



**ALBEMARLE REGIONAL HEALTH SERVICES**  
**Partners in Public Health**

**711 Roanoke Ave. Elizabeth City, NC 27909**

NEWS RELEASE

March 19, 2020  
FOR IMMEDIATE RELEASE

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**ALBEMARLE REGIONAL HEALTH SERVICES CONFIRMS FIRST POSITIVE  
COVID-19 CASE**

Elizabeth City, NC – Albemarle Regional Health Services Health Director R. Battle Betts, Jr., MPA, has been notified of the region’s first lab confirmed case of COVID-19. The individual is a resident of Pasquotank County and is at home on isolation.

ARHS is asking our community citizens to be vigilant in practicing preventive and safety measures that will help prevent the spread of the virus. These precautions include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

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- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Practice social distancing; avoid handshakes, hugs and other close contact.

Further information about COVID-19 can be found here:

Albemarle Regional Health Services - <http://www.arhs-nc.org/>

North Carolina Department of Health and Human Services - <https://www.ncdhhs.gov/>

Center for Disease Control - <https://www.cdc.gov/>

*For more information, please contact Amy Underhill, ARHS Public Information Officer at 252-338-4448 or [aunderhill@arhs-nc.org](mailto:aunderhill@arhs-nc.org).*

*Albemarle Regional Health Services is dedicated to disease prevention and the promotion of a healthy environment to reduce morbidity, mortality, and disability through quality service, education, and advocacy.*