



4/8/2020 Beaufort County, NC

COVID-19 SITREP

The following information is as of 5pm.

Case Statistics

	Population	Total Confirmed Cases	Current Active Cases	Deaths	Recovered
Worldwide	7.6 Billion	1,500,830 (+87,415)	1,182,975 (+67,949)	87,706 (+6,506)	317,855 (+19,466)
USA	330 Million	423,135 (+36,318)	400,169 (+33,543)	14,390 (+2,105)	22,966 (+2,775)
NC	10.4 Million	3,472 (+202)	*See Note Below*	63 (+13)	*See Note Below*
Beaufort Co.	49,000	11 (+1)	5 (+1)	0	6

\*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 3,472 total confirmed cases across 93 counties, with 63 deaths and 386 hospitalizations.
- Beaufort County has had a total of 11 cases, with 5 currently active, 3 of which are hospitalized. Contact tracing of these known cases have concluded:
  - (1) case was contributed to direct contact with a known patient from another county.
  - (2) cases were related to travel to a known outbreak area.
  - (7) cases are attributed to community spread.
  - (1) still under investigation.
 All active cases are self-isolating.



- Eastern NC counties with total confirmed cases include: Bertie (10), Beaufort (11), Bladen (1), Brunswick (26), Carteret (25), Camden (1), Chowan (1), Columbus (14), Craven (19), Currituck (3), Dare (10), Duplin (8), Edgecombe (12), Gates (3), Greene (10), Halifax (14), Hertford (5), Hyde (1), Jones (3), Lenoir (11), Martin (4), New Hanover (52), North Hampton (54), Onslow (24), Pamlico (3), Pasquotank (10), Pender (2), Perquimans (2), Pitt (51) Sampson (5), Washington (8), Wayne (34) and Wilson (38). Mecklenburg (830), Wake (365) Durham (236) counties have the most cases.

### Mitigation Efforts

- A Message from Beaufort County's Health Department

Have you ever wanted to be a superhero? Fighting crime....overcoming the impossible... protecting citizens... NOW IS YOUR TIME TO SHINE!

The fight against COVID-19 is a fight unlike any other we've seen. It's a fight in which we are all called to work together, because TOGETHER is the only way we can win! Be the superhero we know you can be and join us in the fight against COVID-19 by:

- **Staying Home** and only leaving for essential trips (ex. Groceries, medications)
- If you have to leave for essential food or medications, use the grocery or medication pick-up/drive-thru.
- Practice social distancing , which means physically distancing yourself from others at least 6 feet.
- No gatherings of 10 or more.
- If you are feeling sick, isolate yourself away from any other household members & stay home!
- Wash 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.
- BE KIND! ... we are all in this fight together!

The superhero lies within you! You are what we need to defeat the spread of COVID-19! Do your part... stay home....save lives!

JaNell Octigan, MPH  
Beaufort County Health Department



- Beaufort County's EOC is 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 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.

- 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 15<sup>th</sup>. This order also imposes restrictions on the following businesses; Bingo Parlors, Bowling Alleys, Indoor Exercise Facilities, Health Clubs, Indoor / Outdoor Pools, Live Performance Venues, Movie Theaters, Skating Rinks, Spas, Gaming and businesses which allow gaming activities.
  - 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.

### **Face Mask Information**

Protective and mitigation measures continue to evolve as we learn more about COVID-19. One of the more recent evolutions is the use of face masks by the general public. While this has been the center of many conversations, it is also a topic clouded with confusion and misinformation.

As such, we would like to provide the following clarification and guidance based on current CDC recommendations.

First, all mask are not the same, and provide different protective features when used by different people in different settings. Let's begin by looking at the more common types of mask being discussed.

- N95 Mask



The CDC currently recommends that this style mask be used by trained medical providers when performing certain medical interventions that inherently expose the provider to respiratory droplets. Due to scarce supplies, this style mask is not recommended for daily use by members of the general public. Current quantities are needed for the protection of our health care providers.

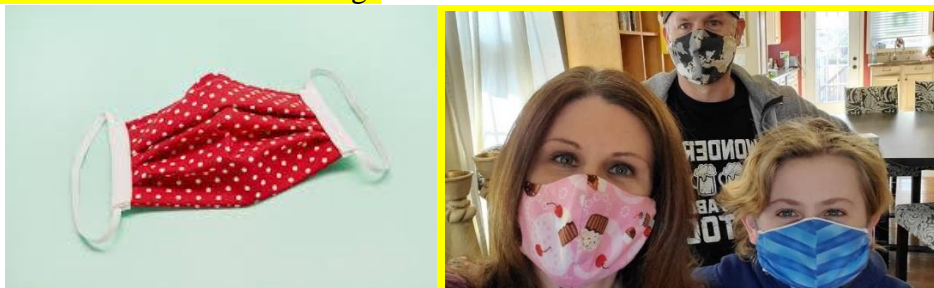
- Surgical / Procedural Mask



The CDC currently recommends this style mask for general use in medical settings / facilities. This mask serves as a barrier against respiratory droplets that are produced by coughing and during general conversation, therefore reducing the risk of a user

transmitting illnesses to someone in close proximity. Again, due to the limited availability of this style mask, it is not recommended for daily use by members of the general public. Current quantities are needed for the protection of our health care providers.

- Cloth Face Mask / Coverings



The CDC currently recommends this style mask for members of the general public that would like an additional level of protection. These cloth mask can be made or purchased, and serves as a barrier against droplets emitted from the user to other members of the public. (ie. they reduce the chances of the user spreading the virus to others.) They can be washed and reused. These are not recommended for use by health care providers performing medical interventions.

**It is important to remember that using any of the masks above does not mean that you no longer have to adhere to other recommendations such as social distancing, frequent hand washing, staying home if you are sick, etc.. A mask is an additional protective feature, and not a substitute for other recommended practices.**

The CDC provides the following guidance for individuals choosing to utilize Cloth Face Mask / Coverings.

- Cloth Face Coverings: Questions and Answers

This document is intended to address frequently asked questions about cloth face coverings.

[Why do you need to wear cloth face coverings?](#)



In light of new data about [how COVID-19 spreads](#), along with evidence of widespread COVID-19 illness in communities across the country, CDC recommends that people wear a [cloth face covering](#) to cover their nose and mouth in the community setting. This is to protect people around you if you are infected but do not have symptoms.

### When do you need to wear a cloth face covering?

A cloth face covering should be worn whenever people are in a community setting, especially in situations where you may be near people. These settings include grocery stores and pharmacies. These face coverings are not a substitute for social distancing. Cloth face coverings are especially important to wear in public in areas of widespread COVID-19 illness.

### Do I still need to stay at least 6 feet away from people if wearing a cloth face covering?

Yes. Wearing cloth face coverings is an additional public health measure people should take to reduce the spread of COVID-19. CDC still recommends that you stay at least 6 feet away from other people (social distancing), frequent hand cleaning and other everyday preventive actions. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This would be especially important if someone is infected but does not have symptoms. View CDC's guidance on [how to protect yourself](#).

### What type of cloth face covering should be worn?

Cloth face coverings can be made from household items such as tightly woven cotton, quilted fabric or cotton sheets at low cost.

### Who should not wear cloth face coverings?

Cloth face coverings should not be placed on young children younger than 2 years of age, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the cover without assistance.



## Why is CDC recommending cloth face coverings instead of medical grade facemasks?

Surgical masks and N95 respirators are in short supply and should be reserved for healthcare workers or other medical first responders, as recommended by CDC guidance.

Please refer to the second attachment to today's email titled "DIY Cloth Face Covering" for instructions on how to make these mask, and other additional information.

### ○ How to put on a face mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask.
2. Remove a mask from the box and make sure there are no obvious tears or holes in either side of the mask.
3. Determine which side of the mask is the top. The side of the mask that has a stiff bendable edge is the top and is meant to mold to the shape of your nose.
4. Determine which side of the mask is the front. The colored side of the mask is usually the front and should face away from you, while the white side touches your face.
5. Follow the instructions below for the type of mask you are using.
  - *Face Mask with Ear loops:* Hold the mask by the ear loops. Place a loop around each ear.
  - *Face Mask with Ties:* Bring the mask to your nose level and place the ties over the crown of your head and secure with a bow.
  - *Face Mask with Bands:* Hold the mask in your hand with the nosepiece or top of the mask at fingertips, allowing the headbands to hang freely below hands. Bring the mask to your nose level and pull the top strap over your head so that it rests over the crown of your head. Pull the bottom strap over your head so that it rests at the nape of your neck.
6. Mold or pinch the stiff edge to the shape of your nose.
7. If using a face mask with ties: Then take the bottom ties, one in each hand, and secure with a bow at the nape of your neck.



8. Pull the bottom of the mask over your mouth and chin.

### How to remove a face mask

1. Clean your hands with soap and water or hand sanitizer before touching the mask. Avoid touching the front of the mask. The front of the mask is contaminated. Only touch the ear loops/ties/band. Follow the instructions below for the type of mask you are using.
  - *Face Mask with Ear loops:* Hold both of the ear loops and gently lift and remove the mask.
  - *Face Mask with Ties:* Untie the bottom bow first then untie the top bow and pull the mask away from you as the ties are loosened.
  - *Face Mask with Bands:* Lift the bottom strap over your head first then pull the top strap over your head.
2. Throw the mask in the trash. Clean your hands with soap and water or hand sanitizer.

**Please Note:** If you are using a reusable cloth mask, at the end of the day, take the mask off from the straps (not touching the front), place in a pillowcase to keep the ties with the mask. Wash it in the washing machine with hot water and completely dry on medium or high heat.

**Be advised:** Wearing a mask does not replace other important public health control measures such as hand-washing, social distancing, covering your cough and cleaning surfaces. In fact, masks are a type of personal protective equipment, which health professionals consider the *last* line of defense.



## **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. Recommendations for people experiencing symptoms or become sick are as follows:

- 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](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.



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.

- 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 124 tests completed in Beaufort County to date, with 111 negatives, 8 positives and 5 pending. (These are cumulative numbers and includes test performed at the Health Department and reporting 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).

### **Announcement**

We are getting reports that some recipients of our mass notification email group are no longer receiving this update daily to their email account. We have found that some email providers are beginning to flag emails from us as SPAM, and not completing the delivery process. We have corrected everything we can from our end. Please contact your email provider if this occurs. Reminder, our daily updates are also posted on Beaufort County's Health Department webpage under the "COVID-19 Update" tab. Use the following link to access this tab and other resource information.

<https://co.beaufort.nc.us/departments/human-services/public-health/2019-coronavirus-covid-19>

### **What to Expect in the Future**

#### **National & State Modeling**

- The Institute for Health Metrics and Evaluations continues to update 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. Recent updates include a reduction in hospitalizations and death rates for NC, reflecting the effectiveness of current mitigation efforts. N.C is projected to peak on April 13th. 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.



## Beaufort County Modeling

- Since activating our EOC, staff members have been evaluating case statistics and mitigation efforts in an attempt to model what impacts we could expect locally. Unfortunately, as a new virus strand, there are things we know about COVID-19, and things we are still learning. Let's start with what is known. It is a respiratory virus. Prior to COVID-19, the most well-known respiratory virus in the US was influenza (Flu). According to the CDC, the most severe Flu season **on record in the last 10 years** occurred in 2017 / 18. This outbreak was estimated to have impacted 6,450 Beaufort Co. residents, with 118 hospitalizations and 9 deaths. As our worse year **on record in the last decade**, we used this Flu season as the foundation for modeling what impacts COVID-19 may have on Beaufort Co..

We also know that COVID-19 has a higher calculated communicability factor than the Flu. Simply speaking, its more contagious or easier to spread. The 2017 / 18 Flu strand was calculated at 1.53. COVID-19 is calculated to be 2.25.

Our model applies this COVID-19 factor to the estimated impacts experienced during the 2017 / 18 Flu season. In short, it models **our most a** severe Flu seasons while adjusting for the higher transmission rates of COVID-19. In doing so, our planning estimates indicate that we could experience the following over the next 4 months.

- 192 Hospitalizations
- 46 ICU patients
- 15 Deaths

We realize that the most prominent question remains. How many people in Beaufort Co. will contract COVID-19? The answer to this question continues to have a high level of uncertainty, because it is dependent upon variables such as, adherence to social distancing interventions, personnel hygiene habits, contact tracing, environmental factors, etc.. Without these interventions, our model estimates that up to 20% of our county's population (or 10,504 people) could be impacted by COVID-19, with most being mildly symptomatic.

It is important to remember that these models are not a crystal ball and are for planning purposes. As citizens of Beaufort County, we are in a position today to determine how



badly COVID-19 will impact our communities in the future. Please continue to practice social distancing. Do not have gatherings of more than 10 people. Disinfect surfaces. Wash your hands frequently and avoid touching your face. If you feel sick stay home and isolate yourself from others.

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>

### **Resources**

We have created a resource page that can be 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,



Receive our FREE Quarterly Newsletter by emailing [bchealth@bchd.net](mailto:bchealth@bchd.net)



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