



ALBEMARLE REGIONAL HEALTH SERVICES
Partners in Public Health

711 Roanoke Ave. Elizabeth City, NC 27909

NEWS RELEASE

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FOR IMMEDIATE RELEASE

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ALBEMARLE REGIONAL HEALTH SERVICES RESPONDS TO COVID-19

Elizabeth City, NC – Albemarle Regional Health Services (ARHS) is working on the frontlines to provide education to the community about COVID-19, also known as Coronavirus 19. ARHS, the regional public health department serving Bertie, Camden, Chowan, Currituck, Gates, Hertford, Pasquotank, and Perquimans counties, is working with our local partners and providers to share the latest guidance provided through NC DHHS and the CDC to minimize the impact on our community.

ARHS is asking our communities to practice preventive and safety measures that will help prevent the spread of the virus. These precautions include:

- 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.
- 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.
- Practice social distancing; avoid handshakes, hugs and other close contact.

In addition, to slow the spread of COVID-19 and reduce the number of people infected, gatherings that draw more than 100 people are prohibited under Executive Order 117 issued by Governor Roy Cooper on March 14, 2020. The ban does not impact public spaces such as shopping malls, grocery stores, pharmacies, and work places. NCDHHS also recommends that organizers (whether groups or individuals) cancel or postpone in-person events that consist of 50 people or more throughout North Carolina. On Tuesday, March 17, 2020 Governor Cooper also announced that North Carolina restaurants and bars will be closed to sit-down service and limited to take-out or delivery orders only. Grocery stores, gas stations, and convenience stores are exempt from this order and will remain open, though they may not serve sit-down food.

At this time, there are no approved treatments or vaccine to prevent COVID-19. Community-based interventions such as social distancing can help slow the spread of illness. Social distancing aims to reduce frequency of contact and increase physical distance between persons, thereby reducing the risks of person-to-person transmission. These measures are most effective when implemented early in an epidemic. Battle Betts, ARHS Health Director states, “We are dedicated to working with our partner’s to provide accurate information to help reduce the spread of COVID -19 and it is imperative the community adhere to the recommendations”.

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ARHS encourages the community to visit the following websites for the most credible information:

Albemarle Regional Health Services - <http://www.arhs-nc.org/>

North Carolina Department of Health and Human Services - <https://www.ncdhhs.gov/>

Center for Disease Control - <https://www.cdc.gov/>

For more information, please contact Amy Underhill, ARHS Public Information Officer at 252-338-4448 or aunderhill@arhs-nc.org.

Albemarle Regional Health Services is dedicated to disease prevention and the promotion of a healthy environment to reduce morbidity, mortality, and disability through quality service, education, and advocacy.

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