



**Inland COVID-19 Response
Emergency Coordination Center**
Joint Press Release

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For Immediate Release
May 17, 2020

COVID-19 Update

Spokane, Wash. - Today, Spokane Regional Health District (SRHD) has confirmed new positive cases of 2019 novel coronavirus (COVID-19) in Spokane County. The total number of cases is now 403, with 30 COVID-19-related deaths. Full details and additional demographics for Spokane County's COVID-19 case results can be found at srhd.org.

SRHD emphasizes the importance of taking the recommended measures to slow the spread of COVID-19 through personal preparedness measures and social distancing. Positive cases in Spokane County are posted on srhd.org and updated Mon.-Fri.

People most at risk have underlying health conditions, are over the age of 60, or health care workers and first responders who were in close contact with a person who tested positive for COVID-19. Symptoms consistent with COVID-19 include:

- Cough, or
- Shortness of breath or difficulty breathing

OR at least two of:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

If you think you are at risk of exposure to COVID-19 or have symptoms similar to those of COVID-19, call ahead before you go to your healthcare provider, urgent care, or the emergency department. You can also call your health insurance's nurse hotline or triage; the number can be found on their website or on the back of your insurance card.

Information and locations for community screening and testing for COVID-19 can be found online: <https://srhd.org/covid-19-drive-through-screening-clinic>.

The Washington State Department of Health has provided the following guidance to help people who have symptoms of COVID-19, are concerned that they were in contact with someone who tested positive for COVID-19, or who have tested positive themselves:

1. [What to do if you have confirmed or suspected coronavirus disease \(COVID-19\)](#)
2. [What to do if you were potentially exposed to someone with confirmed coronavirus disease \(COVID-19\)](#)
3. [What to do if you have symptoms of coronavirus disease 2019 \(COVID-19\) and have not been around anyone who has been diagnosed with COVID-19](#)



