

ARHS Novel Coronavirus (COVID-19) Situation Report #59

March 12, 2021 **PLEASE NOTE NEW FORMAT & SEE ADDITIONS/ UPDATES IN RED**

This is a rapidly evolving situation. The most up to date information and guidance can be found at

- <https://www.arhs-nc.org>
- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- <https://www.ncdhhs.gov/coronavirus>

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Regional Data

Web-reported data and local investigation data as of 3/12/2021 at 3:00 pm

	Lab Confirmed Case Count	Active (Lab Confirmed)	Recovered (Lab Confirmed)	Deaths	Additional Info
United States (pm update)	29,052,862	---	---	527,726	https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/cases-in-us.html
Virginia (10 am update)	592,214	---	---	9,961	http://www.vdh.virginia.gov/coronavirus/
North Carolina (noon update)	881,823	---	---	11,663	https://www.ncdhhs.gov/covid-19-case-count-nc
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Bertie	1679	24	1611	44	
Camden	605	13	587	5	
Chowan	1389	10	1351	28	
Currituck	1411	21	1375	15	
Gates	687	12	663	12	
Hertford	1970	15	1893	62	
Pasquotank	3122	30	3014	78	
Perquimans	935	14	913	8	
ARHS – Region Total	11798	139	11407	252	

Please keep in mind case counts DO NOT represent true disease burden.

Outbreaks

Outbreaks	County	Staff	Residents	Inmates	Total	Recovered *May be included in Cty # not here	Deaths
Bertie Correctional	Bertie	61		89	150		
Three Rivers	Bertie	1	3		4		1
Citadel	Pasquotank	2	1		3		
Heritage Care	Pasquotank	2	1		3		
Elizabeth City Health & Rehab (3rd event)	Pasquotank	50	125		175	141	26

Resolved: Pasquotank Corrections, Waterbrooke

Current Executive Order/ Guidance Overview

<https://www.nc.gov/covid-19/covid-19-orders>

- Face coverings are required in all public indoor settings if there are non-household members present, regardless of the distance away
- The Mass Gathering limit at 25 for indoor settings and 50 for outdoor settings
- Late night alcohol sales are extended to 11:00 p.m.
- Venue Capacity Limits:
 - Places of Worship – Open
 - Parks & Rec – Open
 - Restaurants, Salons, Personal Care – 50% Capacity
 - Gyms/ Indoor Exercise – 50% Capacity
 - Playground – Open
 - Museums – 50% Capacity
 - Retail Businesses – 50% Capacity
 - Pools – 50% Capacity
 - Large Outdoor Venues – 15% Capacity
 - Smaller Outdoor Venues – 30% of outdoor capacity
 - Movie Theaters & Conference Centers – Indoor at 30% of capacity with cap of 250
 - Bars – Outdoor only at 30% of capacity with cap of 250
 - Outdoor Amusement Parks – 50% Occupancy

A new bipartisan bill announced March 10 will require elementary schools to use Plan A for daily in-person classes while middle and high schools can choose between Plan A or Plan B. Local districts can also still close schools in the event of COVID-19 outbreaks.

Signs and Symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

We continue to learn more about asymptomatic spread as individuals may shed virus 1 to 3 days prior to symptom onset, and present with extremely mild or no symptoms at all.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Clinical Information/ Testing

Clinical Testing Guidance: <https://files.nc.gov/covid/documents/guidance/healthcare/COVID-19-Provider-Guidance-Final.pdf>

Antigen Testing Guidance: <https://files.nc.gov/covid/documents/guidance/healthcare/Antigen-Provider-Update.pdf>

ARHS Testing Schedule:

NOTE: Please call to confirm testing schedule as times may changes due to vaccination clinics.

Pasquotank County Health Department 252-338-4400 Testing available: Thursday 1:30-3:30 pm	Perquimans County Health Department 252-426-2100 Testing available: Tuesday 1:30-3:30 pm	Camden County Health Department 252-338-4460 Testing available: Thursday 1:30-3:30 pm	Chowan County Health Department 252-482-6003 Testing available: Monday 1:30-3:30 pm
Currituck County Health Department 252-232-2271 Testing available: Wednesday 1:30-3:30 pm	Bertie County Health Department 252-794-5322 Testing available: Wednesday 1:30-3:30 pm	Gates County Health Department 252-357-1380 Testing available: Monday 1:30-3:30 pm	Hertford County Health Department 252-862-4054 Testing available: Tuesday 1:30-3:30 pm

ARHS is collaborating with OptumServe to provide additional, no-cost COVID-19 testing sites in Bertie, Hertford, Gates, and Chowan counties. This contract has been extended through December. You may register and make an appointment for testing by visiting <https://lhi.care/covidtesting> or by calling (877) – 562-4850.

Hertford County - Government Complex 115 Justice Dr. Winton, NC 27986 Testing available: Monday, Thursday, & Saturday – 10 a.m. – 2 p.m. Tuesday & Friday 1 - 5 p.m.	Bertie County – Bertie Early College 819 Governor's Rd. Windsor, NC 27983 Testing available: Monday, Thursday, & Saturday – 10 a.m. – 2 p.m. Tuesday & Friday 1 - 5 p.m.	Gates County - New Hope Missionary Baptist Church, 94 NC-37, Gates, NC 27937 Testing available: Monday, Thursday, & Saturday – 10 a.m. – 2 p.m. Tuesday & Friday 1 - 5 p.m.	Chowan County – American Legion, 1317 W Queen St, Edenton, NC 27932 Testing available: Monday, Thursday, & Saturday – 10 a.m. – 2 p.m. Tuesday & Friday 1 - 5 p.m.
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Isolation Guidance

If an individual receives a positive test result or suspects COVID-19, they are to remain isolated until the individual can answer **yes** to **all three** of these questions:

1. Has it been at least **10** days since you first had symptoms? (Please note this timeframe has been changed from 7 to 10)
2. Have you been without fever for 24 hours without any medicine for fever?
3. Are your other symptoms improved?

Quarantine Guidance

<https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>

Definition of a Close Contact, who if identified would need to quarantine:

- Within 6 ft of someone who has COVID for a total of 15 minutes or more (cumulative, 24 hr period)
- Provided care at home to someone who is sick with COVID
- Direct physical contact with the person (hug or kiss)
- Shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Contact must occur while the individual is symptomatic or 48 hrs prior to symptom onset to be placed on quarantine.

In the general community, quarantine can be ended if any of the following criteria are met:

- 14 days of quarantine have been completed
- 10 days of quarantine have been completed AND no symptoms have been reported during daily monitoring
- 7 days of quarantine have been completed AND no symptoms have been reported during daily monitoring AND a diagnostic specimen tests negative within 48 hours of the planned quarantine discontinuation (no earlier than day 5 after last contact).

If quarantine is discontinued before day 14, the individual must continue to monitor symptoms and strictly adhere to all non-pharmaceutical interventions (e.g. wear a mask, practice social distancing) through 14 days after the date of last exposure.

New CDC Guidance on Fully Vaccinated Persons:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

What's Changed

If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from one other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.

- However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

Prevention & Treatment

There is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- CDC is offering guidance on Cloth Face Coverings: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html> Cloth face coverings are more widely promoted in situations where social distancing may be difficult, but are not a replacement for other precautions and measures. See also 3W campaign.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Vaccine & Clinic Information

With the amazing assistance of regional partners ARHS was able to administer all vaccine that has been allocated to the health departments to date.

	First Doses	Second Doses
Bertie	4942	4033
Camden	2716	1979
Chowan	4190	3354
Currituck	7057	5553
Gates	2631	2293
Hertford	4333	3335
Pasquotank	9360	7258
Perquimans	3826	2816
	39055	30621

Week of 3/15 Clinics:

Second doses are offered for those who received their first dose on or before February 18.

Tuesday, March 16

Second Doses from 9-11 am

- Currituck County – Maple Park

Wednesday, March 17

First & Second Doses all clinics from 3- 6pm

- Hertford County – Ahoskie Creek Amphitheater
- Camden County – Camden Intermediate School
- Perquimans County – Recreation Department
- Gates County – Gates County Health Department

Thursday, March 18

First Doses from 3- 6pm

- Currituck County – Maple Park

Thursday, March 18

First & Second Doses all clinics from 3- 6pm

- Bertie County – Bertie High School
- Chowan County – American Legion
- Pasquotank County – Aviation Commerce Park – **TIME EXCEPTION – 2 – 6pm**

STATE PRIORITY GROUPS: <https://covid19.ncdhhs.gov/vaccines>

Additional Links for Vaccine Information:

- The [COVID-19 vaccination website for healthcare professionals](#) has been updated to direct healthcare professionals to clinical information including ACIP recommendations, storage and handling information, and vaccination provider requirements and support.
- The new [Pfizer-BioNTech COVID-19 Vaccine webpage](#) has information specific to Pfizer's vaccine, including resources to assist providers in storing, handling, and administering the vaccine. The materials now available on the webpage are attached to this email. Currently the page contains storage and handling information, and tomorrow we will update it with administration information; we are working to align this information with ACIP's clinical recommendations that will be released then.
- Moderna Info Sheet: <https://www.modernatx.com/covid19vaccine-eua/eua-fact-sheet-recipients.pdf>
- CDC's COVID-19 [vaccine information for consumers](#), including:
 - [What to expect at your vaccination appointment](#)
 - [What to expect after getting vaccinated](#)
 - [Post-vaccination considerations for healthcare personnel](#)
 - [Post-vaccination considerations for long-term care residents](#)
- NC Resources
 - [Fact Sheet - COVID-19 Vaccine Update](#) (December 14, 2020)
 - [Flyer - COVID-19 Vaccines: Your best shot against COVID-19](#)
 - [Infographic - Vaccine Development Process](#)
 - [Infographic - Vaccination Rollout Plan](#)
 - [Link - Frequently Asked Questions](#)
 - [Presentation - COVID-19 Vaccination Overview](#)

- Videos on Vaccine Rollout
 - NCDHHS Secretary Mandy Cohen shares information on the COVID-19 vaccine rollout plan ([45-second](#), [30-second](#))
 - NCDHHS Deputy Secretary Ben Money shares information on the COVID-19 vaccine rollout plan ([link](#))
- Videos for Long-Term Care
 - North Carolina long-term care workers share their reason for taking the newly developed COVID-19 vaccine. ([90-second](#), [60-second](#), [30-second](#))
 - NCDHHS Secretary Mandy Cohen shares information on the COVID-19 vaccine rollout plan long-term care facility workers ([60-second](#),
 - NCDHHS Secretary Mandy Cohen shares information on the COVID-19 vaccine rollout plan for families of long-term care residents ([link](#))
 - NCDHHS Deputy Secretary Ben Money shares information on the COVID-19 vaccine rollout plan for long-term care facilities ([60-second](#), [30-second](#))

More detailed information is available at yourspotyourshot.nc.gov and in the resources below:

- Infographic of Vaccine Phases ([English](#) / [Spanish](#))
- Deeper Dive: Phase 1a ([English](#) / [Spanish](#))
- Deeper Dive: Phase 1b ([English](#) / Spanish Coming)

ARHS Contact Information

ARHS COVID Call Line – 252-338-WELL

ARHS Department Contacts

****FOR PUBLIC USE****

Department	Phone	Address
Pasquotank Health Department (Supervisor Amanda Green)	252-338-4400	711 Roanoke Ave, Elizabeth City
Perquimans Health Department (Supervisor Laura Harkins)	252-426-2100	103 ARPDC St., Hertford
Camden Health Department (Supervisor Sherry East)	252-338-4460	160 US 158, BLDG B, Camden
Chowan Health Department (Supervisor Janette Palumbo)	252-482-6003	202 Hicks St., Edenton
Currituck Health Department (Supervisor Nicole Hines)	252-232-2271	2795 Caratoke Highway, Currituck
Bertie Health Department (Supervisor Sara Davidson)	252-794-5322	102 Rhodes Ave., Windsor
Gates Health Department (Supervisor Karen Riddick)	252-357-1380	29 Medical Center Rd., Gates
Hertford Health Department (Supervisor Valerie Pearce)	252-862-4054	828 S. Academy St., Ahoskie

ARHS Management/ Leadership Contacts

****FOR OFFICIAL USE ONLY****

Name	Position/ Title	Email	Office Phone	Cell Phone
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Amy Underhill	PIO/ Health Ed Director	aunderhill@arhs-nc.org	252-338-4448	252-398-2680
Nancy Nash	Nursing Director	nnash@arhs-nc.org	252-338-4411	252-339-9491
Sandra Ferebee	Clinic Supervisor	sandra.ferebee@arhs-nc.org	252-338-4412	252-312-9981
Anita LaFon	Clinic Supervisor	alafon@arhs-nc.org	252-338-4435	252-325-0242
Ashley Stoop	Dir. Policy, Planning, Preparedness	astoop@arhs-nc.org	252-337-6716	252-312-4952