



**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 CONFIRMS FIRST POSITIVE  
COVID-19 CASE IN PERQUIMANS COUNTY**

Elizabeth City, NC – Albemarle Regional Health Services Health Director R. Battle Betts, Jr., MPA, has received notification of the first lab confirmed case of COVID-19 in Perquimans County. The individual is in isolation. ARHS is following North Carolina Department of Health and Human Services guidelines on contact tracing of all individuals who may have had close contact with the case. Close contacts are defined as having direct contact with, or been within six feet for at least 10 minutes, of a case-patient while not wearing recommended personal protective equipment. Caregivers and household members of the case-patient are considered close contacts.

Public health interventions are and will continue to be an important tool to reduce transmission

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and prevent the spread of COVID-19. ARHS is continuing to ask our community citizens to be vigilant in practicing 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; stay at least six feet away from others, avoid unnecessary travel, avoid handshakes, hugs and other close contact.

To slow the spread of COVID-19 and reduce the number of people infected, communities should be following the guidance set by local, state, and federal officials to reduce frequency of contact and increase physical distance between persons, thereby reducing the risks of person-to-person transmission.

Further information about COVID-19 can be found here:

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](mailto: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.*