

## Jones County Health Department

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For Immediate Release

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### Centers for Disease Control (CDC) Recommends People Who are Sick Stay at Home Press Release #5

**Trenton, NC** – The Centers for Disease Control (CDC) has issued new guidance for people who think they might have COVID-19 and mild symptoms (such as fever and cough without shortness of breath or difficulty breathing) to stay home and call their doctor for medical advice.

The updated guidance is to help slow the spread of the virus. When people leave their home with mild symptoms to get tested, they could expose themselves to COVID-19 if they do not have it already. If they do have COVID-19, they can spread the virus to someone else, including people who are high risk and health care providers who are needed to care for individuals with more severe symptoms. For most people, COVID-19 infection will cause mild symptoms that do not require medical care. However, in some cases, the COVID-19 infection can make people very ill and in some cases, it can be fatal.

According to the CDC, some people are at **higher risk** of getting very sick with COVID-19. People at high risk should call their doctor if they develop symptoms of fever (100.4 or higher) and cough. You are at higher risk if you:

- Are 65 years or older;
- Live in a nursing home or long-term care facility;
- Have a high-risk condition, including chronic lung disease or moderate to severe asthma, heart disease with complications, compromised immune system, severe obesity with a body mass index (BMI) of 40 or higher or other underlying medical conditions, such as diabetes, renal failure or liver disease.

Women who are pregnant should be monitored since they are known to be at risk for severe viral illness. To date, data on COVID-19 has not shown increased risk for severe illness due to pregnancy. Although children are generally at lower risk for severe infection, some studies indicate a higher risk among infants.

Anyone with more serious symptoms should call their doctor or 9-1-1 right away if they have shortness of breath, chest pain or pressure, blue lips, difficulty breathing or confusion.

People who are sick with COVID-19 or believe they might have it should stay home and separate themselves from other people in the home as much as possible. They can go back to their normal activities when they can answer **YES** to all the following questions:

- Has it been at least 7 days since you first had symptoms?
- Have you been without fever for three days (72 hours) without any medicine for fever?
- Are your other symptoms improved?

People who have been in close contact with someone who has had symptoms of COVID-19 should stay home as much as possible for 14 days and monitor themselves for symptoms. Close contact means within 6 feet for at least 10 minutes. If they start having symptoms of COVID-19, they should practice the same steps as described above.

Jones County Health Department continues to monitor the spread of COVID-19 and is closely working with local, state and federal partners to provide the most current guidance and information. ***Currently, there are no positive COVID-19 cases in Jones County.***

For more information on the coronavirus, please visit the Centers for Disease Control and Prevention (<https://www.cdc.gov/coronavirus/2019-ncov/about/index.html>) and the North Carolina Division of Public Health Coronavirus call line (1-866-462-3821) or (<https://epi.dph.ncdhhs.gov/cd/diseases/COVID19.html>). Jones County Health Department also is a source of information (252-448-9111) or <http://www.jonescountyhealth.com/>.

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