Tenth Judicial District
Wake County
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October 15, 2020

From: 10th Judicial District COVID-19 Coordinator
To: Courthouse Personnel and Members of the Public
Re: Notification of Reported COVID-19 Positive Individual in Wake County Judicial Facilities

An employee of the Wake County courts reported today that he/she has tested for COVID-19. We believe that this individual last worked in the Wake County Justice Center on Friday, October 9, 2020. This individual reportedly wore a mask/face covering at all times when not at their desk.

The known locations in which this individual visited have been reported to Wake County General Services to be cleaned and disinfected in accordance with Wake County Public Health Division, CDC, and EPA protocols and guidance.
All persons who were in these facilities during this timeframe are strongly encouraged to self-monitor for symptoms of COVID-19. Please note that this notification contains general information so as to respect medical privacy and confidentiality.

If you do not have symptoms, the CDC and DHHS recommend that you continue to take precautions and self-monitor for COVID-19 symptoms. Continue protecting yourself from potential exposure by wearing a mask/face covering, practicing social distancing, and washing your hands. See the attached informational guides on how to do so.

If you become sick or think you may have COVID-19, call your doctor, public health department, or community health center to talk to a medical professional by phone. They can provide you with additional medical information and assist you in making plans for what to do next. If you are unable to work because you become sick or think you may have COVID-19, contact your supervisor for additional information.

All lab-confirmed positive COVID-19 test results are reported by the test administrator to the Wake County Public Health Division. Upon receipt, contact tracing begins by the local health officials. If you are identified as a person who may have been in ***close contact*** with a person who tested positive for COVID-19 as set out below, you will receive additional guidance from the county's Public Health Division. Contact tracing involves the following:

- The Public Health Division's contact tracers contact the positive case and ask the individual for a list of ***close contacts*** and ask for information regarding where he or she is employed.
- Contact tracers then attempt to contact each of the positive case's ***close contacts***, within 48 hours, to notify them that they have been exposed (contact tracers do not identify the positive case) and should quarantine. They also contact the individual's hiring authority to inform the employer that their employee has tested positive, but they do not provide a name or other identifying information.
- ***Close contacts*** are all persons who have been within *6 feet of the positive case for 15 minutes or more* within the 48 hours before the positive case began showing symptoms, or within 48 hours before the test if the positive case is asymptomatic.

If you have specific questions about COVID-19 and your risk, you may email covid19.questions@wakegov.com or call (919) 856-7044.

If you have symptoms of or recent exposure to COVID-19 or you have recently tested positive for COVID-19, you should not enter a judicial facility. For further guidance if you cannot enter a judicial facility, courthouse personnel should contact their supervisors, and members of the public may send inquiries to the Wake Court Hotline by email (wakecourthotline@nccourts.org) or telephone (919-792-4242).

Your health and safety are our priority as we support each other in our continuing efforts to provide critical court services. We thank you for your cooperation and appreciate your understanding as we all try to navigate through this situation.

How to Protect Yourself and Others

Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
  - » Between people who are in close contact with one another (within about 6 feet).
  - » Through respiratory droplets produced when an infected person coughs, sneezes or talks.
  - » These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
  - » Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

Everyone should

Clean your hands often

- **Wash your hands** often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Avoid close contact

- **Avoid close contact** with people who are sick.
- **Stay at home as much as possible.**
- **Put distance between yourself and other people.**
  - » Remember that some people without symptoms may be able to spread virus.
  - » This is especially important for **people who are at higher risk of getting very sick.** www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html

cdc.gov/coronavirus

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March 23, 2020

COVID-19: What to Do If You Feel Sick

1. Stay home and call your doctor, if needed.

Most people who get COVID-19 will recover without needing medical care. The Centers for Disease Control and Prevention (CDC) recommends that you stay home if you have mild symptoms – such as fever and cough without shortness of breath or difficulty breathing. You can call your doctor to see if you need medical care.

Some people are at **higher risk** of getting very sick with COVID-19. People at higher risk should call their doctor if they develop symptoms of fever or cough. You are at higher risk if you:

- Are 65 years and older
- Live in a nursing home or long-term care facility
- Have a high-risk condition that includes:
  - Chronic lung disease or moderate to severe asthma
  - Heart disease with complications
  - Compromised immune system
  - Severe obesity — body mass index (BMI) of 40 or higher
  - Other underlying medical conditions, particularly if not well controlled, such as diabetes, renal failure or liver disease

People who are pregnant should be monitored since they are known to be at risk for severe viral illness. However, to date, data on COVID-19 has not shown increased risk for severe illness.

Call your doctor or 911 right away if you have:

- Shortness of breath
- Chest pain or pressure
- Blue lips
- Difficulty breathing
- Confusion

Most people do not need a test.

When you leave your home to get tested, you could expose yourself to COVID-19 if you do not already have it. If you do have COVID-19, you can give it to someone else, including people who are high risk.

Your doctor can help you decide if you need a test. There is no treatment for COVID-19. For people with mild symptoms who don't need medical care, getting a test will not change what you or your doctor do.

Testing is most important for people who are seriously ill, in the hospital, people in high-risk settings like nursing homes or long-term care facilities, and healthcare workers and other first responders who are caring for those with COVID-19.

2. Isolate yourself.

If you are sick with COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible.

When can I go back to my normal activities?

You can stop isolating yourself when you answer YES to ALL three questions:

✓ 1. Has it been at least 7 days since you first had symptoms?

✓ 2. Have you been without fever for three days (72 hours) without any medicine for fever?

✓ 3. Are your other symptoms improved?

Call your doctor if your symptoms are getting worse or you have any concerns about your health.

What if I'm not sure if I have COVID-19?

If you have fever and cough and other symptoms of respiratory illness, even if it is not from COVID-19, you should isolate yourself as if you have COVID-19. This will reduce the risk of making the people around you sick.

What should my family members do?

Anyone in your household or others who have been in close contact with you should stay home for 14 days as much as possible and monitor themselves for symptoms. Close contact means within six feet for at least 10 minutes. If they start having symptoms of COVID-19, they should take the same steps to prevent spreading it.

Family members who are healthcare workers, first responders, or others who are needed to respond to the COVID-19 pandemic should review CDC guidance and check with their employers about when to return to work.

3. Stay informed.

- Visit ncdhhs.gov/coronavirus for information from the NC Department of Health and Human Services.
- Text COVIDNC to 898-211 to get text updates.
- Found out more information on what to do if you are sick at cdc.gov/coronavirus.

NC Department of Health and Human Services
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