

Randolph County Public Health

ASHEBORO, NORTH CAROLINA 27205-7368

Ira McDowell Governmental Center
2222-B South Fayetteville Street



Telephone (336) 318-6200
Fax (336) 318-6234

March 26, 2020

IMMEDIATE RELEASE

As of 9:30am, March 26, 2020, Randolph County Public Health received notification that there are now six cases of novel coronavirus (COVID-19) in the county. Public Health is making contact with individuals, identifying close contacts of the individuals, and instructing close contacts to stay home and monitor their symptoms in efforts to prevent potential spread.

Most people who get COVID-19 experience mild symptoms and will recover without medical intervention. If you have mild symptoms, there is no need to be tested. Leaving your home for testing when you have mild symptoms puts yourself and others at greater risk of illness. If you have severe symptoms, such as trouble breathing, or if you have a high risk of health complications, call your health care provider. If you are sick with COVID-19 or believe you might have it, you should stay home and isolate yourself from other people in the home as much as possible. You may return to normal activities once seven days have passed since you first had symptoms, **and** have been fever free without medication for three days, and with improvement of other symptoms.

Some people are at higher risk of getting very sick with COVID-19. People at higher risk should call their doctor if they develop symptoms of fever and cough. You are at higher risk if you:

- Are 65 years and older
- Live in a nursing home or long-term care facility
- Have a high-risk condition that includes, but not limited to:
 - Chronic lung disease or moderate to severe asthma
 - Heart disease with complications
 - Compromised immune system
 - Severe obesity – body mass index (BMI) of 40 or higher
 - Other underlying medical conditions, particularly if not well controlled, such as diabetes, renal failure or liver disease

People who are pregnant should be monitored since they are known to be at risk for severe viral illness.

As a reminder, it is up to every member of the community to practice all guidelines set by the CDC, North Carolina Department of Health and Human Services, and Randolph County Public Health. Everyone should practice social distancing by staying at least six feet away from others to reduce the risk of being exposed to COVID-19. If you have symptoms that match COVID-19, you are responsible to self-quarantine and self-monitor. Having a formal diagnosis of COVID-19 is not necessary and does not change your need to stay home unless you have severe respiratory complications or other health complications. If you have been tested for COVID-19 and are waiting results, you should self-isolate until you receive your results and instructions from a health professional. **It is up to ALL of us to protect the public's health.**

For more information, call the Randolph County Coronavirus Hotline at 336-318-6227

Visit RCPH's website at <http://www.randolphcountync.gov/Departments/Public-Health/COVID-19>