

Hyde County Health Department

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*From the Lodge to the Lighthouse
We're striving for a healthier Hyde*

*Luana C. Gibbs, RN, BIS
Health Director*

CORONAVIRUS (COVID-19) General Information

For immediate release

March 13, 2020

Luana Gibbs, Health Director for Hyde County reminds the general public to *stay calm*, but remain vigilant by doing your part to minimize the spread of the coronavirus-19 (COVID-19). COVID-19 is spread by coughing, sneezing, and close personal contact. Anyone can contract COVID-19, but certain people are at higher risk of *severe illness* from COVID-19, including those age 65 years or older and those of any age with chronic health conditions, such as heart disease, diabetes, or lung disease.

According to recommendations by Governor Roy Cooper, effective March 13 we, the general public, should do the following:

- Cancel or postpone mass gatherings, which are gatherings of 100 people or more (sporting events, concerts, church, etc.).
- Congregate living facilities (nursing homes, correctional facilities, assisted living) of high risk individuals as described above, should restrict visitors to medical service agencies, or end of life agencies.
- Employers should encourage their employees to work from home, stagger shifts, and cancel non-essential travel.
- Employees should stay home when sick until free of symptoms for 48 hours.

Please note, testing is available to anyone who is sick with fever, lower respiratory symptoms, AND a negative influenza test. Call your healthcare provider or the Hyde County Health Department @ 926-4399 BEFORE showing up for testing. However, if you have difficulty breathing or severe symptoms, seek care immediately.

Things you can do to lessen your chances of contracting COVID-19

- Wash your hands frequently with soap and water for at least 20 seconds
- Avoid touching your eyes, nose and mouth
- Avoid close contact with people who are ill
- Cover your mouth and nose with a tissue when you cough or sneeze and throw it away
- Clean and disinfect surfaces that are frequently touched

Get your information from reliable sources, such as:

- CDC, www.cdc.gov/Coronavirus
- NC Division of Health and Human Services, www.ncdhhs.gov, 1-866-462-3821 (NC Coronavirus Hotline)
- Hyde County Health Department, www.hydehealth.com, 252-926-4399

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www.hydehealth.com