



# Montgomery County Department of Health

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## **Preventing the Spread of Coronavirus Disease 2019 (COVID-19)**

As of March 4, 2020, there have been 100 reported cases of COVID-19 across 13 U.S. states and 10 deaths. One case was reported by the N.C. Division of Public Health in Wake County and there are no identified cases in Montgomery County.

At this point in time, the best way to protect yourself from getting sick is to wash your hands often, avoid touching your face, and avoid contact with anyone who is sick. To prevent further spread, use a tissue to cover your mouth and nose when you cough or sneeze, stay home when you are sick, wipe down frequently touched objects with household cleaner, and wash your hands often. When washing your hands, use soap and water and rub your hands together for at least 20 seconds. The CDC does not recommend that people who are well use a facemask to protect themselves, but anyone with symptoms should wear a facemask to stop the spread of disease to others.

Symptoms of COVID-19 may appear 2-14 days after exposure and include fever, cough, and shortness of breath. Although rare, in some cases, symptoms have appeared up to 27 days after exposure. While COVID-19 is spread much like influenza, there is currently no vaccine available. The best way to prevent COVID-19 is to avoid exposure to the virus.

If you believe that you have become infected, please call your primary care provider or the Montgomery County Department of Health. If you are experiencing the symptoms above, please remain at home until you have talked to your doctor, the health department, or another healthcare provider.

It is also recommended that you and your family begin to plan for the event that COVID-19 spreads to your community. You should identify the needs of your family members, identify any organizations that may offer aid, and create an emergency contact list. Ensure that you are cleaning often touched surfaces and objects in your home and washing your hands. And identify an area of your home to isolate anyone if they become sick. You should also discuss any plans for possible schedule changes with your employer and your children's school or childcare facility.

For more information on COVID-19, please call the Montgomery County Department of Health at (910) 572-1393 or visit our website at [www.montgomerycountync.com/departments/health-department](http://www.montgomerycountync.com/departments/health-department).

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