



Panhandle Health District

Healthy People in Healthy Communities

Public Health
Prevent. Promote. Protect.

Panhandle Health District

FOR IMMEDIATE RELEASE

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First case of COVID-19 in Benewah county has been confirmed

The Panhandle Health District (PHD) has confirmed the first case of novel coronavirus (COVID-19) in a female under the age of 18 in Benewah county. The individual has been contacted and advised to self-isolate. The Panhandle area has a total of 71 COVID-19 cases. There are 66 in Kootenai county, 4 in Bonner county, and 1 in Benewah county.

PHD epidemiologists will conduct contact tracing and close contacts will be contacted if they are potentially at risk. Additional case-specific information about this individual is confidential and will not be released.

“Our call center is available Monday through Friday to take questions or concerns for our community,” said Lora Whalen, PHD Director. “We continue to urge everyone to continue practicing the staged guidelines in Governor Little’s reopening plan.”

PHD will continue to monitor the situation closely and are working with the Idaho Department of Health and Welfare, city leaders, schools, emergency management, healthcare providers, and our community at large to help prevent the further spread of this virus. The Panhandle area covers the 5 northern counties, Kootenai, Bonner, Benewah, Boundary, and Shoshone.

According to the CDC, people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing
- Fever

- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

If community members have these symptoms and they become severe, they should call PHD's call center at 1-877-415-5225 or their provider. PHD will provide an over-the-phone assessment to determine if someone should be tested. Please call, do not come into PHD or your provider's office.

Panhandle Health District provides over 40 different public health programs to families, individuals and organizations in northern Idaho. From food and drinking water safety to health education and disease control, public health services are critical to ensure our community is a safe and healthy place to live, work and play.

The PHD team is made up of nurses, nutritionists, environmental health specialists, health educators and many other dedicated professionals with a common goal to deliver vital public health services.

Panhandle Health District is one of seven health districts in the state of Idaho.

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