

# Ashe Communicable Disease Update

August 5th, 2022

## Communicable Disease Updates & Important Points

### A Note for Situation Updates Moving Forward

**Communicable Disease Communication Updates:** In order to provide the community with education and awareness surrounding the state of communicable diseases in Watauga County and North Carolina, the COVID-19 Situation Updates will expand to include other communicable diseases in addition to COVID-19.

### Monkeypox

Monkeypox is a rare disease caused by infection with the monkeypox virus, which is closely related to the virus causing smallpox. Monkeypox symptoms are similar to those of smallpox symptoms, but milder, and monkeypox is rarely fatal. The CDC is closely tracking cases of monkeypox recently detected in the United States. North Carolina's first monkeypox case was identified on June 23, 2022. Most of the cases identified in North Carolina have been among men who have sex with men and it is important to know anyone can get monkeypox.

**86**  
**NC Monkeypox**  
**Cases**  
(as of 8/4/2022)

**CDC recommends vaccination for people who have been exposed to monkeypox and people who are at higher risk of being exposed to monkeypox.**

There is limited supply of the vaccine and is available for individuals who meet vaccine criteria:

- Anyone who has had close contact in the past two weeks with someone who has been diagnosed with monkeypox,
- and Gay or bisexual men or transgender individuals who report any of the following in the last 90 days: 1) Having multiple sex partners or anonymous sex; 2) Being diagnosed with a sexually transmitted infection; 3) Receiving medications to prevent HIV infection (PrEP)

**If someone meets this criteria, they can call us at AppHealthCare to discuss vaccine eligibility, and we will work to link vaccines to individuals in our area who need it.**

Monkeypox spreads from to people (person-to-person or from animals) through the following ways:

- direct contact with the infectious rash, scabs, or body fluids
- respiratory secretions during prolonged, face-to-face contact, or during intimate physical contact, such as kissing, cuddling, or sex
- touching items (such as clothing or linens) that previously touched the infectious rash or body fluids
- pregnant people can spread the virus to their fetus through the placenta
- from infected animals, either by being scratched or bitten by the animal or by preparing or eating meat or using products from an infected animal

**Testing is widely available and encouraged if you have had close contact with someone who has been diagnosed with monkeypox, or have unexplained bumps, sores, blisters, or pimples that look like monkeypox.** Monkeypox can spread from the time symptoms start until the



rash has fully healed and a fresh layer of skin has formed. The illness typically lasts 2-4 weeks. People who do not have monkeypox symptoms cannot spread the virus to others. At this time, it is not known if monkeypox can spread through semen or vaginal fluids.

For up-to-date North Carolina monkeypox case counts and information visit [North Carolina Department of Health and Human Services](#), and for prevention, symptoms, vaccine and treatment information visit the [Centers for Disease Control and Prevention](#).

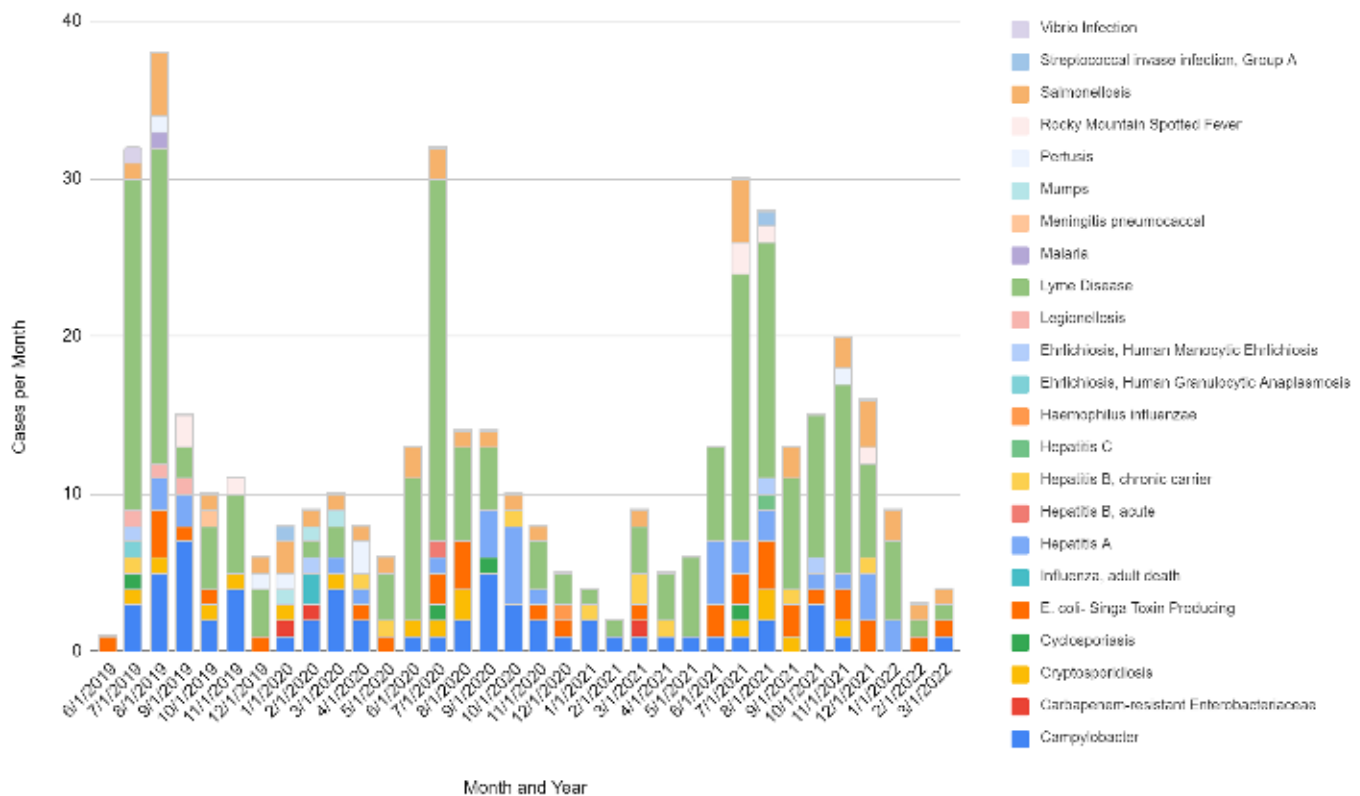
**If you are worried about symptoms of monkeypox, or have been in contact with someone who has monkeypox, reach out to your healthcare provider or local health department. AppHealthCare is the local health department for Alleghany, Ashe and Watauga Counties and we can be reached at (828) 264-4995.**

## Communicable Disease Data (excluding COVID-19)

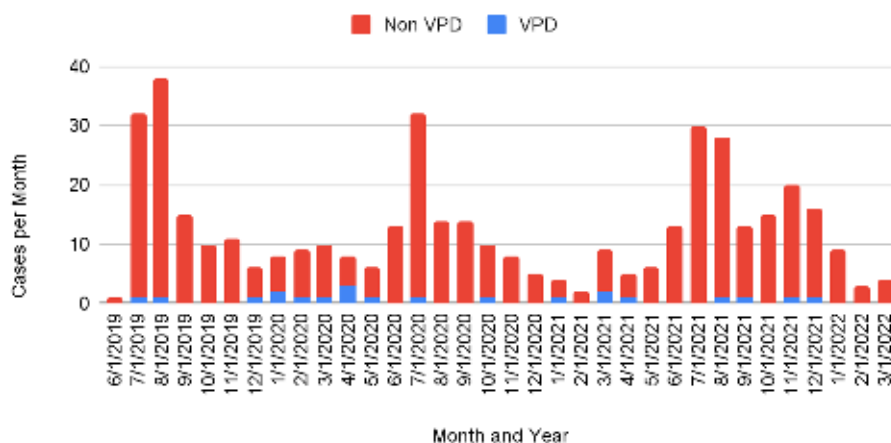
Vaccines prevent disease in the people who receive them and also in the broader community. Because of childhood vaccination programs, diseases like polio, measles, diphtheria, rubella (German measles), mumps, tetanus, and Haemophilus influenzae type b (Hib) are no longer widespread in the United States. However, cases and outbreaks of these diseases continue to occur due to travel to and from areas with lower vaccine coverage. Many diseases however are not preventable through vaccines, including but not limited to Lyme disease, Rocky Mountain spotted fever, and salmonella.

The figures below represent communicable disease cases, excluding COVID-19, reported to the health departments in Ashe, Alleghany, and Watauga Counties between June of 2019 and March of 2022.

Communicable Disease Cases by Month



Vaccine Preventable Disease (VPD) and Non Vaccine Preventable Disease by Month



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# COVID-19 Updates & Important Points

## Protect Yourself & Others

**Vaccinate and Boost:** Get vaccinated, including a COVID-19 booster as soon as you are eligible as recommended by the CDC. **You can get a booster if you are 5 years or older and received your second dose of Moderna or Pfizer at least five months ago or Johnson & Johnson vaccine at least two months ago.** Vaccines continue to be our best tool at preventing severe outcomes like hospitalization and death. Vaccines are widely available at pharmacies, healthcare offices and health departments. Talk to your healthcare provider if you have specific questions related to your medical history. For a list of local vaccine providers, visit [AppHealthCare.com](https://AppHealthCare.com). For information on the timing of vaccines and boosters based on age and vaccine type, visit the [CDC's COVID-19 Immunization Schedule for 6 Months of Age and Older](https://www.cdc.gov/media/releases/2021/s0914-covid-19-immunization-schedule.html).

**Novavax:** The Novavax COVID-19 vaccine uses the same protein-based vaccine technology that has been used for over 30 years in shots. The Novavax vaccine is not mRNA based, but instead uses the same protein-based system used in vaccines that prevent diseases such as the flu, shingles, hepatitis B, and others. The primary series for Novavax, is two-doses administered three to eight weeks apart.

**Test:** Get tested if you have any symptoms of COVID-19 or have been exposed to someone with COVID-19. Testing is available at pharmacies, healthcare offices and health departments. At-home test kits are also available free of charge at the health departments, and [through free mail order and doorstep delivery](#). For a list of local testing options and at-home testing information, visit [AppHealthCare.com](https://AppHealthCare.com).

**Mask:** Masks can help protect you and others from COVID-19. Individuals may wear a mask based on personal preference. Masks remain important in higher risk settings like healthcare facilities, long term care facilities, and correctional facilities. Also, if you are at higher risk of severe illness, may be in a setting of higher risk or have concerns about your exposure risk, you may choose to add to your layered protection by wearing a high quality, well-fitted mask, in addition to being up-to-date with COVID-19 vaccinations.

## Treatment Options

While vaccines offer the best protection against severe outcomes due to COVID-19, treatment options are available to decrease your risk of hospitalization and death. Early testing and treatment are key. Any treatment should be recommended by a healthcare provider and requires a positive COVID-19 test. For more information about available treatment options and to find a treatment location near you, visit the [NC DHHS website](https://www.hhs.gov/coronavirus/treatment/).

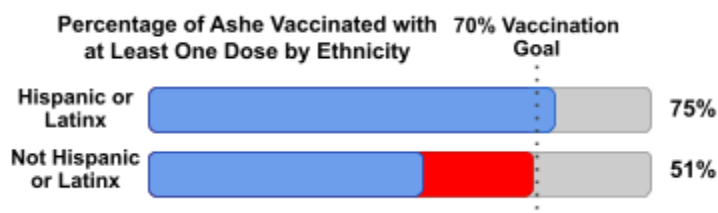
**For more information, visit [AppHealthCare.com](https://AppHealthCare.com) or call our COVID-19 Call Center at (828) 795-1970.**

# COVID-19 Ashe County Vaccination Updates

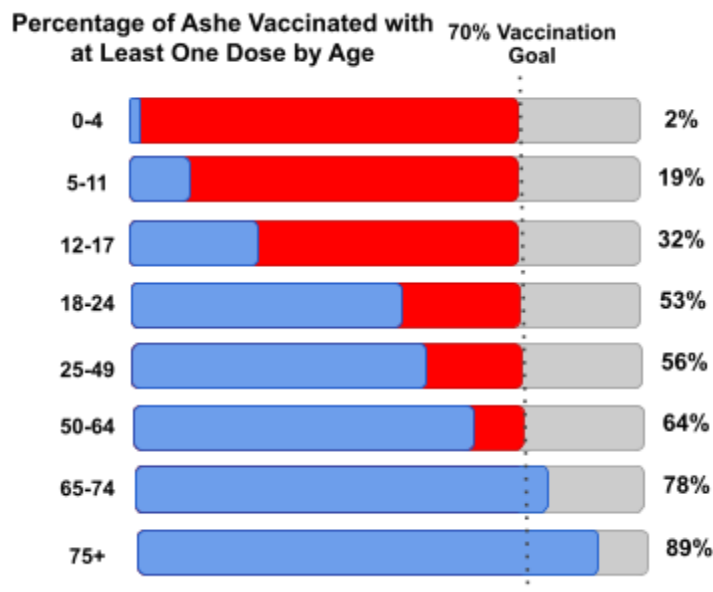
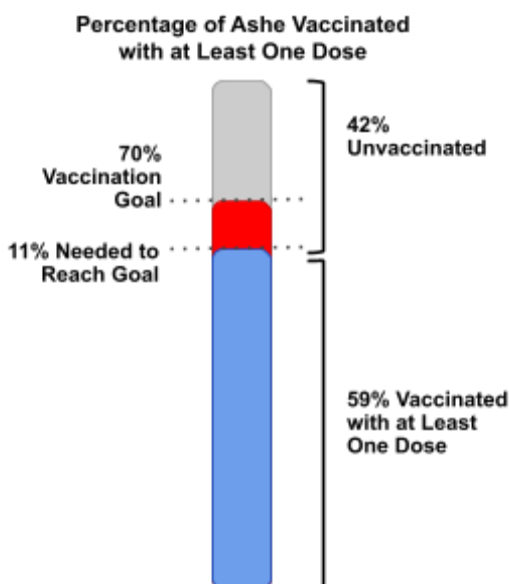
County-specific race, ethnicity and age data are from the [NCDHHS COVID-19 Vaccination Dashboard](#),  
- (All vaccine demographic data are current as of 8/4/2022).

Data tracking these outcomes is updated monthly and can be viewed at the [CDC Data Tracker](#) site linked here.

For more information regarding COVID-19 vaccines or a list of local providers, visit [AppHealthCare.com](#).



Percent of Population by Race Vaccinated with at Least One Dose	
American Indian or Alaskan Native	0%
Asian	0%
Black or African American	0%
Native Hawaiian or Other Pacific Islander	0%
Other	35%
White	52%



# Ashe County COVID-19 Case Updates

Cases to Date in Ashe County: (Data is current as of 8/4/2022 at 9:00 am)

**Ashe County COVID-19 Community Level:** **Low**

(All data and guidance per the [Centers for Disease Control and Prevention](#), accessed August 4th, 2022)

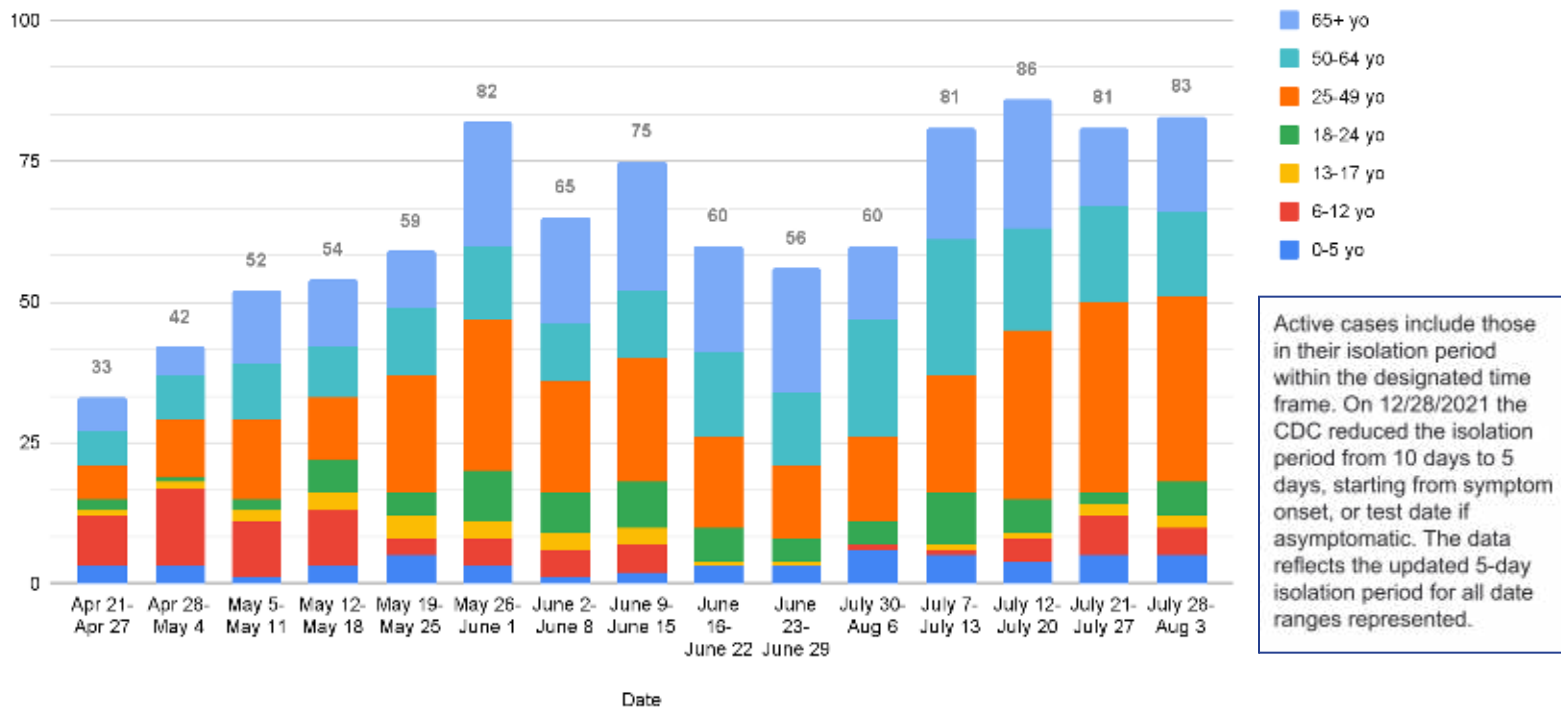
Stay up to date with COVID-19 vaccines. Get tested if you have symptoms. Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19. Wear a mask on public transportation. You may choose to wear a mask at any time as an additional precaution to protect yourself and others.

## Ashe County Community Level Indicators:

Case Rate per 100,000 population	154.39
New COVID-19 admissions per 100,000 population	5.9
% Staffed inpatient beds in use by patients with confirmed COVID-19	1.9%

## Active Cases/Week Broken Down by Age Group

Ashe County



## Active Clusters and Outbreaks in Ashe County

The current cluster and outbreak information for congregate living, childcare and educational settings in our district can be viewed at the [NC DHHS Cluster and Outbreak reports](#). An outbreak is defined as two or more laboratory confirmed cases within a 28 day period in a congregate living setting. A cluster is defined as a minimum of five cases within a 14-day period and plausible epidemiologic linkage between cases. An outbreak or cluster is considered active until 28 days have passed with no newly identified cases.

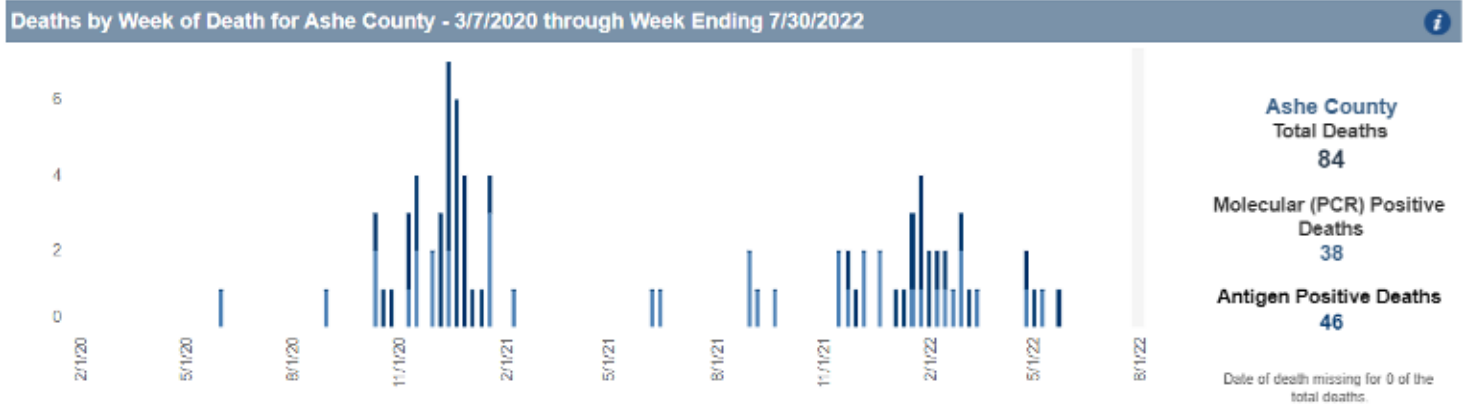
[Click here to view COVID-19 case and trend distribution by demographic groups for Ashe County.](#)

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## COVID-19 Related Deaths

The majority of COVID-19 related deaths occur among individuals who are unvaccinated. Staying up to date on vaccination, including boosters recommended by the CDC, remains the most effective way to prevent severe outcomes like severe illness, hospitalization and death from COVID-19.

North Carolina now uses an electronic death certificate system which has identified additional deaths that occurred January 1 through March 31, 2022. The total deaths for Ashe County residents is 84 (as of 8/4/2022).



For additional data related to COVID-19 deaths, visit the [NC DHHS COVID-19 Data Dashboard](#).



## Regional COVID-19 Hospitalization Data

The hospitalization data reflected is for the Triad Health Preparedness Coalition Region (THPC), which includes Ashe County. All hospitalization data is from [NCDHHS' Hospitalization Data Dashboard](#). (All data is current as of 8/4/2022)



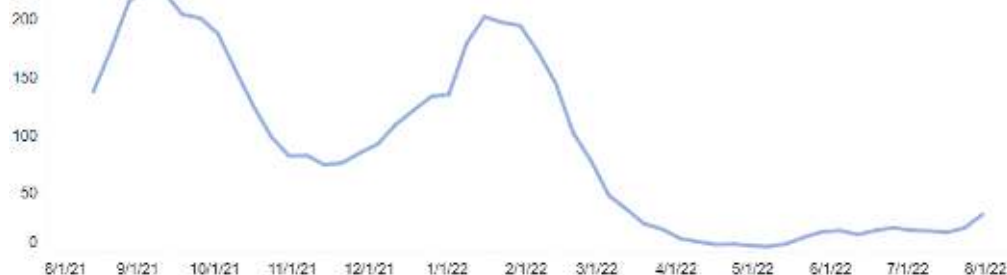
CapRAC - Capital Region Healthcare Preparedness Coalition  
DHPC - Duke Healthcare Preparedness Coalition  
EHPC - Eastern Healthcare Preparedness Coalition  
MAHPC - Mountain Area Healthcare Preparedness Coalition  
MCRHC - Mid-Carolina Regional Healthcare Coalition  
MHPCC - Metropolitan Healthcare Preparedness Coalition  
SHPR - Southeastern Healthcare Preparedness Region  
THPC - Triad Healthcare Preparedness Coalition

### Currently Hospitalized COVID-19 Patients in THPC



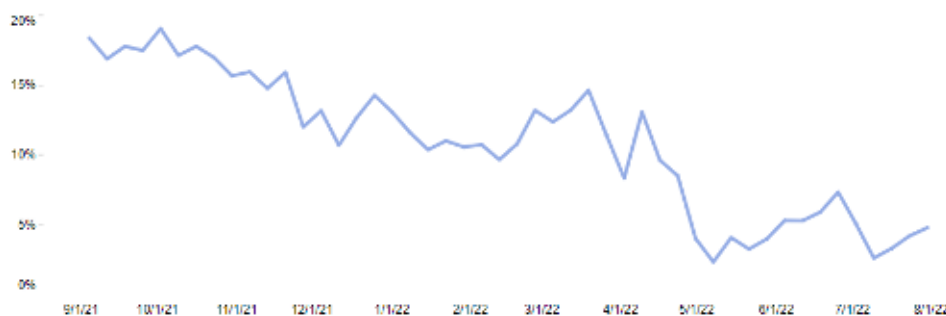
**261**  
Currently  
COVID-19  
hospitalized  
patients as of  
7/30/2022

### Number of COVID-19 Adult ICU Patients in THPC



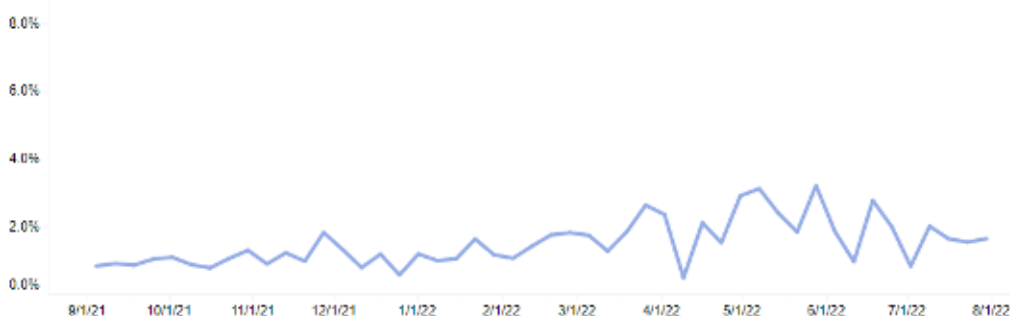
**33**  
Current  
COVID-19  
adult ICU  
patients as of  
7/30/2022

### Weekly COVID-19 Hospital Severity Trend: Percent of Patients on a Ventilator in THPC



**5%**  
Of currently  
hospitalized  
COVID-19  
patients on a  
ventilator as of  
7/30/2022

### Weekly COVID-19 Hospital Severity Trend: Percent of Pediatric Hospitalizations in THPC



**1.6%**  
Of currently  
hospitalized  
COVID-19  
patients are  
pediatric as of  
7/30/2022



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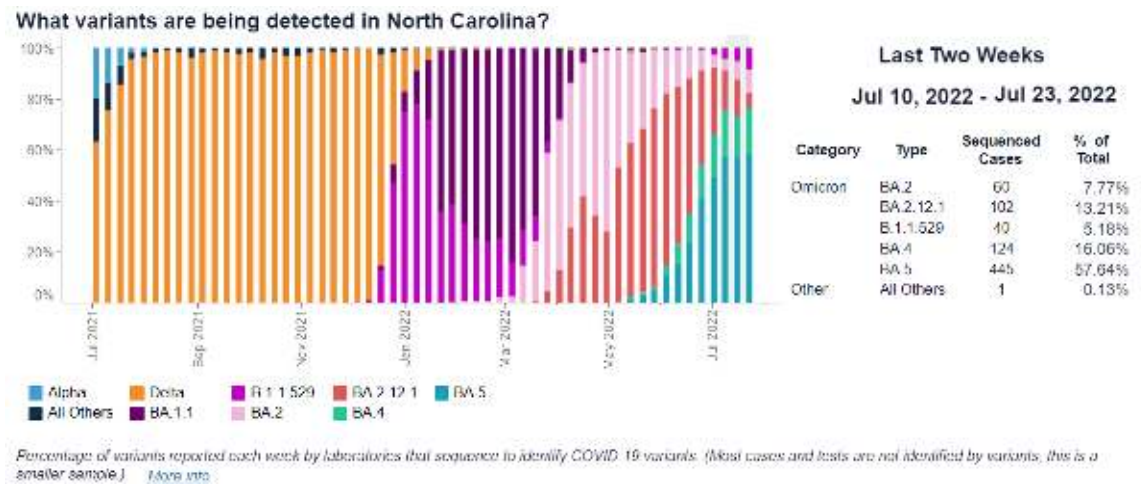
## North Carolina COVID-19 Case Updates

### North Carolina State Synopsis

The North Carolina COVID-19 State Synopsis can be viewed at: [COVID-19 State Profile Report](#), which is provided by White House COVID-19 Team, Joint Coordination Cell, Data Strategy and Execution Workgroup.

### COVID-19 Variants Detected in North Carolina by Week

The Omicron variant (BA.1) and the BA.2 variant seem to spread more easily and quickly than other variants, which may lead to more cases of COVID-19. Current COVID-19 vaccines are expected to protect against severe illness, hospitalizations, and deaths from the COVID-19 variants. The best way to protect yourself is by getting a COVID-19 vaccination, and booster once eligible.



Data on COVID-19 Variants Detected in North Carolina by Week was accessed from and can be viewed at: [North Carolina Department of Health and Human Services' COVID-19 Surveillance Study](#).

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## State Wastewater Surveillance Data

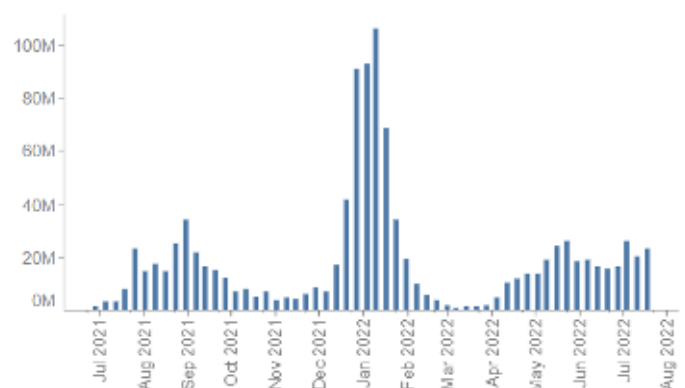
NC Department of Health and Human Services is collecting wastewater samples from an increasing set of participating wastewater treatment plants across NC to test for levels of SARS-CoV-2, the virus that causes COVID-19. Individuals infected with COVID-19 shed viral particles in their stool, which can be measured in wastewater. This metric will be increasingly important in measuring the amount of virus at the community level, as it provides information regarding the levels of virus independently of testing participation or reporting.

State wastewater surveillance data is from the NC DHHS dashboard, where it is updated weekly and can be accessed [here](#).

**23.2 Million** → Previous Week 20.5 Million

### COVID-19 Virus Particles Found in Wastewater

COVID-19 virus particles appearing in wastewater can signal how quickly the virus is spreading, even if people don't get tested or have symptoms.



Average COVID-19 virus copies found per person per week from participating North Carolina wastewater treatment plants. [More info](#)

**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](mailto:preparedness@apphealth.com)**

**Media inquiries: [media@apphealth.com](mailto:media@apphealth.com)**

**[www.AppHealthCare.com](http://www.AppHealthCare.com) and follow us on Facebook & Twitter**

