



FOR IMMEDIATE RELEASE:

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Coronavirus: COVID-19

Dobson, NC—03/05/2020— As of March 5, 2020, there is one confirmed case of COVID-19 in North Carolina, in Wake County. **Currently, there are no confirmed cases in Surry County.** Surry County Health and Nutrition Center is closely monitoring the Coronavirus (COVID-19) and is planning accordingly. Samantha B. Ange, Surry County Health Director states, “We are monitoring this rapidly evolving situation closely, and working with North Carolina Department of Health and Human Services, North Carolina Emergency Management, and all of our local partners to ensure that we have necessary resources to respond and mitigate the situation. While there are currently no cases in Surry County, every member of the community should take a pro-active role in COVID-19 response.”

Coronavirus Disease 2019 (COVID-19) is a disease that was identified in Wuhan, China and is now being spread throughout the world. The health risk to the general public in North Carolina remains low at this time. COVID-19 is most commonly spread through the air by coughing or sneezing, through close personal contact, or through touching your nose, mouth, or eyes before washing your hands.

The following are practical measures all North Carolinians can take to prepare for potential transmission of COVID-19:

- Performing frequent hand hygiene. 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 readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always be sure to wash your hands with soap and water when hands are visibly dirty.
- Avoid touching your face-eyes, nose, and mouth.
- Practice social distancing by staying at least 6 feet away from people with respiratory symptoms.
- Avoid crowded settings.
- Stay home if you are sick.
 - Sick individuals should not return to work or school until symptoms of acute respiratory illness have resolved for 24 hours without the use of medications (cough suppressants).
 - Sick individuals should not return to work or school until not only be fever free, but free of any signs of fever (chills, feeling feverish, warm to touch) for 24 hours without the use of fever-reducing medications (ibuprofen, Tylenol, aspirin, etc.)
- Frequently clean high touch surfaces (doorknobs, light switches, handrails, table surfaces, desks, keyboards, etc.)

- Practice cough/sneeze etiquette. Cover coughing/sneezing with your elbow, not your hands. Do not reuse tissues, and wash or use hand sanitizer after blowing your nose, using tissues, or touching eyes, nose, or mouth.
- The Centers for Disease Control and Prevention (CDC) does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases.
- Facemasks should be used by people who show symptoms of respiratory illness to help prevent the spread of disease to others by reducing the spray of secretions.

If you have traveled recently to an area where there is a known outbreak of COVID-19, have a fever and/or cough and difficulty breathing, or have had close contact with a person with confirmed or suspected COVID-19 in the last 14 days before your symptoms began, please call your doctor right away. Follow the guidance below:

- Seek medical care right away. **Before you go to visit your medical provider, call ahead and tell them about your recent travel and your symptoms.**
- Avoid contact with others.
- Avoid non-essential travel while sick.
- Surry County medical personnel and first responders have been informed about COVID-19 and have put in place a protocol to ensure the public's safety.

For more information on COVID-19, stay informed with the most reliable information from [CDC.gov](https://www.cdc.gov) or [NCDHHS.gov](https://www.ncdhhs.gov). For general questions about COVID-19, calls may be made to the Poison Control Hotline at 1-866-462-3821.