MARCH 31, 2020 7

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News

A DOSE OF DISTRACTION



The stay-at-home order should not keep us from enjoying the beauty around us. Take the time to see what is around you, like Enterprise & Weekly Herald staff writer Sarah Hodges Stalls did recently as she captured these dogwoods (top) and pink azaleas (middle and bottom).

SARAH HODGES STALLS / Enterprise & Weekly Herald





Washington County reports first case of COVID-19

fied by the State Labo- ties. ratory for Public Health collected on March 26. Public health officials

who may have been ex- COVID-19: posed. The patient has recovering at home.

Washington virus in the county.

On Sunday, March 29, meaning the source of ing hands with soap and the Martin-Tyrrell-Wash- infection is unknown, water for 20 seconds, ington District Health has been occurring in using hand sanitizer, Department was noti- several nearby coun- avoid shaking hands,

that Washington County lutely essential that we ers if you are sick. has a positive case of follow social distancing the novel Coronavirus guidelines," explained vaping. Smoking or vap-(COVID-19) from a test Health Director Wes ing irritates the respira-Gray.

* Practice "Social Disbeen in isolation and is tancing," especially if COVID-19 cases are mild you are in the high-risk and patients have been The Martin-Tyrrell- population (65 years making full recoveries. District and older and people Panic only adds more Health Department is with underlying health stress to the healthcare taking action to further conditions or a compro-system and prevents us limit the spread of the mised immune system). from taking care of our-

"Community spread," giene, including wash- residents.

covering coughs, and "That makes it abso- staying away from oth-

* Avoid smoking and tory system, making it He emphasizes the easier to develop infecare currently investigat- following practices that tions. Sharing cigarettes ing this case and follow- everyone can do to or electronic vaping deing up with individuals prevent the spread of vices can contribute to spread of the virus.

* Avoid panic. Most * Practice good hy- selves and our fellow

NC Works Centers announce temporary closures

Development reer Centers to the gen- ers and jobs. 23.

WASHINGTON - In which include Beaufort, by phone and virtually order to protect the Bertie, Hertford, Martin, after the Stay-At-Homehealth and safety of and Pitt counties. While Order now in effect. their job seekers, com- the Centers are closed Contact information for munities, and staff, the to the public, staff are each Center is below: Rivers East Workforce still working to ensure Board employers have access 252-940-0900 has made the difficult to needed talent pipe- works.0520@nccomdecision to temporarily lines and job seekers merce.com; close the NCWorks Ca- have access to employ- County: 252-794-0799

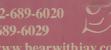
eral public for in-person Due to the nature of commerce.com; Martin services. This measure the services we provide, County: 252-792-7816 went into effect March Career Center staff are or ncworks.9400@ncconsidered "essential" commerce.com; The temporary clo- and will continue to County: 252-355-9067 or sures impact all five provide services to job ncworks.4100@nccom-Centers in the Region, seekers and employers merce.com

County: Beaufort or nc-Bertie or ncworks.0521@nc-Pitt

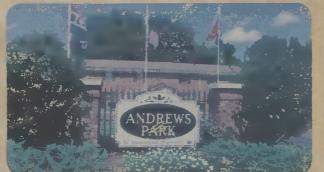
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