The coronavirus continues to spread worldwide. Here are three simple steps to stay informed, prepare your family, and do your part to protect your community.

FIRST: FOLLOW THE DATA

- The percentage COVID-19 cases in Yakima County is more than four times higher than the state average (6.0% vs. 26.4%, as of June 22, 2020 11:59PM PT).
- The percentage COVID-19 cases in Yakima County is higher than neighboring counties (Benton, Grant, Kittitas, Klickitat, Lewis, and Skamania)
- This means COVID-19 is spreading faster in your community.

<table>
<thead>
<tr>
<th>County</th>
<th>Percent Positive $^a$</th>
<th>Percent of deaths $^b$</th>
</tr>
</thead>
<tbody>
<tr>
<td>All counties (WA State)</td>
<td>6.0%</td>
<td>4.4%</td>
</tr>
<tr>
<td>Yakima</td>
<td>26.5%</td>
<td>2.2%</td>
</tr>
<tr>
<td>Benton</td>
<td>17.1%</td>
<td>5.2%</td>
</tr>
<tr>
<td>Grant</td>
<td>10.1%</td>
<td>1.5%</td>
</tr>
<tr>
<td>Kittitas</td>
<td>4.5%</td>
<td>N/A</td>
</tr>
<tr>
<td>Klickitat</td>
<td>3.4%</td>
<td>5.7%</td>
</tr>
<tr>
<td>Lewis</td>
<td>1.8%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Skamania</td>
<td>0.8%</td>
<td>N/A</td>
</tr>
</tbody>
</table>

$^a$: confirmed cases/total number of tests

$^b$: deaths/confirmed cases

SECOND: FOLLOW THE INFORMATION SUPPORTED BY SCIENCE

- What the science says about how to prevent yourself from getting sick:

**Wash your hands** often with soap and water for at least 20 seconds and avoid touching your face with unwashed hands.

**Stay at home** as much as possible, and if you are sick, and avoid close contact with people who are sick.

**Cover your cough** or sneeze with the inside of your elbow or tissue and throw used tissues in the trash. Immediately wash your hands.

**Clean and disinfect** frequently touched surfaces, such as tables, doorknobs, light switches, countertops, faucets, and phones.

**Don't have visitors** unless they need to be in your home.
FOLLOW THE INFORMATION SUPPORTED BY SCIENCE
• What the science says about how to keep yourself safe when you go outside your home:

Stay at least 6 feet away from others. To help you visualize what 6 feet looks like, picture the length of a door, mattress, dining room table, or sofa.

Wear a cloth face mask that covers your nose and mouth.* (Please see the note below)

Avoid public transportation, ride-sharing, or taxis. Don’t ride in a car with members of different households.** (Please see the note below)

Get deliveries and takeout and limit in-person contact as much as possible.** (Please see the note below)

Don’t touch frequently touched surfaces in public areas, such as elevator buttons and handrails.

THIRD: CORRECT MISINFORMATION
• Here are some examples of misinformation. For more go to: World Health Organization/myth-busters

FACT: Adding pepper to your soup or other meals DOES NOT prevent or cure COVID-19.

NOTES

*Not everyone can avoid taking public transportation and order grocery or meal deliveries. But experts recommend limiting these activities to the extent that you are able and always wear a mask when you go outside home.