Current COVID-19 Guidance and Restrictions
New temporary restrictions in King County

On November 15, Governor Inslee announced temporary restrictions to be in effect statewide. The restrictions are in place until January 4. Industries and activities not mentioned in the Governor’s announcement may continue operating with the existing regulations.

Continued vigilance, including limiting trips outside the home, social distancing, regular hand washing and wearing face coverings in public is crucial to reduce the spread of COVID-19 and allow us to resume normal economic activity.

Learn what workplaces, communities and schools, and residents in King County need to know, plus important COVID-19 resources for you or your business.

Update as of 12/04

If you’ve been exposed to someone with COVID-19 and you test negative, Public Health recommends the following for people who have no symptoms:

1. Stay in quarantine for 14 days after your last contact, this is the safest option.
2. If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing.
3. Or, if options #1 and #2 are not possible, it may be possible to end quarantine after 7 full days beginning after your last contact and after receiving a negative result from a test (the negative COVID-19 test cannot be obtained sooner than 48 hours before ending quarantine). This will depend on availability of testing resources.

Read about the new CDC quarantine guidelines.

Status as of 11/15

In King County, cases have risen to new highs and hospitalizations are up. We are very worried about the increasing impact on the health of our community, healthcare system, and economy. Immediate action is necessary to flatten the curve in response to a statewide fall surge.

Among the new restrictions:

It’s time to stop socializing indoors. Indoor social gatherings with people who do not live in the same household are prohibited, unless you quarantine for 14 days prior to the gathering or quarantine for 7 days and receive a negative test result.

Outdoor social gatherings are restricted to 5 people from multiple households.
Reduce time spent on non-essential activities. Restaurants and bars can only operate outdoor dining, carry out or delivery. Retail and personal services are restricted to 25% capacity. Museums, aquariums, and zoos are only permitted to operate outdoor exhibits. Bowling and movie theaters are restricted from indoor operations.

We know what stops the spread and we need to do more of what we know works right now: limit our gatherings and discretionary activities, avoid indoor spaces, wear masks, keep interactions brief.

As Dr. Jeff Duchin reminded us, our response requires endurance. It hurts to run a marathon, but there will be a finish line. There's progress being made with vaccines and treatments, but we need to keep a lid on it as we wait for a medical breakthrough.

Our goal is to reach a "low level of COVID activity" in King County at 25 cases per 100K in order to safely reopen schools in-person among other activities.

Key indicators for COVID-19 activity in King County.

WHAT'S OPEN?
NOVEMBER 17 – JANUARY 4

In addition to essential activities, the following are allowed:

*Updated on December 8*

RECREATION

- Adult and youth sports (outdoors only, masks required)
- Hunting & fishing
- Skiing
- Camping
- Golf and tennis
- Outdoor recreation involving 5 or fewer people outside your household
- Races: bicycle, running, cross country skiing, biathlons, canoe and kayak races, triathlons, and multi-sport competitions
- Water Recreation Facilities (appointment only)

GATHERINGS

- Indoor gatherings with people who don’t live with you are prohibited, unless you quarantine for 14 days prior to the gathering or quarantine for 7 days and receive a negative COVID-19 test result.
- Gather outside with no more than 5 people who do not live with you per week.
- Indoor spiritual or religious services up to 25% of capacity or 200 people, whichever is less. Face masks are required. (Choirs, bands and ensembles are not allowed. Congregational singing not allowed)
- In-home faith-based services or counseling with up to 5 people.
• Wedding and funeral ceremonies are limited to 30 people. (Receptions not allowed)
• Outdoor visitation at long-term care facilities. (Indoor visitation restricted to essential support person and compassionate care situations)
• Learning and childcare pods

TRAVEL
• Everyone is encouraged to stay home or in their region and avoid non-essential travel to other states or countries.
• Persons arriving from other states or countries, including returning Washington residents, should self-quarantine for 14 days after arrival.

BUSINESS AND SERVICES
• Aquariums and zoos (outdoor exhibits only)
• Construction
• Farms
• In-home/domestic services (nannies, housecleaning, etc.)
• Libraries (limited indoor capacity)
• Manufacturing
• Drive-in movie theaters
• Museums (outdoor exhibits only)
• Personal services (hair and nail salons, barbers, tattoo, etc. with limited indoor capacity)
• Pet grooming
• Photography
• Professional services/office-based businesses (telework is required where possible, businesses have capacity limits and cannot be open to the public)
• Real estate (open houses are prohibited)
• Restaurants/taverns (outdoor dining and to-go only)
• Retail (in-store purchases allowed with limited capacity)

COVID-19 resources in multiple languages

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