



**Chowan County and Town of Edenton
Bulletin #1
Press Release
Coronavirus (COVID-19)**



3/6/2020 – 1:00PM

1. Chowan County and the Town of Edenton are monitoring updates from the Health Department (Albemarle Regional Health Services).
2. The Health Department has a live link on their website which will take you directly to CDC informational updates on COVID-19.
3. There are currently no cases identified in our area at the time of this press release.

Useful Coronavirus COVID-19 Information:

For Reliable Coronavirus information, please look to the Health Department either by calling or visiting their website : <http://www.arhs-nc.org/>

Submitted by:
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Chowan County Emergency Management Coordinator

**General prevention recommendations for COVID-19
are the same as those to prevent the spread of flu
and other respiratory viral infections**



- Wash hands often with soap and water for at least 20 seconds



- If soap and water are not available, use an alcohol-based hand sanitizer

- Avoid touching your eyes, nose, or mouth with unwashed hands



- Avoid contact with others who are sick

- Cover your mouth and nose with a tissue or sleeve, not your hands, when coughing or sneezing



Health Alert: Coronavirus Disease 2019 (COVID-19)

You have traveled to a country with an outbreak of COVID-19 and are at higher risk.
COVID-19 is a respiratory illness that can spread from person to person.

Stay Home

Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Symptoms can include:



Fever (100.4°F/38°C or higher)



Cough



Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: www.cdc.gov/COVIDtravel



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