Hyde County Health Department

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Hyde County Health Department

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

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Health Director

CORONAVIRUS (COVID-19) General Information

For immediate release
March 6, 2020

Hyde County Health Department wishes to express to the general public, **stay calm, this is not the time for mass panic**. The risk of getting COVID-19 is currently low.

COVID-19 - one of the coronaviruses that is spreading throughout the world now, is characterized as a respiratory illness. COVID-19 is spread by coughing, sneezing, and close personal contact.

How to Prevent Spread or Catching the Virus
- 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

What are the Signs and Symptoms?
- Fever
- Cough
- Respiratory symptoms including shortness of breath and/or breathing difficulties

What to do if you have symptoms or think you may have been exposed
- Call (do not go in) your primary health care provider, or
- Hyde County Health Department, 926-4399

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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