



**FORKS COMMUNITY HOSPITAL**  
**STATUS REPORT FOR**  
**FORKS & WEST END**



**INFO**  
**CORONAVIRUS**

**Wednesday, July 15, 2020**

**COVID 19 TESTS DONE AT FORKS COMMUNITY HOSPITAL**

# TESTED	690
# POSITIVE TESTS	3
# NEGATIVE TESTS	687
# TESTS PENDING	0
# TOTAL HOSPITALIZATIONS	0
# TOTAL COVID-19 DEATHS	0

**COVID 19 VIRUS, CLALLAM COUNTY WIDE**

# TESTED	6,876
# POSITIVE TESTS	66
# NEGATIVE TESTS	6,617
# TESTS PENDING	193
# TOTAL HOSPITALIZATIONS	3
# TOTAL COVID-19 DEATHS	0
# RECOVERED ***Updated Weekly***	41

CLALLAM BAY CORRECTION CENTER INMATE NUMBERS	0 Positive COVID- 19 tests 0 Test pending
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*Information Source: Clallam County Emergency Management (CCEM), DOC, and the Forks Community Hospital*

News and Information

- From the City of Forks
  - The Clallam County Department of Health and Forks Emergency Management will offer free testing to West End community members who are uninsured, or have limited financial means between the hours of 1-5 p.m. on Sunday, 26 July 2020
    - Location to be announced at a later date this week
  - You can come get tested if you:
    - have traveled outside of the North Olympic Peninsula in the past 3 weeks; or
    - have had visitors from outside of the North Olympic Peninsula in the past 3 weeks, or
    - are feeling sick with symptoms of COVID 19
- On 7.26.2020, testing is expected to take about 30 minutes and involves a nose swab that is not painful. Testing is free and no insurance or identification is required. Testing will be supervised by the Clallam County Department of Health. Results will be provided to tested individuals within days.

- If you feel you have symptoms of COVID-19, don't wait until the 26<sup>th</sup>; call Bogachiel Medical Clinic at 360-374-6998 (#2) to speak with a healthcare worker.
  - CDC symptoms recognized at Forks Community Hospital include:
    - Cough
    - Shortness of breath
    - Fever
    - Chills
    - Sore throat
    - Headache
    - Fatigue
    - Muscle aches
    - The loss of the sense of taste or smell
    - Nausea
    - Vomiting
    - Diarrhea
    - Abdominal pain
    - Runny nose
    - congestion
  
- There have been zero reported deaths as a result of COVID-19 in Clallam and Jefferson Counties.
- To decrease wait times at the Central Check-In Station, please complete the top portion of the COVID-19 Assessment Form and bring it with you to your appointment. If you are attending an appointment as a caretaker, please have a form completed both for yourself and the patient. We appreciate your partnership as we work to safely provide you with exceptional, personalized care throughout the COVID-19 pandemic Click here to download the PDF <https://www.forkshospital.org/wp-content/uploads/COVID-19-Assessment-Information.pdf>
- REMINDER- at this time we are working hard to ensure the safety of our staff, patients, and residents. Visitors are not allowed at this time. Caretakers are recognized as a person deemed medically necessary to the patient.

#### General Health Question of the Day

- “What is Depression?”
  - “Nearly everyone has felt depressed, sad, or blue at one time or another. A depressed mood is a normal reaction to loss, life's struggles, or injured self-esteem. Sometimes, however, depression becomes intense, lasts for long periods, and prevents a person from leading a normal life. If left untreated, depression can get worse, sometimes lasting for years. It can even result in suicide. It is important to recognize the signs of depression and seek help if you see signs of depression in you or a loved one. It is important to know that depression CAN be treated successfully.”
- “What are the types of Depression?”
  - “Major depressive disorder (or major depression): A person with this type of depression feels a profound and constant sense of hopelessness and despair. The symptoms of major depression interfere with the person's ability to work, sleep, study, eat, and enjoy themselves, even activities which had previously been pleasurable. This disabling type of depression may occur only once in a lifetime, or more commonly, occurs several times in a lifetime.
  - Minor depression: A person with this type of depression has symptoms for longer than two weeks at a time, but does not meet the criteria for major depression.
  - Dysthymic disorder (or dysthymia or chronic depression): In dysthymia, the main symptom is a low mood on most days for a long period of time. Other depression symptoms may be present, but are not as severe as in major depression.”
- “What are the Signs of Depression?”

- “The major symptoms of depression include the following:
  - Feeling extremely sad, anxious, or "empty"
  - Feeling hopeless
  - Feeling worthless
  - Sleeping too much or too little
  - Loss of enjoyment from things that were once pleasurable
  - Loss of energy
  - Difficulty concentrating, thinking, or making decisions
  - Changes in appetite that lead to weight loss or gain
  - Uncontrollable crying
  - Headache
  - Stomach Ache
  - Digestive problems
  - Problems with sexual function
  - Thoughts of death or suicide
  - Attempting suicide
- If you or someone you know is demonstrating any of the (above) warning signs, contact a primary care doctor, a mental health professional, or a community mental health center. If you feel unsafe, go to the nearest emergency room for evaluation and treatment.”
- Source: taken as direct quotes from <https://my.clevelandclinic.org/health/diseases/9290-depression>
- Help is available locally. West End Outreach Services has highly qualified staff ready to partner with you and your loved ones. For more information call 360.374.5011.
- If you have general health information questions, please send them to [information@forkshospital.org](mailto:information@forkshospital.org). *No private medical information, please.*

#### Thank You

- Thank You, CDK Ladies for another generous donation of masks.
- Thank You, Linda Outfut for your continued mask donations.
- Thank You, Robyn Wright for an amazing donation of masks.
- Thank You, Debbie Anderson for your continued dedication to the masking cause and managing all donated materials.
- Thank You, Heather Hanson for the lovely mask donations.
- Thank You, Crossgrove Family for a lovely package of hand sewn masks.
- Thank You, Corinne Spicer for the amazing donation of elastic and fabric.
- Thank You, Angie Pursley for the lovely donation of fabric.

#### Assistance

- Pandemic EBT is a new emergency program for ALL children in grades K-12 in Washington who receive free or reduced price school meals. P-EBT is not subject to public charge and will not affect your immigration status. P-EBT provides families with funds to pay the cost of meals while schools are closed due to COVID-19. No interview is required. Apply by following this link <https://www.washingtonconnection.org/eapplication/home.go?action=Introduction&source=> or calling the Customer Service Center at 877-501-2233 from 8:00 am through 5:00 pm Monday through Friday.
- Here is a link to the 211 website for non-emergency assistance, as outlined in a separate information release: [www.win211.org](http://www.win211.org). If you would like to speak with a live person, call 833-492-0834.
- The Clallam County Hotline number is 360-417-2430.

- A toll free line has been established for those also in need. Whether child care, food or prescription delivery, mental health or any other need, people can call 1-833-492-0834 for referral to assistance.
- Forks Food Bank is located at 181 Bogachiel Way in Forks. The Food Bank is open Tuesdays and Thursdays from 3:00 pm to 5:00 pm. P.O. Box 763 Forks, WA 98331
- Forks Food Bank has become the Northwest Harvest and Food Lifeline box distribution hub. Boxes arrive shortly before the food bank opens. For more information call 360.640.8211.
- The County Emergency Operations Center is operational Monday through Friday 8:30 am to 5:00 pm.
- Forks Abuse, located at 81 S 2nd Ave, Forks, WA has a food pantry outside and is accepting donations daily.
- The Caring Place has diapers available for families in need. Call 360.374.5010

### Behavioral Health

- In response to COVID-19, Washington has launched Washington Listens, a support program and phone line to help people manage elevated levels of stress due to the pandemic. People who call the Washington Listens support line will speak with a support specialist and get connected to community resources in their area. The program is anonymous. The Washington Listens support line is 1-833-681-0211. It is available from 9 a.m. to 9 p.m. Monday through Friday, and 9 a.m. to 6 p.m. Saturdays and Sundays. TTY and language access services are available by using 7-1-1 or their preferred method.
- ImHurting Crisis Chat is a service offered through Volunteers of America Western Washington. Their toll-free 24-hour crisis hotline number is 1-888-910-0416. The 24-hour crisis online chat is at [www.imhurting.org](http://www.imhurting.org).
- The National Suicide Prevention Lifeline number is 1-800-273-8255 and is available 24 hours a day
- West End Outreach Services continues to be open regular business hours. Our providers are offering all behavioral health services over the telephone so the community can continue to “Stay Home and Stay Safe.”
  - West End Outreach Services are available by phone at (360)374-5011
  - Monday and Friday from 8:00 am to 5:00 pm
  - Tuesday, Wednesday, and Thursday from 8:00 am to 6:00 pm