



Pamlico County Health Department

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4/18/2020

Pamlico County State of Emergency declared on March 17, 2020 at 1500 hours.

Since the State of Emergency was issued, Pamlico County has reported 6 positive COVID-19 cases, and identified 5 patients as recovered.

NC Statistics (Source: NCDHHS & John Hopkins University CSSE)

Laboratory-Confirmed Cases	Deaths	Completed Tests	Currently Hospitalized	Number of Counties
6,198	152	72,981	429	93

Pamlico County is continuing to follow Governor Cooper's Executive Order No. 121 "Stay at Home" until April 30, 2020.

While the statewide Stay at Home Order is in effect, gatherings of more than 10 people are banned and everyone should stay at least six feet apart.

Who can I contact?

Local:

Pamlico County Health Department 252.745.5111

Pamlico County Emergency Management 252.745.4131

Pamlico County Manager's Office 252.745.3133

<https://www.pamlicocounty.org/health-department.aspx>

State:

Dial 2-1-1 or 888-892-1162. Sign up for updates by texting COVIDNC to 898211

<https://www.ncdhhs.gov/divisions/public-health/covid19>

What are the symptoms and when do they appear?

Symptoms of COVID-19 are similar to the flu. They are:

- Cough
- Fever
- Shortness of breath

COVID-19 typically causes mild to moderate respiratory illness. Most people with COVID-19 have mild symptoms that do not require hospitalization, although there have been reports of severe illness with a small percentage resulting in death. Respiratory symptoms alone are not an indicator for COVID-19.

Symptoms may appear two to 14 days after exposure.

Symptoms and Testing for COVID-19

If you feel you are experiencing COVID-19 symptoms, follow Centers for Disease Control and Prevention (CDC) guidelines to prevent further spread.

Most people who get COVID-19 will recover without needing medical care. The CDC recommends that you stay home if you have mild symptoms, such as fever and cough without shortness of breath or difficulty breathing.

If you are experiencing severe symptoms, seek medical advice. If possible, call ahead before visiting a healthcare facility.

NCDHHS is working closely with local health departments, the State Laboratory for Public Health and health care providers to provide ongoing guidance for when testing is appropriate.

For people with mild symptoms who don't need medical care, getting a test will not change what you or your doctor do. Testing is most important for people who are seriously ill, in the hospital, people in high-risk settings like nursing homes or long-term care facilities, and healthcare workers and other first responders who are caring for those with COVID-19.

Only those who meet the following criteria should ask their doctor or local health department about being tested for COVID-19:

- Have fever or lower respiratory symptoms (cough, shortness of breath) and close contact with a confirmed COVID-19 case within the past 14 days; OR
- Have fever and lower respiratory symptoms (cough, shortness of breath) and a negative rapid flu test

How does COVID-19 spread?

Coronaviruses like COVID-19 are most often spread through the air by coughing or sneezing, through close personal contact (including touching and shaking hands) or through touching your nose, mouth or eyes before washing your hands. Learn more from the Centers for Disease Control and Prevention (CDC) about how COVID-19 spreads and how to protect yourself and your community from getting and spreading respiratory illnesses.

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

Should I wear a mask?

Social distancing – staying 6 feet apart from others – cannot be replaced by face coverings. The very best evidence on reducing the spread is to social distance and stay at home. The CDC recommends wearing a cloth face covering in public settings where other social distancing measures are difficult to maintain such as grocery stores and pharmacies.

The CDC is not recommending medical masks, which need to first go to those on the frontlines, including our health care workers. Cloth coverings can play a part in controlling the spread if they are used properly and in combination with other tried and true everyday preventive actions like washing hands, wiping down surfaces. If used incorrectly, face coverings can expose someone to more germs rather than less. Individuals should be careful not to touch their eyes, nose, and mouth when removing their face covering and wash hands immediately after removing

What is the difference between self-monitoring, isolation and quarantine?

These are protective measures used to prevent the spread of COVID-19 among people who may have been exposed.

Self-monitoring is for those that may have been exposed to a person with COVID-19, and that they should monitor themselves for symptoms. Symptoms of COVID-19 include fever, cough, and shortness of breath. If they develop symptoms (fever, cough and shortness of breath) during the self-monitoring period, they should self-isolate, limit contact with others, and seek advice by telephone from a healthcare provider or their local health department to determine whether medical evaluation is needed.

Quarantine is for people who were exposed to a person with a confirmed case of COVID-19 but are not experiencing symptoms. Contact your local health department if you are unsure if you should self-quarantine.

Isolation separates people who are sick from those who are well. The people who tested presumptive positive and positive in North Carolina are in isolation.