



COVID 19 Announcement

Governor Jay Inslee **announced new community strategies and social distancing plans** Wednesday at a news conference in Seattle to minimize COVID-19 exposure, particularly in counties hit hardest by the virus.

Starting today, events that take place in King, Snohomish, and Pierce counties with more than 250 people are prohibited by the state. This order applies to gatherings for social, spiritual and recreational activities. These include but are not limited to: community, civic, public, leisure, faith-based, or sporting events; parades; concerts; festivals; conventions; fundraisers and similar activities. "This is an unprecedented public health situation and we can't wait until we're in the middle of it to slow it down," Inslee said. "We've got to get ahead of the curve. One main defense is to reduce the interaction of people in our lives." Read the rest of the story on the [governor's Medium page](#).

At this time, Island County is not included in the prohibition, but we will continue to monitor the situation. We are not closing parks or facilities or canceling any additional programs at the present but will notify all participants should such a cancellation/closure become necessary. As this pandemic continues to develop, we recommend that each organization monitor the situation and decide what is best for their particular group. Remind participants, volunteers, and parents of the ways to combat the spread of the virus (social distancing, staying home when sick, handwashing), and have a communication plan in place to inform your group of cancellations.

Following is a FAQ that provides general guidance for "social distancing".

Social Distancing Frequently Asked Questions

What is social distancing?

It's a common strategy for reducing the spread of disease. The closer the contact between people – and the more people in a group – the greater the risk of passing along viruses.

How close is too close?

Try to keep at least 3 to 6 feet away (1-2 meters) away from others. Avoid handshakes and hugs – use smiles and "hellos" instead. If you want some kind of physical contact, go for elbow or shoulder bumps.

How many people are in "large group" that I should avoid?

The Snohomish Health District recommends avoiding groups of 50 or more, especially in poorly ventilated spaces.

It's hard to avoid people. When should I simply stay home?

Stay home when you have a serious condition such as diabetes, heart disease or lung disease or have a cough, fever, and/or difficulty breathing. People older than 60 are especially vulnerable to the COVID 19 virus. Consider having groceries and supplies delivered.

Where can I learn more?

Check out our website pages dedicated to COVID 19 linked here.

- We encourage proper handwashing at every opportunity, before and after recreation programs – and less face touching. You can assume that shared equipment is dirty.
- Please stay home if you are sick. If you or your children have asthma or other medical conditions that put them at higher risk for an infection, talk to your health care provider now about a plan to protect them during the flu season.
- Facilities, they are working out their own disinfecting schedule.
- Avoid touching your eyes, nose, or mouth.
- Cover your mouth/nose with a tissue or sleeve when coughing or sneezing.
- Regular use of alcohol-based hand sanitizer covering all surfaces of the hands and rubbing them together until dry will decrease risk that the virus is transmitted to you or other people.
- Avoid contact with people who are sick.
- Stay home while you are sick and avoid close contact with others.
- Remind each other to wash hands



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