



Jackson County Department of Public Health

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Shelley Carraway
DIRECTOR

March 25, 2020

Dear Jackson County Community,

I would like to take a moment to thank you for all the steps you have taken to help slow or stop the spread of COVID-19 in our community. It is encouraging to see most people do their part by social distancing, working from home when possible, and coming up with innovative ways to support our local businesses through all of this. However, cases continue to rise in North Carolina. I would now like for you all to take social distancing one step further—now is the time to **stay home**. Unless you are an essential employee, commit to staying home yourself and encouraging others to do the same.

To help #StopTheSpread, all Jackson County residents need to **stay home and limit contact with others**. Residents should only leave home to attend essential work; purchase food, medicine, and other essential items; or to get exercise. Exercise supports not only our physical health but also our mental health which is equally as important during these high stress times. Exercise in the many open, green spaces like walking/running trails throughout Jackson County but continue to maintain a distance of six (6) feet between yourself and others.

As of March 25, 2020, one (1) positive case of COVID-19 has been reported to the Jackson County Department of Public Health. We have evidence of community transmission in North Carolina. I am certain that community transmission will occur in Jackson County and additional Jackson County cases will be identified. If residents in Jackson County will stay home as much as possible and only leave when essential, the impact of this virus could be lessened in our community.

If you are experiencing signs or symptoms of respiratory illness (fever, cough, shortness of breath), call your healthcare provider for guidance. Those who have only mild symptoms should rest, eat well, wash their hands often, and stay home. Leaving home when ill is not a good idea because it exposes others who may be at high risk for severe illness or are healthcare providers who need to stay well to care for those who are seriously ill. Those who are caring for sick individuals should also follow these recommendations.

For accurate, up-to-date information, look to reliable resources such as the North Carolina Division of Public Health (NCDHHS) or the Centers for Disease Control and Prevention (CDC). For additional information, call 828-631-HELP or visit <http://health.jacksonnc.org/covid19>.

Thank you for your cooperation and for doing everything you can to keep yourself and your loved ones healthy. Go home and stay home to #StopTheSpread.

Sincerely,

Shelley Carraway, MPA
Health Director
Jackson County Department of Public Health