



## ALAMANCE COUNTY Health Department

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**FOR IMMEDIATE RELEASE**  
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### Alamance County Identifies First Case of COVID-19

**BURLINGTON** – On March 20, Alamance County Health Department received notification of their first positive case of COVID-19. The affected individual is currently in isolation at home and is doing well. To protect the individual’s privacy, no further information about them will be released. Alamance County Health Department is identifying close contacts to the affected individual. A close contact is defined as anyone who was within six feet of the individual for 10 minutes or more.

“We have been preparing and planning for cases in Alamance County. Our public health response team has been in contact with the individual and they are complying with all control measures and orders,” said Health Director Stacie Saunders. “It is likely we will see other confirmed cases in the community. We urge the community to continue to practice social distancing and general precautions in order to protect themselves, their loved ones, and our neighbors.”

Alamance County Health Department is continuing to collaborate with the N.C. Department of Health and Human Services (NC DHHS), Alamance County Emergency Management, Alamance County leadership, municipal leaders, and other community partners to respond to the situation and prepare for any future potential cases.

The Health Department urges individuals to take the following standard precautions to help protect themselves and others from this respiratory illness:

- Practice social distancing by keeping more space between individuals and avoid large gatherings
- Wash hands frequently with soap and water, and for at least 20 seconds each time
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are ill & stay at home if you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze
- Do not reuse tissue after coughing, sneezing, or blowing your nose
- Clean and disinfect surfaces that are frequently touched
- Have a plan in case you need to miss work or other responsibilities due to personal illness or to care for a sick family member
- People over 65 or who have chronic health conditions or with compromised immune systems are at highest risk of severe illness from the virus, and are advised to avoid large gatherings

Alamance County residents are encouraged to use reputable sources of information to learn more about COVID-19 such as the CDC or NC DHHS. Alamance County residents may also contact the Alamance County COVID-19 Call Center at 336-290-0361 for general questions regarding COVID-19, and visit Alamance County Government social media accounts for updates as well.

##ACHD##



**Committed to Protecting and Improving the  
Public’s Health in Alamance County**