



GRANVILLE VANCE

public health

MEDIA RELEASE

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UPDATE: North Carolina continues to prioritize increased access to testing, along with expanded contact tracing capacity to help slow the spread of COVID-19. Granville Vance Public Health (GVPH) offers testing to community members who have symptoms of COVID-19; who have been in close contact with someone who has tested positive; or who believe they may have been exposed to COVID-19, whether or not they have symptoms.

As a reminder, although many have and can spread COVID-19 with no symptoms, symptoms of COVID-19 can include one or more of the following: **fever or chills, cough, shortness of breath or difficulty breathing, sore throat, new loss of taste or smell, headache, muscle pain, fatigue, and congestion or runny nose.** A close contact is defined as anyone who was within six feet of an individual who has tested positive for COVID-19 for a cumulative total of 15 minutes or more. Given the incubation period of Coronavirus, if you are a contact and are not experiencing any symptoms, it is recommended that you wait at least six days after your first known exposure to COVID-19 to get tested. Additionally, you may have been unknowingly exposed to COVID-19 if you're a frontline or essential worker; if you've attended a gathering with family, friends, or others who live outside your home; if you've dined indoors at a restaurant; or if you've attended large public or private events. If you believe you may have been exposed, we recommend you get tested. We can bill your insurance, or, if you are uninsured, we can provide a medical evaluation and testing for COVID-19 at no cost.

GVPH conducts testing every morning. In order to make an appointment for testing, please call us in Granville at (919) 693-2141 or Vance at (252) 492-7915. If someone has symptoms, we can offer telemedicine visits to provide a medical evaluation which would be recommended at that time. Additionally, GVPH continues to work with our partners to support community-based testing events and other targeted efforts help us reach historically marginalized populations and groups at higher risk of exposure. There are several other providers offering testing in our communities. To find out more about available testing locations near you, visit the North Carolina Department of Health and Human Services Find My Testing Place tool and the Check My Symptoms tool to determine if you will be recommended to be tested, both of which can be found at covid19.ncdhhs.gov/about-covid-19/symptoms.

If you test positive for COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible. If you test negative for COVID-19, that does not mean you will not get sick in the future, as you could turn positive within 14 days of exposure. You could also be exposed to COVID-19 after the test and then get infected and spread the virus to others. Therefore, the most important thing you can do to slow the spread of COVID-19 is follow the 3 Ws: wait 6 feet away from others, wear a cloth face covering; and wash your hands!