

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

On Sunday, March 29, the Martin-Tyrrell-Washington District Health Department was notified by the State Laboratory for Public Health that Washington County has a positive case of the novel Coronavirus (COVID-19) from a test collected on March 26.

Public health officials are currently investigating this case and following up with individuals who may have been exposed. The patient has been in isolation and is recovering at home.

The Martin-Tyrrell-Washington District Health Department is taking action to further limit the spread of the virus in the county.

"Community spread,"

meaning the source of infection is unknown, has been occurring in several nearby counties.

"That makes it absolutely essential that we follow social distancing guidelines," explained Health Director Wes Gray.

He emphasizes the following practices that everyone can do to prevent the spread of COVID-19:

* Practice "Social Distancing," especially if you are in the high-risk population (65 years and older and people with underlying health conditions or a compromised immune system).

* Practice good hygiene, including wash-

ing hands with soap and water for 20 seconds, using hand sanitizer, avoid shaking hands, covering coughs, and staying away from others if you are sick.

* Avoid smoking and vaping. Smoking or vaping irritates the respiratory system, making it easier to develop infections. Sharing cigarettes or electronic vaping devices can contribute to spread of the virus.

* Avoid panic. Most COVID-19 cases are mild and patients have been making full recoveries. Panic only adds more stress to the healthcare system and prevents us from taking care of ourselves and our fellow residents.

NC Works Centers announce temporary closures

WASHINGTON - In order to protect the health and safety of their job seekers, communities, and staff, the Rivers East Workforce Development Board has made the difficult decision to temporarily close the NCWorks Career Centers to the general public for in-person services. This measure went into effect March 23.

The temporary closures impact all five Centers in the Region,

which include Beaufort, Bertie, Hertford, Martin, and Pitt counties. While the Centers are closed to the public, staff are still working to ensure employers have access to needed talent pipelines and job seekers have access to employers and jobs.

Due to the nature of the services we provide, Career Center staff are considered "essential"

and will continue to provide services to job seekers and employers

by phone and virtually after the Stay-At-Home-Order now in effect. Contact information for each Center is below:

Beaufort County: 252-940-0900 or ncworks.0520@nccommerce.com;

Bertie County: 252-794-0799 or ncworks.0521@nccommerce.com;

Martin County: 252-792-7816 or ncworks.9400@nccommerce.com;

Pitt County: 252-355-9067 or ncworks.4100@nccommerce.com

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