



Pamlico County Health Department

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**News Release 3/13/20
For Immediate Release**

COVID-19 (Novel Coronavirus)

Pamlico County along with the county's Public Health Department has been monitoring the current situation regarding the COVID-19/Corona Virus. Currently the county has no known cases of the virus and no individuals are currently under quarantine or isolation, but this situation can change at any time. Pamlico County's Health Department goals are to focus on limiting the spread of the virus and to maintain the health of all members of our community. Pamlico County Health Department is coordinating with local, state, and federal partners in order to communicate accurate and timely information to the public. The Department is prepared to respond to any local cases of COVID-19 that may arise and is in communication with local provider offices to give out the latest state guidance on reporting and response.

Below you will find answers to the most frequently asked questions we have received here at the Pamlico County Health Department:

- What are the signs and symptoms of COVID-19? The signs and symptoms of this virus are essentially the same as any other flu or common cold virus. Symptoms include: fever, cough, and shortness of breath.
- How is it transmitted? The virus is spread mainly with person to person contact, and by respiratory transmission when an infected person coughs or sneezes. The incubation period for this virus is 2-14 days.
- Who has an increased risk of contracting COVID-19? Individuals over the age of 65 and individuals with compromised immune systems are at increased risk for contracting this virus.

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The implementation of the following basic precautions for infection control and prevention are the best ways to deter the spread of COVID-19. Such precautions include: washing your hands **with soap and water for at least 20 seconds**, practicing basic cough and sneeze best practices- by sneezing or coughing into the bend of your elbow, by staying- if at all possible- at least 3 feet apart from others while in crowded areas, and by using good common-sense hygiene practices. Hand sanitizers are helpful, but washing your hands with soap and water for at least 20 seconds is the ***best method*** to help reduce the transmission of the virus. If you do use hand sanitizer, make sure its **alcohol content is at least 60% or greater** and wash your hands with soap and water *as soon as possible*.

We cannot overemphasize the importance of washing your hands!

There are a many questions concerning this virus and a lot of information is circulating concerning treatment and prevention. Most of the information is correct; however, some of it is *not*. So, where should you go to get the *most current and correct information* that's available?

The Pamlico County Health Department recommends that you visit our website:

<https://www.pamlicocounty.org/health-department.aspx> to gain access to important links to several dependable sites, as well accessing the two trusted sites listed below. This will ensure that you are well- informed with the most accurate and reliable information available.

- [Centers for Disease Control and Prevention \(CDC\) -COVID-19 Homepage](#)
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- [North Carolina's Department of Health and Human Services \(NCDHHS\) -COVID-19 Homepage](#)
 - <https://epi.dph.ncdhhs.gov/cd/diseases/COVID19.html>

The progression of this virus can be slowed down drastically simply by implementing these **basic control and prevention measures**, which include:

- Staying home from work or school if you are ill
- Practicing good respiratory and hand hygiene
- Keeping your distance from sick individuals and limiting contact with others (i.e. no hugging or hand shaking)

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- Avoiding crowded areas- if at all possible

We ask that you please refer to the websites listed above as you search for information regarding this public health concern and should you have any additional questions regarding COVID-19 that you feel free to call us here at:

The Pamlico County Health Department: (252) 745-5111.

Scott Lenhart, Health Director
Pamlico County Health Department