



April 29, 2020

## COVID-19 UPDATE – LINCOLN COUNTY, NC

Lincolnton, NC –

The following counts are based on data reported to the Lincoln County Health Department as of today:

Lincoln County Specific Data - COVID-19				
Total Tested	Positive - Active Cases	Positive - Recovered Cases	Negative Cases	PUIs
735	7	20	703	5

- A positive active case is a person who tested positive in a lab and remains in isolation until cleared.
- A positive recovered case is a person who tested positive in a lab and has now met the state criteria for clearance.
- A negative case is a person that tested negative in a lab.
- A PUI is a person who was tested for COVID-19 and is self-isolating until test results are received.

→ **The next Lincoln County COVID-19 update will be released on May 1, 2020.**

*How can you protect yourself and others from the spread of coronavirus?*

### KNOW HOW IT CAN SPREAD

The virus is thought to spread through person-to-person contact in the following ways:

- Between people who are in close contact with one another (within about 6 feet).
- By respiratory droplets that are expelled when an infected person coughs, sneezes or talks.
- Some recent studies suggest that it can be spread by asymptomatic individuals.

### CLEAN YOUR HANDS OFTEN

Wash your hands with soap and water for at least 20 seconds, especially after you have been in a public place or blowing your nose, coughing or sneezing. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol and rub until they feel dry.

### AVOID CLOSE CONTACT

Stay away from people who are sick and stay home as much as possible. Keeping your distance from people is important because some people without symptoms may be able to spread the virus.

### USE A CLOTH FACE COVER WHEN AROUND OTHERS

Everyone, age 2 and older, should wear a cloth face cover when in public and continue to practice social distancing. The cloth cover will help reduce the spread of infection. For instructions to make your own face cover, visit: <https://bit.ly/2zjTQpJ>

### COVER COUGHS AND SNEEZES

Use a tissue when you cough or sneeze, or use the inside of your elbow if a tissue is not available. Throw used tissues in the trash, and immediately wash your hands.

### CLEAN AND DISINFECT

Clean and disinfect frequently touched surfaces daily. If surfaces are visibly dirty, clean with soap and water prior to disinfection, then use a household disinfectant to clean surfaces.

*What should you do if you are sick?*

### **STAY HOME EXCEPT TO GET MEDICAL CARE**

Most people with COVID-19 will recover at home without needing medical care. Take care of yourself and stay in touch with your doctor, while avoiding public places.

### **SEPARATE YOURSELF FROM OTHER PEOPLE AND PETS IN YOUR HOME**

Stay in a specific room away from others and pets and use a separate bathroom, if available. Wear a cloth face cover if you must be around people outside the home.

### **KNOW WHEN TO SEEK MEDICAL CARE**

For mild symptoms, call ahead before visiting your doctor. If you have any severe or emergency symptoms, seek medical care immediately by calling your doctor or 911.

### **KNOW WHEN YOU CAN STOP ISOLATING 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. You can leave home after these three things have happened:

1. You have had no fever for at least 72 hours without the use of fever reducing medications.
2. It has been at least 72 hours since your respiratory symptoms (e.g. cough, shortness of breath) have improved.
3. At least 7 days have passed since your symptoms first appeared.

*Are you feeling blue or stressed?*

### **KNOW HOW TO COPE WITH STRESS CAUSED BY THE COVID-19 OUTBREAK**

COVID-19 has proven stressful for many people. Fear and anxiety about the disease, coupled with recent life changes can cause strong emotions in adults and children.

- Take breaks from watching or reading news stories about coronavirus.
- Take care of yourself by practicing deep breathing or meditation, eating healthy, exercising, getting adequate sleep and making time to unwind.
- Connect with others and talk to friends or family about how you are feeling.
- If you are feeling overwhelmed or would like to speak with a counselor, please call the Hope4NC Helpline for free and confidential services at **1-855-587-3463**.

### **Continue to monitor communications by local, state and federal representatives:**

- For Lincoln County specific updates regarding COVID-19: <https://bit.ly/2X9N9R8> and [www.LincolnCounty.org/health](http://www.LincolnCounty.org/health)
- For a COVID-19 Lincoln County Resource Guide, visit <https://bit.ly/3bAeAbf>
- For state and federal information regarding COVID-19: [CDC](https://www.cdc.gov) and [NCDHHS](https://www.ncdhhs.gov)

### **For questions or concerns regarding your risk for COVID-19, use the following numbers:**

- Lincoln County Health Department triage line, Monday-Friday, 8am-5pm: 704-736-8510.
- Atrium Health triage line, 24/7: 704-512-5700
- Novant Health triage line, 24/7: 877-499-1697
- Dial 211 or call the NC Coronavirus Helpline, 24/7: 1-866-462-3821

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