

# Media Release COVID-19 – February 3, 2023

For Immediate Release

02/03/2023

## COVID-19 Information

Phone: 980-432-1800

Website: [www.rowancountync.gov/COVID-19](http://www.rowancountync.gov/COVID-19)

Email: [covid-19@rowancountync.gov](mailto:covid-19@rowancountync.gov)

## Vaccine Information

Website: [www.rowancountync.gov/COVIDvaccine](http://www.rowancountync.gov/COVIDvaccine)

Follow Us: [www.facebook.com/rowancountyhealth](https://www.facebook.com/rowancountyhealth)

Rowan County COVID-19 Case Information: <https://bit.ly/rowan-covid19-hub>

## Rowan County's COVID-19 Level Reduces Slightly

Rowan County's COVID cases have started to decrease, slightly, as we wrap up the first week since January 1st to have less than 240 total cases. Rowan County has since dropped to medium transmission, leaving only 5 out of 100 counties across the state still in high transmission. According to the CDC, the majority of North Carolina's COVID-19 cases now consist of B.Q.1.1 (35%); XBB.1.5 (31%); and BQ.1 (14%). All three of these strains are a subvariant of Omicron and are considered more evasive and more transmissible.

For counties still in medium or high transmission, the Center for Disease Control and Prevention recommends:

- Staying up to date on vaccination and boosters;
- Avoid contact with people who have suspected or confirmed COVID-19;
- If you are immunocompromised, wear a high-quality mask or respirator when indoors in public;
- Follow recommendations for isolation if suspected or confirm COVID-19.

Rowan County Public Health highly encourages anyone 6 months or older to vaccinated and boosted as soon as possible! By vaccinating yourself against COVID-19 you are greatly reducing your risk of hospitalization, any long-term effects from COVID, and even death.

If you are interested in starting your COVID-19 vaccination series, and/or receiving your bivalent booster, please call Rowan County Public Health at 980-432-1800 to make an appointment. Vaccines are available for all ages and include [Moderna](#), [Pfizer](#), [J&J](#), or the [Novavax](#) vaccine.

In addition to getting vaccinated, practicing these health behaviors can significantly boost your immune system and reduce your likelihood of experiencing COVID related complications.

- **Stay Hydrated** by drinking the recommended amount of water, 9-13 cups per day, can assist in fighting on both viral and bacterial infections.
- **Eating an "Immune Boosting" diet** with foods rich in; Vitamin A (sweet potatoes, spinach, and broccoli), Vitamin C (citrus, berries, and red bell peppers), Vitamin E (nuts,

seeds, and avocados), Zinc (beans, nuts, poultry and seafood), and Protein (meats, eggs, beans, nuts and seeds), all have been shown to help your immune system work most efficiently and effectively. *However, too much of anything can be harmful, eat these nutrients in moderation and don't go overboard.*

- **Being physical active** benefits both the mind and the body. Physical activity increases the amount of dopamine within the brain as well as mobilizes the illness fighting cells in the body.
- **Improving sleep habits** and allowing oneself to get at least six hours of quality sleep a night can assist in fighting off illnesses. Ways to improve sleep quality include sticking to a regular bedtime and wake-up schedule and avoiding screens, night-eating, and exercise right before bedtime.
- **Practicing proper hygiene** by washing your hands for 20 seconds using warm water and soap after coughing, sneezing, using the bathroom, or touching public surfaces.

If you do test positive for COVID-19, antiviral treatments like Paxlovid and Molnupiravir are available and should be taken within the first five days in which symptoms appear. *Please note that these treatments must be prescribed by a medical professional.*

For those individuals without insurance and/or a medical provider, NCDHHS has recently partnered with StarMed to launch a [time-limited telemedicine program](#). If a patient is found eligible through this service for oral antiviral treatment, StarMed can send a prescription to the patient's chosen pharmacy or through a mail-order pharmacy. To set up an appointment visit <https://starmed.care/nc> or call 704-941-6000, seven days a week from 9 a.m. to 7 p.m.

In closing, if you do become sick with [COVID-19](#), the [flu](#) and/or [RSV](#), we ask that you please stay at home and follow the recommended isolation guidelines for each illness. By doing this, you are not only protecting yourself from possibly getting sicker, but you are also protecting those you may come in contact with at work, school, and/or out in the community.

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