



# COVID-19 RECOVERY

Press Release

#InlandStrong

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**For Immediate Release**

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## 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 788, with 37 COVID-19-related deaths. Full details and additional demographics for Spokane County's COVID-19 case results can be found at [srhd.org](http://srhd.org), and are updated Mon.-Fri.

According to SRHD, the recent increase in positive cases reflect increased contact tracing, the relaxing of testing criteria, and increased testing accessibility. More positive cases are identified, and Spokane County will see higher positive cases in general.

Dr. Bob Lutz, Spokane County Health Officer said, "When we investigate positive cases, the result of reaching out to those who came in close contact is an increase in testing and possible discovery of more positive cases, many of whom may not have symptoms. They now know to self-quarantine to help keep others in our community healthy."

Lutz further explained that the current outbreak is an example of how people, in a congregate setting, can easily spread the virus to one another, reiterating that the public must remain vigilant with the Stay Home Stay Healthy measures.

SRHD emphasizes the importance of taking the recommended measures to slow the spread of COVID-19 including physical distancing and wearing masks while indoors at public places.

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

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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](#)

SRHD continues to encourage people to take the following steps to stay healthy:

- Wear a mask or face covering when indoors at public places where it is difficult to maintain physical distancing of at least six feet. This helps protect others from you unknowingly infecting them with COVID-19.
- Stay home when you are sick. Staying home when ill prevents the spread of infections to others. Experiencing.
- Use good respiratory etiquette and hand hygiene in all community settings, including homes, childcare facilities, schools, workplaces and other places where people gather. Cover your coughs and sneezes with a tissue and put the used tissue in a waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands often and thoroughly with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (with at least 60-95% alcohol) if you can't wash.
- Avoid touching your eyes, nose or mouth: Germs often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.
- Practice other good health habits: Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.
- Support each other, regardless of race, ethnicity or nationality, and including individuals who have become ill. Show compassion and support for individuals and communities most closely impacted and anyone who might be sick.
- Follow the Stay Home, Stay Healthy ordinance.

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