



Case Update:

Surry County now has 859 confirmed cases of COVID-19 and 7 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 659 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>
859	7	659	122,148	1,942	1,757,102	4,405,932	150,283

Weekly Updates:

- Governor Cooper issued Executive Order 153, stopping the sale of alcoholic drinks in restaurants, breweries, wineries, and distilleries at 11 pm. North Carolina bars that are currently closed will remain closed. This order will take effect Friday, July 31st. The order will not apply to grocery stores, convenience stores, or other entities permitted to sell alcohol for off-premises consumption. Local governments that have implemented orders that end alcohol sales before 11 pm, or that apply to other entities remain in effect.
- If you or a loved one are experiencing depression, anxiety, or stress, you don't have to go through it alone. There are resources available. Visit ncdhhs.gov/hope4nc for more information, including getting the 'SCOOP' on managing stress:
 - S- Stay connected to family and friends
 - C- Compassion for yourself and others
 - O- Observe your use of substances
 - O- Ok to ask for help
 - P- Physical activity to improve your mood



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.

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 or CDC.gov or visit NCDHHS and CDC on Facebook or Twitter!

