

Spokane County PUI Tests Negative for COVID-19

Spokane, Wash. – Spokane Regional Health District (SRHD) learned this evening that a person under investigation (PUI) for the novel coronavirus disease 2019 (COVID-19) tested negative.

The individual, with a connection to Gonzaga University, was in self-isolation pending the test results.

A person under investigation (PUI), is someone experiencing symptoms similar to COVID-19 and has either traveled to high-risk countries or has been in contact with someone who has been confirmed positive for COVID-19. Because of these factors, SRHD was notified and made the determination based on Centers for Disease Control and Prevention's (CDC) guidelines to have the individual tested at the Washington Public Health Lab.

Currently, Spokane County has no confirmed cases of COVID-19.

At this time, Dr. Bob Lutz, Spokane County Health Officer said the risk of contracting COVID-19 in Spokane County remains low, but encourages steps for personal preparedness:

- Stay home when you are sick. Staying home when ill prevents the spread of infections to others.
- 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.
- Have contingency plans for your family in the case of school closures. Ask your employer about working from home, not only to prepare for school closures, but also to prevent possible exposure.
- Do you have travel plans? Take time to read the CDC's guidance on travel (available on SRHD.org) to see how your plans may be affected.

More information on prevention and treatment of COVID-19 can be found on [SRHD.org](https://www.srhd.org), the [DOH](https://www.doh.wa.gov) website, and the [CDC](https://www.cdc.gov) website. **For additional information, please contact the Washington State Department of Health at 1-800-525-0127 and press #.**

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About Spokane Regional Health District

The Spokane Regional Health District is a leader and partner in public health by protecting, improving and promoting the health and well-being of all people through evidence-based practices. SRHD is one of 34 local public health agencies serving Washington state's 39 counties. Visit www.srhd.org for comprehensive, updated information about the SRHD and its triumphs in making Spokane a safer and healthier community. Like SRHD on [Facebook](https://www.facebook.com/srhd) or follow us on [Twitter](https://twitter.com/srhd) to receive safety and wellness tips.