

SAMPSON COUNTY HEALTH DEPARTMENT

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The Sampson County Health Department will continue to provide health care services during this difficult time. The health department will abide by guidelines from the NC Department of Health and Human Services (NCDHHS) and the Centers for Disease Control and Prevention (CDC).

As a reminder, Coronavirus (COVID-19) is a respiratory illness that can be spread from person to person through:

- a. Coughing and sneezing;
- b. Touching objects or surfaces with the virus on it; and
- c. Close personal contact such as touching or shaking hands.

Persons who traveled to or from outbreak-affected areas, or who had contact with someone who has COVID-19, may have been exposed to the virus. Seek medical care if you develop a fever, cough or difficulty breathing within 14 days of traveling or having contact with a COVID-19 case.

If you have been exposed and feel sick:

- Stay home and avoid contact with others. Do not go to work, school or daycare.
- Seek medical care right away. **Before you go to the doctor's office, emergency room, urgent care or the health department, call ahead and inform the staff about your recent travel and your symptoms.**
- **If you are given an appointment to be seen in the health departments, you will be given instructions for the visit such as wait in your car and you will receive an assessment from the nursing staff.**
- If you have traveled to outbreak-affected areas or had contact with a COVID-19 case and do not feel sick, you should monitor for symptoms for 14 days after last exposure and contact your local health department.

The health department can be contacted at 910-592-1131, press 4 or direct line at 910-490-1056.

You can also find resources on the Sampson County website at www.sampsonnc.com, or www.cdc.gov/coronavirus and guidance from the North Carolina Division of Public Health at www.ncdhhs.gov/coronavirus.