



Kootenai County Office of Emergency Management



MEDIA RELEASE

For Immediate Release:

March 31, 2020

Contact: Sgt Chris Wagar

Office: 208-446-2293

PIO Cell: 208-758-1045

sopio@kcgov.us

Evening Briefing Report

Kootenai County, Idaho: Following the evening briefing of the Kootenai County Emergency Operations Center (EOC) Unified Command, today's report shows one new case of novel coronavirus (COVID-19) in the Panhandle Health District, bringing our total to 31, with 30 in Kootenai County and one in Bonner County.

Details on new cases are posted and updated in real time on www.panhandlehealthdistrict.org/covid-19/.

If you begin to show symptoms associated with COVID-19 (cough, fever, tiredness, and difficulty breathing), ensure you quarantine. If you are tested for COVID-19, ensure that you self-isolate until you receive your test results. The importance of self-isolating cannot be stressed enough. However, when the symptoms subside you need to continue to self-isolate for an additional 72 hours before removing yourself from isolation.

Unfortunately, there is a lot of misinformation out there on social media. So for the most accurate and up-to-date information on COVID-19 please continue to follow the Kootenai County Office of Emergency Management's Facebook page at www.facebook.com/kootenaiuem/.

As mentioned in the joint press release with Kootenai Health and Panhandle Health earlier today, these unprecedented times call for us to look after our friends and ourselves mental health! While we have focused on the physical health of each other and the prevention of COVID-19 we should also take time to ensure a balance that includes good mental health! Getting exercise, reading, interacting with family and doing things non-COVID-19 related are all excellent stress relievers and make you a happier person. If you are experiencing issues with adverse mental health we encourage you to reach out to resources we have listed on our Facebook page. As always, thank you to all of the First Responders, Healthcare Professionals, Volunteers and others who are prioritizing this response and making our community safer!

Unified Commanders,
Sheriff Ben Wolfinger
Chief Chris Way

5500 N Government Way PO Box 9000
Coeur d'Alene, ID 83815

Phone: 208-446-1775 Email: kcoem@kcgov.us Web: www.oem.kcgov.us