



FOR IMMEDIATE RELEASE:

November 25, 2020

FIVE ADDITIONAL DEATHS, 251 NEW COVID CASES IN ALLEGANY COUNTY

CUMBERLAND, MD – The Allegheny County Health Department reports 251 new cases of COVID-19 and 5 additional deaths. This brings Allegheny County's cumulative total number of cases to 2,583, with a total of 61 deaths from COVID-19.

While statewide case and positivity indexes have slightly decreased since Monday, Allegheny County's numbers continue to rise. Currently, Allegheny County's case rate is 166.76 per 100,000 population, more than four times the state average of 37 per 100,000. Allegheny County's current positivity rate is 16.61%, while the statewide average is 6.52%.

Understanding isolation

Isolation is required for individuals who test positive for COVID-19. For an individual who is experiencing COVID-19 symptoms, day one of the isolation period is the calendar day after symptoms began. Isolation lasts until ten days have passed, and the individual is fever-free, and symptoms have improved.

For an individual who tests positive for COVID-19 and has no symptoms, the isolation period lasts 10 days. The first day of isolation is the calendar day after the individual was tested.

If you receive news that your COVID-19 test is positive, you are required to isolate. During this time, you are infectious to others, and every effort should be made to avoid transmitting the virus. Use your own bathroom and sleep in your own bedroom if possible. When isolation from other members of your household is not possible, the quarantine period of your close contacts is affected.

Understanding quarantine

Quarantine is required for anyone who has come into close contact (within six feet for over 15 minutes in a 24-hour period) with a confirmed COVID-19 case. Quarantine lasts 14 days from the date of last

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exposure to the confirmed case. Close contacts should be tested for COVID-19. If your test comes back negative, this does not change the fact that you need to complete the entire 14-day quarantine period. If your test comes back positive, you transition to being a confirmed case of COVID-19, subject to your own 10-day isolation period as described above.

Understanding case investigations and contact tracing

Each community member is a part of the Allegany County contact tracing team. At this time, Allegany County is experiencing widespread community transmission of COVID-19 and we need all hands on deck. Professional contact tracers from ACHD and from the State's partner organization NORC are struggling to keep up with the number of cases.

If you are diagnosed with COVID-19:

1. Place yourself under isolation for a 10-day period. Avoid contact with others, even if you do not have any symptoms.
2. Identify all your close contacts (see definition above). Tell all your close contacts to quarantine for 14 days.

If you are notified that you are a close contact:

1. Begin your quarantine immediately. You will need to quarantine for 14 days since your last exposure.
2. Get tested 3-5 days after exposure. Remember, you will need to quarantine for 14 days even if your test comes back negative.
3. Watch for signs and symptoms of COVID-19. If symptoms develop, you are considered a probable case.

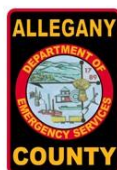
The State of Maryland has notified NORC (their contact tracing partner) to deprioritize cases and contacts that are more than 6 days old. This means you may not be hearing from a professional contact tracer if this amount of time has passed since your test. Please understand this is because of the overwhelming nature of the pandemic on our community. Therefore, it is extremely important that every community member be aware of the requirements for isolation and quarantine and take action without waiting for professional contact tracers to initiate these proactive measures.

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