04-08-2020: The Rutherford County Health Department is reporting the first COVID-19 associated death in Rutherford County. The individual died on April 8, 2020 at Rutherford Regional Medical Center from complications associated with the virus.

> *"Rutherford Regional Health System (RRHS) can confirm that we have had a COVID-related death at our hospital as reported by NC Department of Health & Human Services (NCDHHS), and our thoughts and prayers are with the family that lost their loved one. It is our responsibility to protect the privacy of our patients at all times, and we cannot provide comment on any patient matter."*

Rutherford County Health Department, in conjunction with Rutherford County Emergency Management, posts daily updates on various social media platforms and alert systems to share Rutherford County's case count and to keep the public informed of the impact of the virus on the community. Today's daily update is as follows:

- 283 individuals tested
- 217 tests are negative
- 37 tests are pending
- 29 tests are positive which includes 1 death

It is critical that we all comply with the directives of North Carolina's Stay-at-Home order. The order includes no gatherings of any number of people outside of a single household or living unit for any reason. It also includes strict guidance to eliminate all non-essential travel, services, or exposure to people outside of your immediate family unit. Because COVID-19 is most commonly spread through respiratory droplets, the Health Department urges everyone to take precautions to protect themselves from the spread of COVID-19:

- Stay home
- Avoid contact with persons that you know are sick
- Cover your cough (cough into the crook of your elbow; or use a tissue and throw in trash)
- Practice good hand hygiene (wash 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 you do not have access to soap and water use hand sanitizer that is at least 60% alcohol
- Routinely clean frequently touched surfaces with household cleaners.
- Routine use of these measures by everyone will decrease the spread of viruses and respiratory diseases in our community.

It is important to make sure the information you are getting about COVID-19 is coming directly from reliable sources like the CDC, NCDHHS, Rutherford County Public Health, Rutherford County Government, Emergency Management, and EMS. To stay up to date on COVID-19 in North Carolina, please visit ncdhhs.gov/divisions/public-health/covid19 and locally at rutherfordhelp.com and facebook.com/rcemergencymanagement.