



Macon County  
Public Health

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# Press Release

## Continuation of Stay at Home to reduce COVID-19

All of North Carolina is still under a Stay At Home Order from Governor Roy Cooper as an effort to reduce the spread of COVID-19 to residents. The current Executive Order is set to expire on May 8, 2020. While we know it is frustrating to stay at home, it is our best means to “flatten the curve” of COVID-19.

Even though Macon County has been fortunate to currently only have 2 confirmed cases of COVID-19, it does not mean we are able to become complacent. Our efforts still need to focus on social distancing and making informed decisions about when to loosen restrictions.

With neighboring states lightening their restrictions, it may be tempting to travel. Our hope is that Maconians will continue to stay at home helping to keep the number of COVID-19 cases to a minimum. Macon County leaders are working diligently with surrounding county leaders to develop a collective response for the safest way to begin loosening the restrictions in our region.

“Studies show that for social distancing to be truly effective, it needs to continue through the local epidemic or until a vaccine is developed. If it is relaxed too soon, there will be a rebound of cases,” stated Kathy McGaha, incoming Macon County Public Health Director. “As challenging as it may be, Macon County residents need to remember to practice social distancing of 6 feet, wash or sanitize hands frequently, and call your health care provider if sick”, added McGaha.

It is important to make sure the information you are getting about COVID-19 is coming directly from reliable sources like Macon County Public Health, CDC, and NCDHHS. For more information, please visit the CDC’s website at [www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus) and NCDHHS’ website at [www.ncdhhs.gov/coronavirus](http://www.ncdhhs.gov/coronavirus), which will also include future positive COVID-19 test results in North Carolina.

Macon County Public Health regularly updates our Facebook page with accurate and current information regarding COVID-19; we encourage the public to check our Facebook page, [www.facebook.com/MaconPublicHealth](https://www.facebook.com/MaconPublicHealth) for up-to-date information.

Symptoms for COVID-19 are fever, cough, and other lower respiratory illness (shortness of breath). If you believe that you may have COVID-19, please call the Health Department at 828-349-2517.

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