



**Foothills Health District (FHD)**  
Foothills Health District Health Department  
<http://www.foothillshd.org/>



**FOR IMMEDIATE RELEASE**  
**April 11, 2020**

The Rutherford County Health Department is saddened to release the second COVID-19 associated death in Rutherford County. The individual died on April 11, 2020 from complications associated with the virus. Rutherford County Health Department, in conjunction with Rutherford County Emergency Management, have been posting daily updates on various social media platforms and alert systems to reflect Rutherford County's case count and to keep the public informed of the impact of the virus on the community. Currently, there are 40 confirmed cases in Rutherford County and 2 deaths. The number of COVID-19 associated deaths in Rutherford County will be updated regularly with our daily number reports.

Rutherford County Health Director, Karen Powell stated "we know that the reality of this pandemic will be loss of life. It is unfortunate and we are so very sorry to the family of this individual and will continue to keep them in our prayers. It is imperative that we all comply with the directives of Governor Cooper, Rutherford County and each town, which include no gatherings of any number of people outside of a single household or living unit for any reason and strict guidance to eliminate all non-essential travel, or exposure to people outside of your immediate family unit. It is more critical now than ever."

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.

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