



## Pamlico County Health Department

203 North Street

PO Box 306

Bayboro, NC 28515

Tel: (252) 745-5111 Fax: (252) 745-6548



### 5/7/2020

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

Since the State of Emergency was issued, Pamlico County has reported eight (8) positive COVID-19 cases, and identified seven (7) patients as recovered, and one (1) current active case.

### NC Statistics

Laboratory-Confirmed Cases	Deaths	Completed Tests	Currently Hospitalized	Number of Counties
13,397	507	171,328	525	99

Pamlico County is continuing to follow Governor Cooper’s Executive Order No. 135 extending the “Stay at Home” order through May 8, 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.

Pamlico County Government Buildings re-opened to the public on May 1, 2020 at 0800 hours.

Executive Order No. 138 – Easing Restrictions on Travel, Business Operations and Mass Gatherings: Phase 1 will be in effect at 1700 hours on May 8, 2020.

Answers to other frequently asked questions about Phase I can be found using the following link.

<https://files.nc.gov/governor/documents/files/FAQs-for-Phase-1-EO-FINAL.pdf>

Local	State
Health Department 252.745.5111 Emergency Management 252.745.4131 County Manager’s Office 252.745.3133 <a href="http://www.pamlicocounty.org">www.pamlicocounty.org</a>	Dial 2-1-1 or 888.892.1162 Sign up for updates by texting COVIDNC to 898211 <a href="http://www.ncdhhs.gov">www.ncdhhs.gov</a> <a href="http://www.governor.nc.gov">www.governor.nc.gov</a>

# What's new in **Phase One**?

On **Friday, May 8 at 5pm**, North Carolina will move into Phase One. The **Stay at Home order** remains in place with some modifications. Here's what Phase One means for our state:

	<b>Through May 8</b>	<b>Phase One</b>
<b>Commercial activity</b>	People should only leave home for essential purposes (food, medicine, etc)	People can leave home for commercial activity and more businesses are open
<b>Retail</b>	20% capacity allowed	50% capacity allowed with cleaning and social distancing
<b>Gatherings</b>	10 person limit	10 person limit-gathering outdoors with friends allowed
<b>Childcare</b>	Childcare centers open for essential workers only	Childcare centers open for working parents or those looking for work
<b>Teleworking</b>	Encouraged	Encouraged
<b>Bars and Restaurants</b>	Take-out and delivery	Take-out and delivery
<b>Barbers/Salons/Massage</b>	Closed	Closed
<b>Theaters, Music Venues, Bowling Alleys</b>	Closed	Closed
<b>Gyms</b>	Closed	Closed
<b>Playgrounds</b>	Closed	Closed
<b>Visitation at Longterm Care Centers</b>	Not allowed	Not allowed
<b>Worship Services</b>	Outdoor services allowed	Outdoor services allowed
<b>State Parks and Trails</b>	Local discretion	Opening encouraged
<b>Face Coverings</b>	Encouraged	Encouraged

## Please remember and practice “The 3 W’s”

**W**ear Face Coverings

**W**ait 6 feet apart

**W**ash your hands *often*

## 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.

## 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.