



## Wilkes County Health Department & Wilkes Community Health Center

Promoting health and preventing disease in our community

NEWS RELEASE  
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FOR IMMEDIATE RELEASE

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### Count On Me NC

Wilkes Health is proud to share news that NC DHHS is partnering with NCRLA's Hospitality Education Foundation to manage the development of online COVID-19 training short courses for restaurant managers, back of the house employees, front of the house employees and cleaning staff. These trainings are being developed by Dr. Ben Chapman and his team at NC State University Extension. The training is called Count On Me NC and can be found at [www.CountOnMeNC.org](http://www.CountOnMeNC.org). The Count On Me NC restaurant training is a program to help food establishments reopen dining rooms during the COVID -19 recovery period. The Count On Me NC program is focused on providing the necessary knowledge and information needed to manage COVID-19 within businesses as restrictions are relaxed. These free courses provide a consistent approach based on state and national guidelines. The voluntary program is designed to incorporate the best available science in social and physical distancing, employee health and cleaning, sanitizing and disinfection and is presented in an easy format in both English and Spanish. Each of these short training sessions are under 30 minutes and delivered online in an engaging and interactive format.

Participating businesses will be recognized on the website [CountOnMeNC.org](http://CountOnMeNC.org) and they will be able to print a certificate to display in the facility. When customers see Count On Me NC, they will know that the facility is committed to taking steps to protect the employees and guests.

We know that this situation is evolving and recommendations will continue to change and there will be updates needed. Wilkes Health plans to email any changes out to all foodservice establishments. The Count On Me NC training will be updated as changes occur. The online training is available now. However, the training is still be developed and the final two courses are set to deploy next week. These will be a general course on cleaning, sanitizing and disinfecting, and a generic business course for Phase 2 guidelines. These guidelines are focused on facilities such as lodging, pools, tattoo artists, or other facilities that are interested in safe practices. There will be general business guidelines as well as some specific information for some of these different types of businesses. The content of the Count On Me NC training is designed to make it easier for everyone to prepare to move into Phase 2 when Governor Cooper announces that North Carolina is ready.

Wilkes Health also wants to remind the public that community transmission is happening in Wilkes County. Every person is a potential carrier, even if no symptoms are present, so it's urgent that every person -sick or healthy- stay home to the fullest extent possible and help break the chain of transmission. Wilkes Health wants to continue to encourage people to protect themselves to help lessen the spread of COVID-19 in our community. There are many ways we can all protect ourselves and our communities. If you have symptoms consistent with COVID-19, we would recommend you be tested. This means if you are sick with a fever, cough or other mild symptoms, call your healthcare provider or Wilkes Health. **Please do not just show up to a doctor's office without calling first.** This will help your provider prepare should you need to be tested and lessen the potential exposure to others.



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If you have a medical emergency, please call 911 immediately.

If you go out you should practice the three W's: Wear, Wait, and Wash.

- **Wear** a face covering,
- **Wait** 6 feet apart from other people.
- **Wash** your hands often and

### How to Protect Yourself

- Practice social distancing which means avoiding gatherings of more than 10 people, keeping 6 feet or more between you and others and remaining at home to the greatest extent possible
- Frequent hand washing
- Cover your cough or sneeze
- Keep distance from others who are sick
- Avoid touching your face
- Clean and disinfect high touch surfaces in common areas like doorknobs, remotes, lightswitches, tables and handles
- Wear cloth mask or face covering when out in public where you may be around people like grocery stores or pharmacies.

### COVID-19 Signs & Symptoms

Symptoms may appear 2-14 days after exposure. According to the [CDC](#), people with COVID-19 have had a wide range of reported symptoms.

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell

### People at high risk include anyone who:

- Is 65 years of age or older
- Lives 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



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- 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
- Pregnant Women

People who are at high risk should stay home to the greatest extent possible to decrease the chance of infection.

### **Additional Resources:**

Centers for Disease Control & Prevention (CDC) website at [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus).

North Carolina resources can be found on the Division of Public Health website at [www.ncdhhs.gov/coronavirus](http://www.ncdhhs.gov/coronavirus). To view the case count for North Carolina, including a county map, please visit the NC DHHS website [here](#).

A COVID-19 toll free helpline has been set up to answer general, non-emergent questions at 1-866-462-3821. To submit questions online, go to [www.ncpoisoncontrol.org](http://www.ncpoisoncontrol.org) and select “chat.”

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