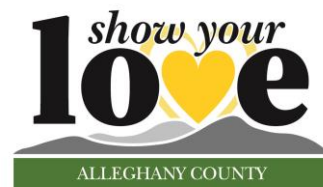## COVID-19 Situation Update for Alleghany County
December 11, 2020

This document is intended to provide a regular update on the local response to COVID-19 in our communities and timely, trended data related to COVID-19. This report will be published on Fridays.

"We are hearing hopeful news about the COVID-19 vaccine and know this will be an important tool to help us slow the spread. Since the vaccine will be offered to those who are most at risk first, we are still months away from seeing the full effects of broad vaccine use. We know this has been a long road and people are tired but it remains important that we continue to practice prevention and wear a face covering, wash your hands and wait 6 feet from others," stated Jennifer Greene, Health Director, AppHealthCare.

Key Points

Slight increase in cases
For the week of November 29-December 5 (graphs below), there are increases in active cases and those who are in quarantine. This means we must continue practicing prevention and the 3Ws to make sure we don't see continued increases. We want to see the trends continuing to decrease over time.
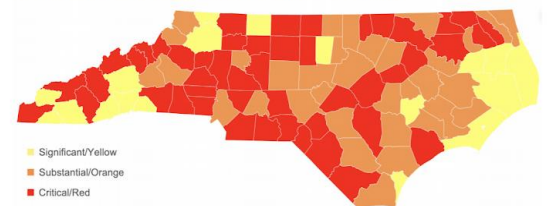
Hospitalizations
Alleghany Health is prepared and ready to take care of you should you need care. We want to monitor this data point very closely because it is important we have hospital capacity for those who may need hospital care for things like a heart attack, stroke, car accident, etc.

NC DHHS County Alert System Notes Significant Community Spread for Alleghany County
In the latest update, Alleghany County remains **YELLOW** which notes significant community spread. This system outlines actions we can take to lessen the impact and spread in our community. You can read more about the County Alert System on NC DHHS's website.
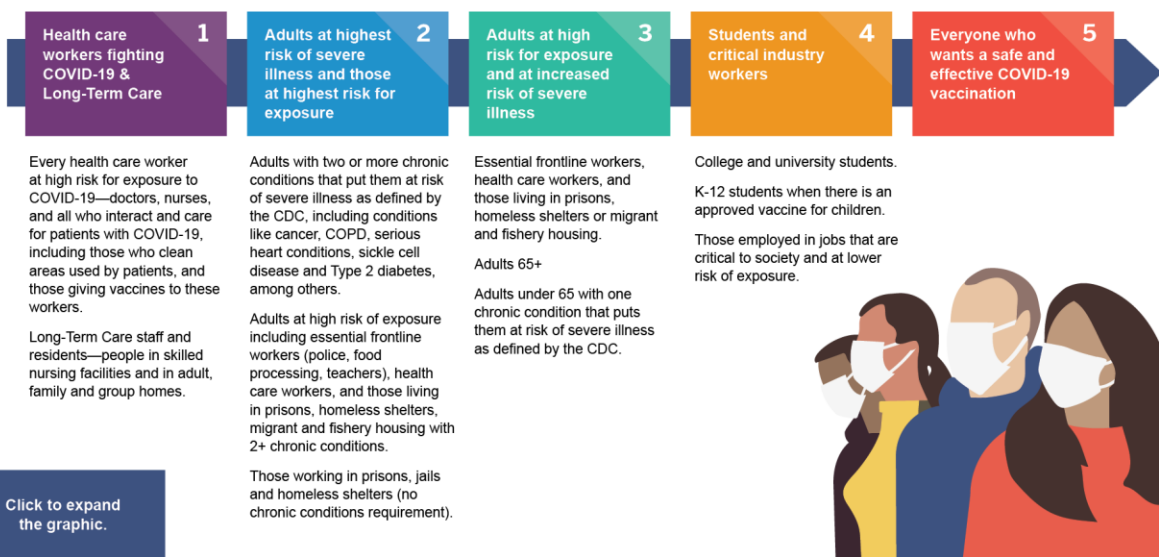
COVID-19 Vaccine

The vaccine will be rolling out in phases and will be given to those who are most at risk first. Supplies will be limited at first but will increase throughout 2021. The first phase (Phase 1a) will include healthcare workers who are at high risk of COVID-19 exposure and long term care facility staff and residents which includes skilled nursing facilities, and adult, family and group homes. At this time, we do not know the exact timeframe of when this group will get the vaccine but could be mid to late December. NC DHHS outlines guiding principles for vaccine distribution (learn more here):

1. Everyone has access
2. Inclusion and respect
3. Keeping you informed
4. Informed decision making
5. Continuous improvement

COVID-19 Vaccinations: Those most at risk get it first.

A tested, safe and effective vaccine will be available to all who want it, but supplies will be limited at first. Independent state and federal public health advisory committees have determined that the best way to fight COVID-19 is to start first with vaccinations for those most at risk, reaching more people as the vaccine supply increases from January to June. Keep practicing the 3W's—wear a mask, wait six feet apart, wash your hands—until everyone has a chance to vaccinate.

1 Health care workers fighting COVID-19 & Long-Term Care	2 Adults at highest risk of severe illness and those at highest risk for exposure	3 Adults at high risk for exposure and at increased risk of severe illness	4 Students and critical industry workers	5 Everyone who wants a safe and effective COVID-19 vaccination

Every health care worker at high risk for exposure to COVID-19—doctors, nurses, and all who interact and care for patients with COVID-19, including those who clean areas used by patients, and those giving vaccines to these workers.

Long-Term Care staff and residents—people in skilled nursing facilities and in adult, family and group homes.

Adults with two or more chronic conditions that put them at risk of severe illness as defined by the CDC, including conditions like cancer, COPD, serious heart conditions, sickle cell disease and Type 2 diabetes, among others.

Adults at high risk of exposure including essential frontline workers (police, food processing, teachers), health care workers, and those living in prisons, homeless shelters, migrant and fishery housing with 2+ chronic conditions.

Those working in prisons, jails and homeless shelters (no chronic conditions requirement).

Essential frontline workers, health care workers, and those living in prisons, homeless shelters or migrant and fishery housing.

Adults 65+

Adults under 65 with one chronic condition that puts them at risk of severe illness as defined by the CDC.

College and university students.

K-12 students when there is an approved vaccine for children.

Those employed in jobs that are critical to society and at lower risk of exposure.

Click to expand the graphic.

Drive-Thru Flu Vaccine Clinics Next Week

This year, more than ever, it is important for everyone to receive a flu vaccine to prevent spread of flu so we can decrease the amount of virus circulating in our community. The CDC recommends everyone 6 months of age or older receive a yearly flu vaccine. AppHealthCare will offer drive-thru flu vaccine clinics **Monday, December 14th, Tuesday, December 15th, Thursday, December 17th and Friday, December 18th from 1:00pm to 4:00pm.** We will not have a flu vaccine clinic on Wednesday, December 16th. More information here.

We continue case investigation and contact tracing efforts to reduce the spread of COVID-19. If you receive a call from a member of our case investigation or contact tracing team, we urge you to cooperate and provide information that will help us conduct response efforts. You may receive a call from (844) 628-7223 or (828) 264-4995. It may also show up as "NC Outreach" or "Contact Tracing." Your cell phone carrier may flag the call as spam. It is so important to answer the call of a contact tracer. It is a key tool in slowing the spread of this virus.

Personal Protective Equipment (PPE) levels remain stable in most areas.

Testing

If you have COVID-19 symptoms or have been exposed to someone with COVID-19, we recommend you be tested. You can check your symptoms and determine if testing is needed. To find a testing site near you, visit NC DHHS's Find My Testing Place.

Turnaround Times for Testing remains between 2 and 4 days. NC DHHS provides data on testing turnaround times. This data is updated daily and can be found here.

Free COVID-19 Testing at AppHealthCare. We offer free COVID-19 testing Monday through Friday beginning at 9:30am. Please do not just show up for testing. We request that you schedule an appointment through our website or by calling our COVID-19 Call Center at (828) 795-1970.

HOW CAN I BE TESTED AT APPHEALTHCARE?

To be tested for COVID-19 at AppHealthCare, you will need to schedule an appointment. For Alleghany, Ashe and Watauga locations, testing is available Monday through Friday beginning at 9:30am.

AppHealthCare
Caring for our Community

Testing is also offered by appointment at Alleghany Family Practice at (336) 372-5606 and other local healthcare providers may offer testing as well.

Guidance Documents to Prevent & Slow the Spread

Tips for Holiday & Private Social Gatherings
As we continue through the Holiday season, we encourage everyone to be mindful of the fact that this virus is still with us and there are actions we can all take to avoid and lessen our exposure and a potential spike that could overwhelm our healthcare system. If you will be hosting or attending an event, NC DHHS has compiled some tips for gathering safely and some guidance for private social gatherings.

NC DHHS Guidance for Ski Lodges
As we see the start of ski season, guidance has been developed by NC DHHS to decrease the spread of COVID-19. This guidance includes requirements and recommendations for Ski Lodges.

Active Outbreaks and Clusters

Data is provided for outbreaks and clusters that are active and ongoing. The number of cases for outbreaks and clusters are current as of each Thursday at 9:00am. The case counts vary day by day as new cases are identified and as cases are moved in and out of isolation. This data may not match other reported data since this is a point in time. As we conduct outbreak and case investigations, the data included in this report are subject to change. For a current case count, visit the AppHealthCare data dashboard, which is updated daily by noon.

An outbreak is defined as two or more laboratory confirmed cases. A cluster is defined as a minimum of five cases with illness onsets or initial positive results within a 14-day period and plausible epidemiologic linkage between cases. An outbreak or cluster is considered over if 28 days have passed after the latest date of symptom onset in a symptomatic person or first date of specimen collection from the most recent asymptomatic person, whichever is later. Additional information on the definitions of outbreaks and clusters is provided by the North Carolina Department of Health & Human Services.

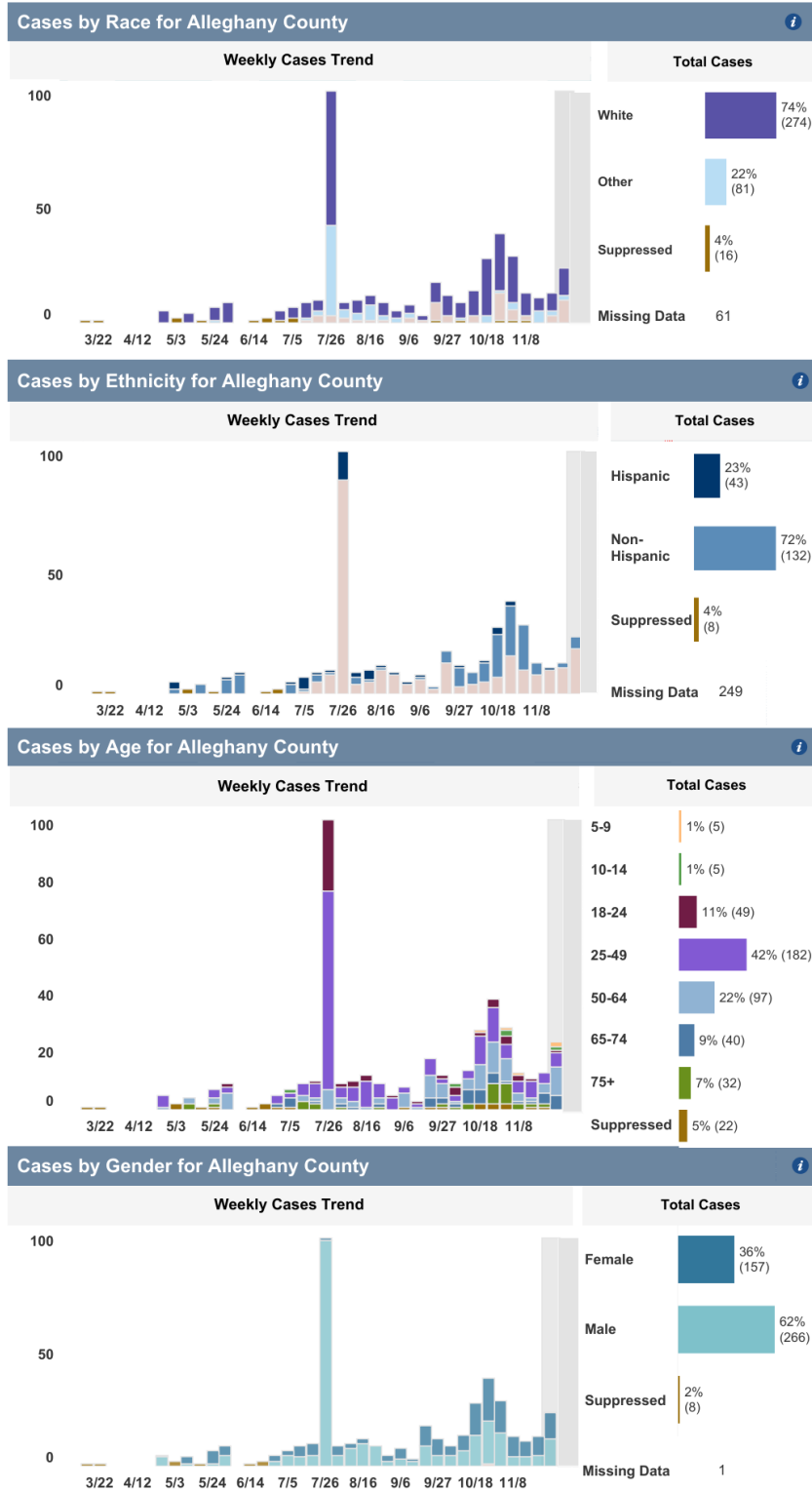NC DHHS also provides regularly updated information on outbreaks and clusters.

Active Outbreaks & Clusters				
Data is current as of Thursday, December 10, 9:00am				
Facility or Setting Type	**Facility or Setting Name**	**Active Cases**	**Cumulative Cases**	**Last Positive Result**
Residential Group Home	Alleghany Group Home	0	5 residents 4 staff	11/18/2020
Long Term Care Facility	Genesis Nursing Home	18 residents 6 staff	18 residents 11 staff	12/09/2020

Mitigation and Response Efforts
- Ongoing testing continues to monitor the health of residents in skilled nursing facilities
- Ongoing testing continues to monitor the health of residents in residential group home
- Educational outreach on COVID-19 prevention
- Communication, internal and external
- Positive cases are separated from others to allow for safe isolation
- Monitoring of positive cases continues with public health staff

Demographic Data from NC DHHS as of December 7th

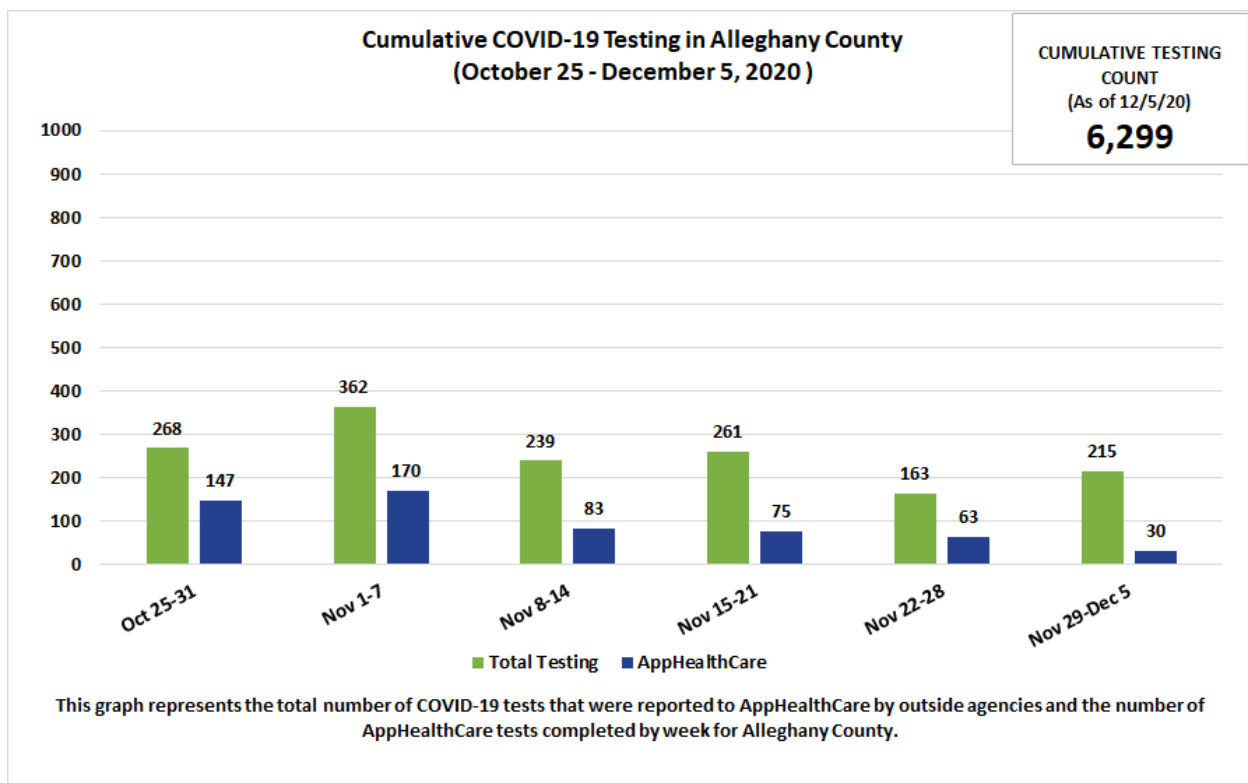NC DHHS updates this data daily and can be found on NC DHHS's website.

Cases by Race for Alleghany County

Weekly Cases Trend

Total Cases

Category	Percentage (Count)
White	74% (274)
Other	22% (81)
Suppressed	4% (16)
Missing Data	61

Cases by Ethnicity for Alleghany County

Weekly Cases Trend

Total Cases

Category	Percentage (Count)
Hispanic	23% (43)
Non-Hispanic	72% (132)
Suppressed	4% (8)
Missing Data	249

Cases by Age for Alleghany County

Weekly Cases Trend

Total Cases

Category	Percentage (Count)
5-9	1% (5)
10-14	1% (5)
18-24	11% (49)
25-49	42% (182)
50-64	22% (97)
65-74	9% (40)
75+	7% (32)
Suppressed	5% (22)

Cases by Gender for Alleghany County

Weekly Cases Trend

Total Cases

Category	Percentage (Count)
Female	36% (157)
Male	62% (266)
Suppressed	2% (8)
Missing Data	1

December 7, 2020

Data for Alleghany County

An important note about data context: The graphs below show the available data. Please carefully read the descriptions below the graph to understand the data limitations. The most current data is available on the AppHealthCare dashboard, as the data below is past data trended.

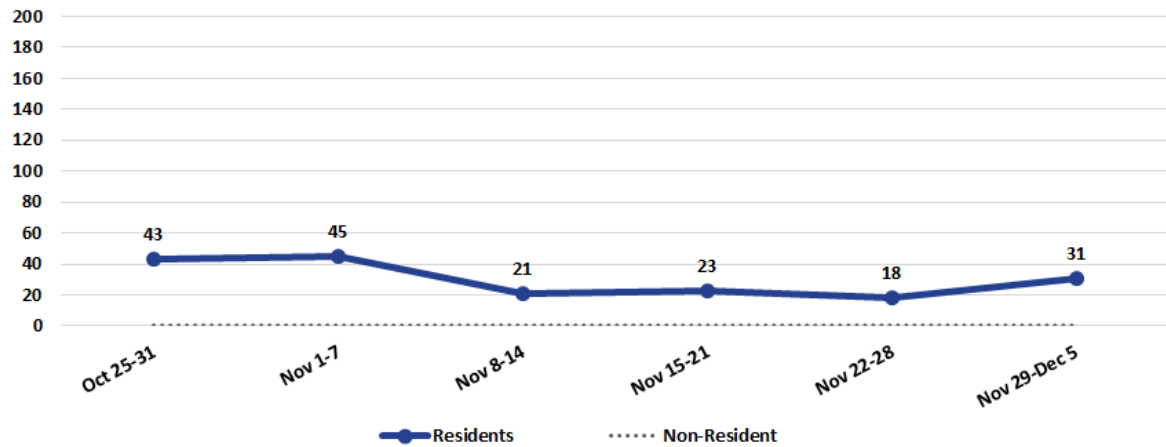***Important Disclaimer About Data***

It is imperative that this report and the data contained within is understood in the appropriate context. Please, if you use this report, please be certain that the information included within is shared within the appropriate context. Doing otherwise may be damaging to the public health response efforts. There are multiple factors involved in addressing this virus, including compliance with public health control measures implemented by the local health director and referenced in NC GS 130A. These measures are imperative for limiting the spread of COVID-19. **AppHealthCare strongly advises that when data is shared for the purposes of educating the public or informing policy decisions, it should come directly from NC DHHS or AppHealthCare as it is presented with appropriate context from those directly involved in public health response.**

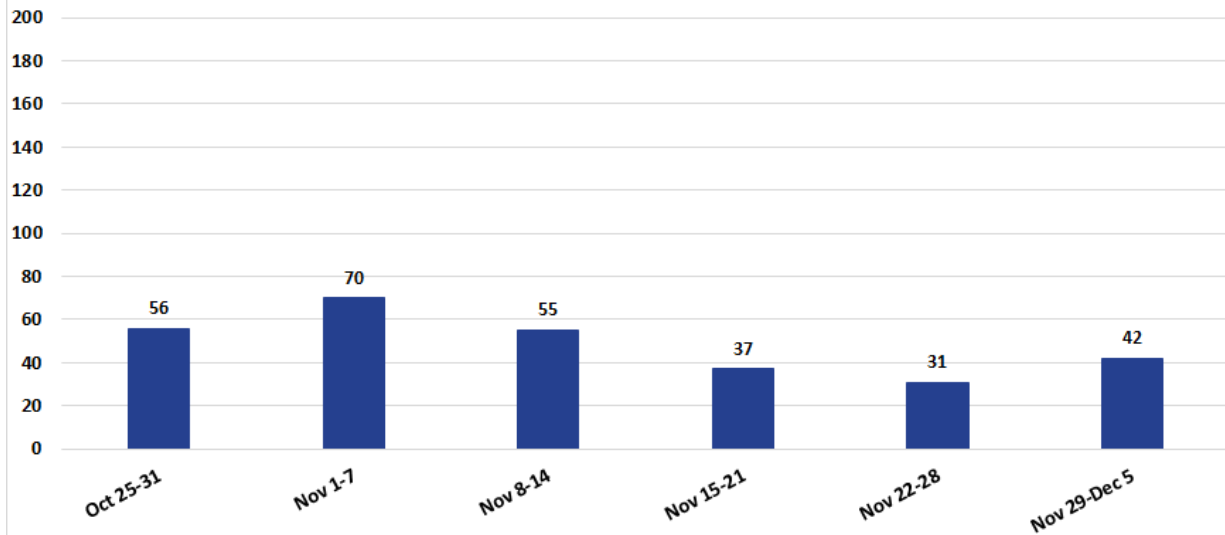**Cumulative COVID-19 Testing in Alleghany County (October 25 - December 5, 2020)**

CUMULATIVE TESTING COUNT (As of 12/5/20)
6,299

This graph represents the total number of COVID-19 tests that were reported to AppHealthCare by outside agencies and the number of AppHealthCare tests completed by week for Alleghany County.

Cumulative Case Count by Week in Alleghany County
(October 25 - December 5, 2020)

CUMULATIVE CASE COUNT (As of 12/5/20)
452

Cumulative Case Count chart showing Residents (solid navy blue line) and Non-Resident (dotted line):

- Oct 25-31: 43
- Nov 1-7: 45
- Nov 8-14: 21
- Nov 15-21: 23
- Nov 22-28: 18
- Nov 29-Dec 5: 31

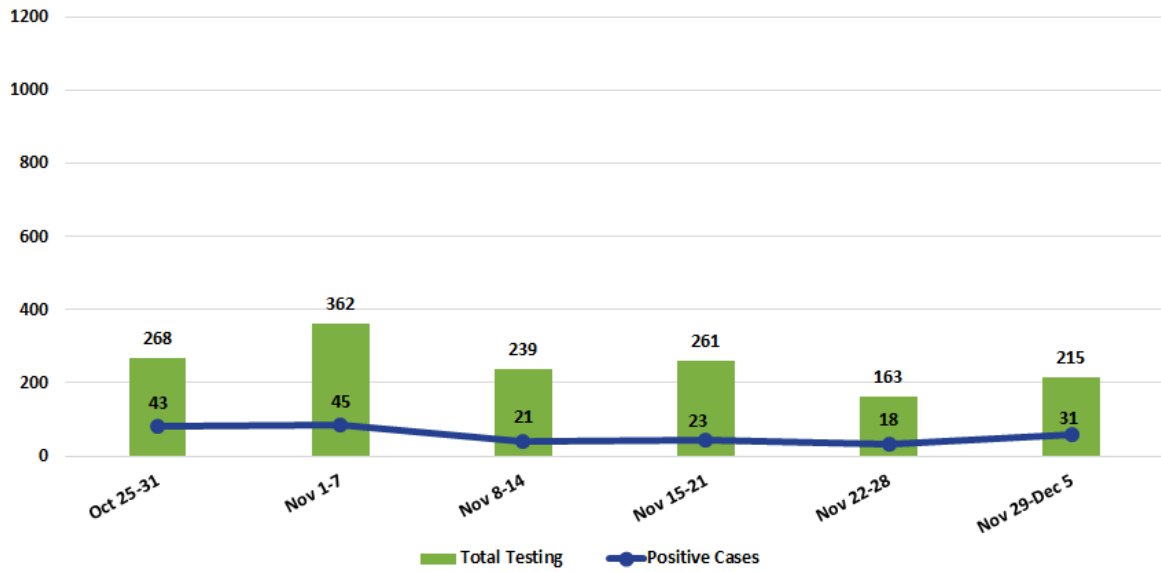Legend: ●— Residents   ·········· Non-Resident

The solid navy blue line in this graph represents the number of positive COVID-19 cases among Alleghany County residents by week. This graph also shows the number of non-residents that have tested positive for COVID-19 but reside in another county.

Number of Active Positive Cases by Week in Alleghany County
(October 25 - December 5, 2020)

Bar chart of Active Positive Cases:

- Oct 25-31: 56
- Nov 1-7: 70
- Nov 8-14: 55
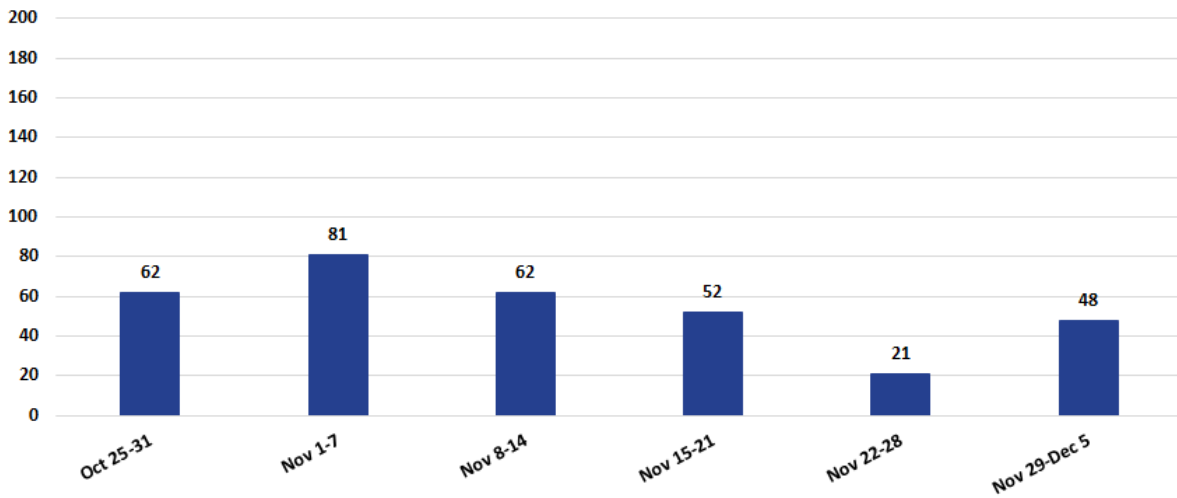- Nov 15-21: 37
- Nov 22-28: 31
- Nov 29-Dec 5: 42

The graph represents the number of active COVID-19 positive cases by week in Alleghany County. A positive COVID-19 case is considered active for ten days after the initial positive test result.

Total Weekly Tests Reported vs. Weekly Case Count in Alleghany County
(October 25 - December 5, 2020)

Total Testing values: Oct 25-31: 268; Nov 1-7: 362; Nov 8-14: 239; Nov 15-21: 261; Nov 22-28: 163; Nov 29-Dec 5: 215

Positive Cases values: Oct 25-31: 43; Nov 1-7: 45; Nov 8-14: 21; Nov 15-21: 23; Nov 22-28: 18; Nov 29-Dec 5: 31

Legend: ▇ Total Testing ━●━ Positive Cases

This graph represents the number of COVID-19 positive cases by week in Alleghany County compared to the total number of reported tests that were completed by AppHealthCare and outside agencies each week in Alleghany County.

Number of People Being Actively Monitored by Week in Alleghany County
(October 25 - December 5, 2020)

Values: Oct 25-31: 62; Nov 1-7: 81; Nov 8-14: 62; Nov 15-21: 52; Nov 22-28: 21; Nov 29-Dec 5: 48

This graph represents the total number of Alleghany County residents that AppHealthCare staff have monitored due to being exposed to a confirmed COVID-19 case. Individuals are notified and asked to quarantine and monitor for symptoms for fourteen days.

Additional data can be found on AppHealthCare's data dashboard. This data is updated each day around noon.

Alleghany (336) 372-5641 | Ashe (336) 246-9449 | Watauga (828) 264-4995
AppHealthCare COVID-19 Call Center (828) 795-1970
General COVID-19 Questions: preparedness@apphealth.com
Media inquiries: media@apphealth.com
www.AppHealthCare.com and follow us on Facebook & Twitter