



Case Update:

Surry County now has 744 confirmed cases of COVID-19 and 5 COVID-19 related deaths. The Centers for Disease Control and Prevention (CDC) has defined recovery from COVID-19 as resolution of fever without the use of fever reducing medications with progressive improvement or resolution of other symptoms. According to this definition, Surry County has 595 recoveries.

<u>Surry County Cases</u>	<u>Surry County Deaths</u>	<u>Surry County Recovered</u>	<u>NC Cases</u>	<u>NC Deaths</u>	<u>NC Tests Completed</u>	<u>US Cases</u>	<u>US Deaths</u>
744	5	595	108,995	1,746	1,550,297	4,024,492	143,868

Weekly Updates:

- The Centers for Disease Control and Prevention (CDC) now recommends a symptom-based, instead of test-based, approach to determine when people are no longer considered infectious and can end isolation. Data are showing that people with mild to moderate COVID-19 remain infectious no longer than 10 days after symptom onset. Learn more about when you can end self-isolation by [clicking here](#).
- NC DHHS has unveiled an updated COVID-19 Dashboard that includes more granular information about hospital capacity and hospitalization trends, both statewide and broken down by region. These new hospitalization data will provide additional insight into North Carolina’s hospital capacity in the COVID-19 pandemic. Visit the NC DHHS COVID-19 Dashboard by [clicking here](#).
- NC DHHS has released an additional update to the StrongSchoolsNC Public Health Toolkit outlining requirements for opening NC Public Schools. The updated guidance can be viewed by [clicking here](#).

All North Carolinians should get the latest information on COVID-19 directly from reliable sources. The COVID-19 outbreak has been accompanied by a flood of misinformation from unreliable sources. Be thoughtful about what you read or hear about the virus and make sure you are separating rumor from fact before you act. COVID-19 information from across NC state government, including information about unemployment, can be found at [www.nc.gov/covid12](http://www.nc.gov/covid12) .

## Protective Measures:

In order to further protect yourselves and your loved ones, we would like to remind you to:

- Avoid contact with people who are sick.
- Stay home when you are sick, except to get medical care.
- Cover your cough and sneezes with a tissue and dispose of the tissue.
- Clean frequently touched surfaces and objects daily (e.g., tables, countertops, cell phones, computers, light switches, doorknobs, and handles) using a household detergent and water.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not available, and if your hands are not visibly dirty use a hand sanitizer that contains at least 60% alcohol.
- CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), **especially** in areas of significant community-based transmission
  - Cloth face coverings (not surgical masks or N95 respirators) should:
    - fit snugly but comfortably against the side of the face
    - be secured with ties or ear loops
    - include multiple layers of fabric
    - allow for breathing without restriction
    - be able to be laundered and machine dried without damage or change to shape

## Further information about COVID-19:

Residents with general questions about COVID-19 can call NC 2-1-1 by dialing 2-1-1 or 888-892-1162. We'd also urge Surry County residents to seek information regarding COVID-19 from credible sources such as [NCDHHS.gov](http://NCDHHS.gov) or [CDC.gov](http://CDC.gov) or visit NCDHHS and CDC on Facebook or Twitter!