



May 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*		
Positive - Active Cases	Positive - Recovered Cases	PUIs
13	55	6

* Total test numbers and negative test numbers have not been consistently reported to Lincoln County Health Department; therefore, total tested and confirmed negative test numbers cannot be verified for Lincoln County going forward. All positive test results and PUIs reported to Lincoln County Health Department will continue to be verified and communicated once received.

- 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 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 June 1, 2020.**

Is North Carolina slowing the spread of COVID-19?

MONITOR INFORMATION AS IT IS RELEASED USING THE COVID-19 NC DASHBOARD

- Find data on key metrics and trends used to make informed decisions and ease restrictions.
- Find data on NC COVID-19 Cases by zip code, county, and demographic factors.

→ To view the COVID-19 North Carolina Dashboard, visit covid19.ncdhhs.gov/dashboard.

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

REMEMBER THE “3 W’s” AND REDUCE YOUR RISK OF EXPOSURE TO COVID-19

- Wear a cloth face covering when in public. For instructions to make your own face cover, visit: <https://bit.ly/2zjTQpJ>.
- Wait in lines for service at least 6 feet apart to avoid close contact.
- Wash your hands often with soap and water for at least 20 seconds, or rub hands with hand sanitizer containing at least 60% alcohol until they feel dry.

KNOW HOW COVID-19 SPREADS

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.

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 10 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
- 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
- For assistance during COVID-19, Dial 211 or 888-892-1162, or Text COVIDNC to 898211

Media Contacts:

Kellie Hardin, Lincoln County Health
kchardin@lincolncounty.org
(704) 735-3001

Ronnie Rombs, Lincoln County PIO
rdrombs@lincolncounty.org
(704)685-2559