



4/2/2020 Beaufort County, NC

COVID-19 SITREP

The following information is as of 4:30pm.

Case Statistics

	Population	Total Confirmed Cases	Current Active Cases	Deaths	Recovered
Worldwide	7.6 Billion	1,002,159 (+80,235)	793,210 (+64,250)	51,485 (+5,233)	208,949 (+15,985)
USA	330 Million	236,339 (+30,135)	197,791 (+29,687)	5,648 (+1,106)	8,861 (+449)
NC	10.4 Million	1,897 (+251)	*See Note Below*	20 (+6)	*See Note Below*
Beaufort Co.	49,000	8	5	0	3

Text in red or green indicates positive / negative changes since our last update.

*North Carolina is currently not actively tracking the cumulative total of Recovered cases in our state. Therefore, we are unable to report with consistency total number of Current Active Cases. However, we will continue to provide this information at a county level. *

- 5% of all worldwide active cases are considered serious (requiring hospitalization). This is down from 19% in February.
- 11% of all US cases are considered serious (requiring hospitalization).
- NC has 1,897 confirmed cases across 86 counties, with 20 deaths.
- Beaufort County has had a total of 8 cases, with 5 currently active. Contact Tracing of these known cases have concluded:
 - (1) case has been contributed to direct contact with a known patient from another county.
 - (1) case was related to travel to a known outbreak area.
 - (4) cases are attributed to community spread.
 - (2) case is still under investigation.

All active cases are self-isolating.

- Eastern NC counties with confirmed cases include: Bertie (6), Beaufort (5), Brunswick (22), Carteret (14), Camden (1), Chowan (1), Columbus (4), Craven (7), Currituck (2),



Dare (3), Duplin (2), Edgecombe (4), Gates (1), Greene (5), Halifax (6), Hertford (4), Hyde (1), Lenoir (3), Martin (3), New Hanover (39), North Hampton (30), Onslow (8), Pamlico (1), Pasquotank (7), Perquimans (1), Pitt (29) Sampson (1), Washington (2), Wayne (6) and Wilson (17). Durham (122), Mecklenburg (420) and Wake (186) counties have the most cases.

Mitigation Efforts

- **A Message from Beaufort County's Health Department**

On March 27th, 2020, Governor Roy Cooper issued a statewide Stay at Home Order that began yesterday, March 30th, 2020 at 5:00pm and will last until April 29th, 2020. This order directs people to stay home except to visit essential businesses, to exercise outdoors or to help a family member. Specifically, the order bans gatherings of 10 people or more and directs everyone to physically stay at least 6 feet apart from others. This Stay at Home Order will help slow the spread of COVID-19 and prevent our medical system from being overwhelmed by keeping individuals from being exposed to the virus, as well as keeping those who have the virus from spreading it to others.

“It is a hard time for everyone, but we cannot stress enough the importance of social distancing and staying home to protect your family, loved ones, friends, and community members,” said Health Director Jim Madson. “Though we know the case load will continue to rise in our region, each and every person are the key to helping slow the spread by limiting contact with others, along with practicing good hygiene and sanitation (ex. washing hands and disinfecting areas). What you do does matter and can save lives.” Social distancing is of extreme importance. Use technology to stay in touch with family and friends. Schedule virtual coffee dates, host group chats, and attend FaceTime sessions to stay connected. Use this time to spring clean, do chores around the house, get organized, or simply spend time with your household loved ones.

We know you may have questions and/or concerns. Check out our site, <https://co.beaufort.nc.us/departments/human-services/public-health/2019-coronavirus-covid-19> to get the most updated information regarding COVID-19, executive orders like the



Stay at Home Order, and more. Additional questions or concerns can be sent to bchealth@bchd.net .

You are an important part of helping reduce transmission and preventing the spread of COVID-19. Join with us in fighting the spread by practicing the following prevention methods:

- **Avoid close contact with people who are sick**
- **Avoid touching your eyes, nose, and mouth**
- **Stay home when you are sick**
- **Cover your cough or sneeze with a tissue, then throw the tissue in the trash**
- **Clean and disinfect frequently touched objects and surfaces using a household cleaning spray or wipe**
- **Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.**
- **If soap and water are not available, use hand sanitizer with at least 60% alcohol**
- **Practice social distancing (avoid handshakes, hugs, and other close contact)**

James Madson, RN, MPH

Health Director

Beaufort County Health Department

- **Stay at Home Initiative**

“Home Is Where the Heart Is & Where Your Body Needs To Be Too!”

Beaufort County Health Department is calling all to be a part of the solution and not a part of the problem. We are asking all to **STAY HOME** to help prevent the spread of COVID-19. **STAY HOME** and only leave for essential trips if you are feeling well. Essential trips include food, picking up prescription/medications, and scheduled medical appointments. Necessary trips, such as groceries and prescriptions, can also be done in a way that can help prevent the spread! Order your groceries online. You can pick them up without having to go in the store or have them delivered. When picking up your prescriptions, go through the drive thru.



In addition, fight the spread by

- Washing your hands frequently with soap and water, for at least 20 seconds.
- Clean/disinfect commonly used areas and surfaces.
- Cough/sneeze into a tissue and throw the tissue away.
- Avoid touching your eyes, mouth, and nose with unwashed hands.

These are small, simple practices that you, your family and friends can do to make a BIG impact and help fight the spread!

We must work together to take all the necessary steps to prevent the spread and protect the health of our community and loved ones!

- Beaufort County's EOC is now fully activated to provide support for essential county and municipal functions.
- Public access will be restricted to Beaufort County Government buildings. Guidance for conducting business with our various departments can be found using the following link and will also be posted at each county building.
<https://co.beaufort.nc.us/post/421/limited-access-to-county-facilities>
- The City of Washington closed the following city office buildings to the public until further notice:
 - City Hall
 - Bobby Andrews Recreation Center
 - George H. and Laura E. Brown Library
 - Grace Martin Harwell Senior Center
 - Moore Aquatic and Fitness Center
 - Susiegray McConnell Sports Complex
- Beaufort County Schools is closed through May 15th. They will serve meals this week, March 30-April 3 per our normal schedule posted below. We will serve them April 6-9 (**but NOT on the 10th**). We will serve them April 13-17 (this is Spring Break but we will still serve meals those days) and then each week, Mon-Friday after Spring Break as normal.

The locations for these student meals are :

- Cornerstone Family Worship Center -1918 West 5th Street, Washington Contact: Tiana Payne Church: 252-946-6109
- Temple of Joy -96 Hill Road Chocowinity NC Contact: Apostle Georgette Redmond: Church: 252-975-6580 Cell: 917-7223



- Ware Creek Baptist Church - 2302 Maules Point Road, Blunts Creek Contact: Bishop Charles Smith: Cell: 252-622-1924 Bishop Charles Tyson, Pastor
- Fresh Anointing Church of God - 820 Hwy 33 East, Aurora NC - Cell 252-364-7493

- River Road Estates
- Northeast Elementary School
- Eastern Elementary School
- John Cotton Tayloe Elementary School
- Chocowinity Primary School
- SW Snowden Elementary School
- Belhaven Civic Center parking lot
- Salvation Army parking lot in Washington
- Washington Police Substation at 9th street

Any child can have a breakfast and lunch.

This lunch will be served in a “drive-thru” setting so no one has to leave their car or enter the school building. Parents and family members may pick up these meals for their students whether or not the students are with them. We will just need the names of the students receiving the meals. Any student of any school can pick up a meal at any site.

- All assisted living facilities in Beaufort County have restricted visitations to end of life visits only.
- Vidant is prohibiting visitors across all hospitals and emergency departments with exception of the following:
 - Maynard Children’s Hospital, Pediatrics Unit / NICU, Maternity and Postpartum Unit (One healthy partner allowed), Palliative Care Unit / End of Life Care, Clinics located inside the hospital, Discharge pick up, Emergency Departments (Patient requiring assistance only, Parent or Caregiver of pediatric patients)
- North Carolina is currently under the following executive orders:
 - EO 121: A statewide “Stay at Home” order has been issued. This order will restrict travel to essential activities only. (ie. Travel for items such as, groceries, food, medications, household supplies, essential workers, etc.) This order will also limit gatherings to less than 10 people.



- EO 120: Extended school closures through May 15th. This order also imposes the following restrictions on businesses.
 - b. In addition to the restrictions on mass gatherings identified in Executive Order No. 117 § 1, entertainment facilities without a retail or dining component are ordered to close at 5:00 pm on Wednesday, March 25, 2020, though any retail or dining component may operate within that establishment solely for that purpose. Any dining facilities may operate only within the restrictions for restaurants as set out in Executive Order No. 118. These facilities include, but are not limited to, the following types of business:
 - Bingo Parlors, including Bingo sites operated by charitable organizations
 - Bowling Alleys
 - Indoor Exercise Facilities (e.g. gyms, yoga studios, martial arts facilities, indoor trampoline and rock climbing facilities)
 - Health Clubs
 - Indoor/ Outdoor Pools
 - Live Performance Venues
 - Movie Theaters
 - Skating Rinks
 - Spas
 - Gaming and business establishments which allow gaming activities (e.g. video poker, gaming, sweepstakes, video games, arcade games, pinball machines or other computer, electronic or mechanical devices played for amusement)
- EO 119: Lifting restrictions on local Health Departments, childcare facilities, and commerce transport. This order also restricting various functions of DMV to include:
 - Driver's License Office will operate by appointment only.
 - Closing of all Drivers License Office that are on insufficient size to maintain social distancing.
 - Extending office hours at locations that are of sufficient size.
 - Postpone all DMV related hearings for 60 days.
- EO 118: Restricting dine-in services at all restaurants / bars. These businesses will continue to be allowed to provide carry-out and delivery services.

What to Do if You Feel Sick

CDC and NC Dept. Of Health and Human Services (NCDHHS) have released new guidance for patients, health care providers and outpatient facilities. (These 3 documents are attached to



today's email.) The CDC and NCDHHS now recommend the following for people experiencing symptoms or become sick.

- Most people who get COVID-19 will recover without needing medical care. The Centers for Disease Control and Prevention (CDC) recommends that you stay home if you have mild symptoms – such as fever and cough without shortness of breath or difficulty breathing. You can call your doctor to see if you need medical care. If you do not have a doctor, you can seek medical attention by using the following:
 - Vidant NOW; This is a web based platform that allows users to consult Vidant doctors, and can be accessed using this link.
https://www.vidantnow.com/vidanthealth/landing_home
 - You can also contact your local Health Department.

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 or 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:
 - 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. However, to date, data on COVID-19 has not shown increased risk for severe illness.

- Call your doctor or 911 right away if you have:
 - Shortness of breath
 - Difficulty breathing
 - Chest pain or pressure
 - Confusion
 - Blue lips



Testing

- The CDC and NCDHHS have shifted their focus away from mass testing. As such, current testing guidelines are as follows:
 - Most people do not need a test. When you leave your home to get tested, you could expose yourself to COVID-19 if you do not already have it. If you do have COVID-19, you can give it to someone else, including people who are high risk.
 - Your doctor can help you decide if you need a test. There is no treatment for COVID-19. 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.
- There have been 111 tests completed in Beaufort County to date, with 82 negatives, 6 positives and 23 pending. (These are cumulative numbers and includes test performed at the Health Department and private medical facilities throughout our county.) *Two of our positive cases were tested in other counties. *
- Beaufort County Health Department will no longer provide community testing due to limited supplies. Most medical providers in the county can conduct the COVID-19 test.

Not everyone should be tested. If a person is sick, they should assume they may have COVID-19 or another communicable disease and stay home until they are fever free for 3 days and have been in self-isolation for at least seven days. If their symptoms worsen, then they should contact their provider to see if additional medical attention is needed.

There is no treatment for COVID-19. A positive test will not impact the medical management for most people with COVID-19. Testing should be used when conditions are more severe, and the diagnosis needs to be ruled out. Commercial lab testing is still available for those providers needing this information.



Alternative surveillance tools will be used to track the spread in our county. Tracking only lab-confirmed cases is not a reliable or accurate way to understand the pandemic; therefore, the health department will use influenza surveillance tools designed to track widespread respiratory illness.

People infected with COVID-19 coming out to be tested may spread illness to others in the community, including those at higher risk of complications, and health care workers. Also, people who are not infected with COVID-19 can become so when seeking testing, especially at health care sites. This is why we advise sick people to stay home when sick and for healthy people to only go out for necessary trips (ex. Food, medications, scheduled doctor's appointments).

Treatment

There is currently no cure or vaccine for COVID-19. Treatments are specific to the symptoms experienced by the individual and may range depending on severity. For example, over the counter medicines may be an effective treatment for fever, cough, body aches etc. in some individuals. Others may require the services and treatments provided by a trained medical professional.

The CDC and NCDHHS now recommend the following guidance for treatment.

- **Isolate Yourself**
If you are sick with COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible.
- **When can I go back to my normal activities?**
You can stop isolating yourself when you answer YES to ALL three questions:
 - Has it been at least 7 days since you first had symptoms?
 - Have you been without fever for three days (72 hours) without any medicine for fever?
 - Are your other symptoms improved?

Call your doctor if your symptoms are getting worse or you have any concerns about your health.

- **What if I'm not sure if I have COVID-19?**



If you have fever and cough and other symptoms of respiratory illness, even if it is not from COVID-19, you should isolate yourself as if you have COVID-19. This will reduce the risk of making the people around you sick.

- **What should my family members do?**

Anyone in your household or others who have been in close contact with you should stay home for 14 days as much as possible and monitor themselves for symptoms. Close contact means within six feet for at least 10 minutes. If they start having symptoms of COVID-19, they should take the same steps to prevent spreading it. Family members who are healthcare workers, first responders, or others who are needed to respond to the COVID-19 pandemic should review CDC guidance and check with their employers about when to return to work.

Retail Commodities

North Carolina's State Emergency Operations Center (SEOC) continues to monitor the supply chains of grocery and other retail stores. Retailers are encouraging everyone to return to their normal purchasing habits and refrain from bulk buying and / or hoarding. Distributors have reported having many of the supplies need to replenish stores and continue to do so. North Carolina has assisted that effort by lifting many of the travel and weight restrictions of transport services.

What to Expect in the Future?

The Institute for Health Metrics and Evaluations has released its projections for COVID-19. Their data includes estimates of needs (ie. hospital beds, ICU beds, ventilators) as well as peak cases for US and state by state. N.C. is projected to peak on April 22. There has been improvement in resources and deaths per day since the "Stay at Home" order was updated. You can view this information by using the following link: <https://covid19.healthdata.org/projections> (This may not work well in Internet Explorer) Use the drop down arrow next to "United States of America" to view this data at a state level.

The mitigation efforts listed above remain the best way to slow the spread of COVID-19. Municipal and County staff continue to coordinate with first responders, health care providers, and various other community stakeholders to ensure an adequate response to the impacts of COVID-19. As previously stated, the announcement of a local cases should serve as a reminder of the importance of practicing our mitigation efforts, and not simply a source for panic.



As cases continue to escalate, you will see a shift in focus from testing to treatment. Again, testing is a diagnostic step, not a cure or treatment of symptoms.

There will be a significant increase in known case over the coming days. These increases are primarily contributed to widespread testing initiatives, as well as community outbreaks now in the larger metropolitan areas of New York and Washington.

Announcements of cases attributed to “community spread” will continue for the foreseeable future. This is a normal and expected progression of communicable disease pandemics such as COVID-19. **However, frequent hand washing and continuing to practice social distancing is the best way to fight community spread.**

Areas with high population densities such as Wake, Durham and Mecklenburg counties will continue to experience the greatest concentration of outbreaks, with their neighboring counties being the next highest. This is an expected trend and is now evident by reviewing the NCDHHS state map tracker. <https://www.ncdhhs.gov/covid-19-case-count-nc>

Economic Impacts and Mitigation

The systemic effects of social distancing have and will continue to impact our local economy. Particularly our local restaurants, many of which continue to offer carryout / drive through options. The status of local businesses and restaurants can be found by visiting the link below from the Washington Beaufort County Chamber of Commerce. Please continue to support these locations when possible during this difficult time.

<https://www.wbcchamber.com/news/2020-business-updates-regarding-covid-19>

There are also several conversations at the federal and state levels regarding economic initiative. North Carolina is in the process of lifting many of the unemployment guidelines for those seeking assistance. Details pertaining to this initiative will be forthcoming.

Resources

We have created a resource page that can accessed at <https://co.beaufort.nc.us/departments/human-services/public-health/2019-coronavirus-covid-19>. This resource page contains guidance for businesses, long term care facilities, families, and more.



We are here to offer support and answer any questions or concerns. We are encouraging all community partners to share accurate information and promote it within your businesses, communities, and elsewhere. Beaufort County's website and Facebook page are great ways to stay up to date on accurate information.

Thank you,



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