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Public Health
Prevent. Promote. Protect.

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COVID-19 Status Update and Current Recommendations
Press Release

To date, Whitman County has zero confirmed cases of COVID-19. The current risk of COVID-19 in Washington is increasing. As more people are tested, we expect to find positive cases in Whitman County. Currently, the best source of information on confirmed cases in Whitman County is on [Washington State Department of Health website](#).

People most at risk of contracting the virus are those who have had close contact with a positive patient <u>and</u> who **have symptoms of cough, fever, and shortness of breath**. If you think you at [risk of exposure](#) to COVID-19 and are [experiencing symptoms](#), **call ahead** before you go to your healthcare provider, urgent care, or the emergency department.

Under guidance from federal and state partners, Whitman County Public Health is focusing on mitigation measures to slow the spread of the virus. We are working closely with local partners, including City of Pullman and WSU to provide guidance in minimizing community transmission of COVID-19 and limiting the impact on the local healthcare system.

Whitman County Public Health recommends following the CDC guidelines for [non-pharmaceutical interventions](#) and Department of Health guidelines to mitigate the spread of the virus, including:

- Increase handwashing and use of alcohol-based sanitizer
- Respiratory hygiene and cough etiquette
- Social distancing of 6 or more feet from others
- Frequently clean and disinfect personal surfaces
- Remain home through the duration of respiratory illness
- Modify, postpone, or cancel mass gatherings

The below resources are the source for reliable public health information. Remember to rely on trusted sources of information about the outbreak and avoid comments that unfairly label, harass, or spread misinformation.

Whitman County COVID response team – PHEP@whitmancounty.net
Whitman County Public Health - https://www.whitmancountypublichealth.org/covid-19.html
Washington State Department of Health - https://www.doh.wa.gov/Emergencies/Coronavirus
Centers for Disease Control and Prevention - https://www.cdc.gov/coronavirus/2019-ncov/index.html

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