



Montgomery County Department of Health



Public Health
Prevent. Promote. Protect.



North Carolina
Public Health

217 S. Main Street
Troy, North Carolina
Courier # 03-96-09

Phone: 910-572-1393
Fax: 910-572-8177
e-mail: mary.perez@montgomerycountync.com

For Immediate Release: March 21, 2020
Contact: Mary Perez-Baldwin RN, MSN
910-572-1393

Montgomery County Identifies First Case of Novel Coronavirus (COVID-19)

Montgomery County Department of Health was notified on the morning of March 21, 2020, of the first positive case of novel coronavirus (COVID-19) in the county.

At this time, the individual is isolating at home and willingly cooperating with public health officials. Montgomery County Department of Health team members are monitoring the individual during this home isolation and are identifying any close contacts to monitor symptoms and contain potential spread. To protect the individual's privacy, no further information will be shared.

Montgomery County Department of Health is working diligently with other local health departments to identify anyone who has come in close contact with this individual and recommend they be assessed for symptoms and monitored appropriately.

Today's announcement represents an isolated case of COVID-19 in Montgomery County, it is not widespread. "The Montgomery County Department of Health is doing everything possible to protect the health and well-being of this individual and the public," said Mary Perez-Baldwin, Montgomery County Health Director.

We ask that our community continue to follow health guidelines from the State and CDC that are being regularly updated on our website.

Because COVID-19 is most commonly spread through respiratory droplets, residents should take the following measures:

- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are not available, use hand sanitizer with a 60 percent alcohol base
- Avoid touching your eyes, nose, and mouth
- Cough or sneeze into a tissue or your bent elbow
- Clean and disinfect your high touch surfaces with regular household cleaner
- Stay home when you are sick
- Avoid contact with people who are sick
- Limit gatherings to 10 people or fewer; people at high risk (over age 65, or have underlying health issues, or weakened immune system) should limit exposure to large crowds and stay home if possible.
- Practice social distancing - stay 6 feet away from other people.

According to the CDC, symptoms can include fever (100.5 degrees Fahrenheit), cough, and shortness of breath.

You are strongly encouraged to call your primary health care provider before going to their office to alert them of your symptoms.

It is important to make sure the information you are getting about COVID-19 is coming directly from reliable sources such as CDC, NCDHHS, and Montgomery County Department of Health, and not from social media outlets. Please consult the resources that follow:

NC DHHS-DPH:

www.ncdhhs.gov/coronavirus

CDC:

www.cdc.gov/coronavirus

Montgomery County Department of Health:

<http://www.montgomerycountync.com/departments/health-department>

North Carolina Public Information Hotline: 211

North Carolina Poison Control COVID-19 Hotline: 888-892-1162

