into an enforced quarantine through the end of April. This is not announced yet, but it's reasonable planning given what we know today. Remote work tools such as Slack, Microsoft Teams, Google Hangouts, Zoom, Skype, among others can help you at least keep your office staff functional and working with suppliers, customers, and partners.

Until and unless we are all restricted to our homes, **please urge employees who can work from home to do so**. Those who cannot do their jobs or be productive at home, they can for now can come to work, but **MUST** follow the prevention guidelines. **This is no longer a recommendation. This is now required to flatten the curve.**

- Wash your hands often with soap and water - especially before eating - for at least 20 seconds. It takes about 20 seconds to sing the alphabet song.
- Hand sanitizer should be at least 60% alcohol to be effective against the virus.
- Do not touch your eyes, nose, and mouth.
- Do not shake hands.
- Keep a social distance of at least 6 feet between you and others in any meeting.
- Clean shared touched surfaces and objects including keyboards, desktops, tabletops, and doorknobs using a household cleaning spray or wipes. [Here is a list of cleaning supplies that are effective against COVID-19.](#)
- **CRITICAL:** If you are feeling ill, especially with a cough, fever, or shortness of breath -- STAY HOME. Call your primary doctor. If you are fearful of your life or another person's life from these symptoms, call 911. DO NOT go to the Emergency Room or Urgent Care unless instructed to do so.
- **CRITICAL:** If you are *pregnant, over 60, or have a chronic health issue* such as diabetes, COPD, asthma, immune disorder, or compromised immune system of any kind, then you are susceptible to severe complications from COVID-19. Avoid contact with others and follow all prevention recommendations above.

Volunteering. Many members have asked "what can I do to help?" so we have compiled a few ideas for you.

- **Food banks** — food banks are more critical than ever. They don't just provide food to those who need it the most. They also collect and distribute essential hygiene supplies. Please consider donating financially if you can. [Find your local food bank here.](#)
- **Donate blood** — we are running low for regular ICU patients. The stress of this situation is making matters much worse. If you are healthy and are willing, please donate blood. [Find where to do so here.](#)
- **Support your local business** — bars and restaurants are restricted to delivery and drive-through only. If you can afford it, by all means have them deliver food to your house or a friend's house as a gift. Keep those kitchens working! The best bet is to use your favorite delivery app such as Doordash, GrubHub, Instacart, Uber Eats, Postmates, Caviar, etc.

Hospitals. Here is a list of area hospitals with useful COVID-19 pages.

[CHI Franciscan](#)

[Evergreen Health](#)

[Kaiser Permanente](#)

[Mary Bridge Childrens](#)

[Overlake](#)

[Providence](#)

[Seattle Childrens](#)

[Swedish](#)

[UW Medicine & Harborview](#)

[Valley Medical](#)

[Virginia Mason](#)

Last word today. Communicate frequently and clearly what your operating plans are with your staff, your suppliers, your customers, and your partners. Do not hesitate to update daily as this is a rapidly evolving situation. Better to over communicate and continue to partially operate than be assumed out of business.

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