

March 2, 2020

**CATEGORY:** News Release

**RELEASE DATE:** For Immediate Release

Northeast Tri County Health District has been working with local partners to monitor returning travelers and others who may be at risk of illness from the COVID-19 virus. To date, there have been no individuals test positive or complications arising from those being monitored in Ferry, Pend Oreille, and Stevens Counties.

On March 1<sup>st</sup>, the Health District collected and submitted samples for COVID-19 testing to the Washington State Public Health Lab and those results are expected in one to three days. Relating to this situation and in consultation with Colville School District and the District's Health Officer, the Colville School District will close schools and suspend activities until the test is completed. For the privacy of those involved, no other details will be released regarding the specifics of the situation. We are not recommending that other facilities close and are not recommending any travel restrictions to students or staff. At this time, there is low risk to the community as it relates to the situation causing the school to close.

Symptoms of COVID-19 illness can range from mild to severe and appear 2-14 days after exposure. Similar to other viral respiratory illnesses, symptoms generally include fever, cough, and shortness of breath. There are steps people can take to reduce their risk of getting any viral respiratory infection. These include:

- Wash your hands frequently.
- Avoid touching your mouth and eyes.
- Cover your coughs and sneezes.
- Stay away from people who are sick.
- Stay home when you are sick.

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**For people who think they may have COVID-19, and before rushing to the emergency room or doctor's office, take these steps:**

1. Stay home from work, school and other public places, and rest. If you live with others, keep a safe distance from them to not pass along germs.
2. Watch your symptoms closely for fever or increased shortness of breath in addition to cough and sneezing. And, consider who you've been in contact with in recent weeks. Have they or someone they know recently been traveling?
3. Practice good hygiene by washing your hands with soap and water and drying with a paper towel. Sneeze and cough into a tissue or your sleeve. Sanitize surfaces you touch regularly.
4. If you're still worried that you may have COVID-19, call your provider; don't visit an emergency room or doctor's office where you could pass along the virus. Your doctor can give you further instructions and determine if you need testing.

For the latest information please visit: [www.doh.wa.gov/coronavirus](http://www.doh.wa.gov/coronavirus) or [www.netchd.org](http://www.netchd.org). If people are concerned or want to learn more about COVID-19, there is a call center open. Call 1-800-525-0127 and press #.

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