News Release
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COVID-19 Confirmed Case in Whitman County Resident
Press Release

Pullman, Washington—Whitman County Health Department received a positive test result for COVID-19 in a Whitman County resident. Patient is female between the age of 20 – 29. Patient has recovered and is self-isolating at home. We are working to identify anyone who may have an exposure risk because of contact with this person.

The current risk of COVID-19 in Washington is increasing. As more people are tested, we expect to find more positive cases in Whitman County. People most at risk are those who have traveled to an area of high community transmission and 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.

Currently, no vaccine exists for COVID-19. You can take steps to protect yourself and people around you from this and other diseases:
- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- Practice social distancing of 6 feet from others, especially those who are sick.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the trash and wash your hands.
- Clean and disinfect objects and surfaces.
- Stay at home and away from others if you are sick.

The below links provide 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 Emergency Operations Center – EOC@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