



# News Release

**FOR IMMEDIATE RELEASE**

June 4, 2020

Department of Public Health  
Contact: Dr. Jennifer Green, Health Director  
Telephone: 910-433-3705  
E-mail: [jgreen@co.cumberland.nc.us](mailto:jgreen@co.cumberland.nc.us)

## **COVID-19 Update: Public Health, NCDHHS Launch Testing Resources**

FAYETTEVILLE – Today, the Cumberland County Department of Public Health and the N.C. Department of Health and Human Services (NCDHHS) are launching new initiatives to expand COVID-19 testing across the state and help Cumberland County families protect themselves and their neighbors.

“These new COVID-19 testing tools and resources help North Carolinians have the support and information they need to take care of themselves and their loved ones,” said NCDHHS Secretary Mandy Cohen, M.D.

As of this afternoon, there have been 754 COVID-19 cases associated with Cumberland County residents and 25 deaths, according to the Department of Public Health.

### **New Online Tools to Increase Access to Testing**

Having more than tripled the amount of testing completed just a month ago, North Carolina continues to ramp up testing. The new online tools are intended to help people know if they may need a test, how to get a test, and monitor their own symptoms if advised to do so by a contact tracer. These tools include:

- **Check My Symptoms** ([www.ncdhhs.gov/symptoms](http://www.ncdhhs.gov/symptoms)), a public website that allows people to enter their symptoms to determine if they should consider getting tested for COVID-19. If a test is recommended, they will receive a link to a list of nearby testing sites via email or text.
- **Find My Testing Place** ([www.ncdhhs.gov/TestingPlace](http://www.ncdhhs.gov/TestingPlace)), a public website that allows people to enter their county or ZIP code and access a list of nearby testing site locations online.

### **Continued Prevention Measures**

All North Carolinians should continue practicing their three Ws when they leave home: Wear. Wait. Wash.

- **Wear** a cloth face covering if you will be with other people.
- **Wait** 6 feet apart. Avoid close contact.
- **Wash** your hands often with soap and water for at least 20 seconds or use hand sanitizer.

“If we all do our part, we can protect our family and neighbors and get back to enjoying things like family gatherings, pastimes, and community events outside of our homes,” Cohen said. “By working together, we will slow the spread of this virus.”

For more information on testing and contact tracing, please see <http://co.cumberland.nc.us/departments/public-health-group/public-health/testing-and-collection-sites>

NCDHHS has provided answers to Frequently Asked Questions about Testing ([covid19.ncdhhs.gov/Testing](https://covid19.ncdhhs.gov/Testing)) and Frequently Asked Questions about Contact Tracing ([covid19.ncdhhs.gov/ContactTracing](https://covid19.ncdhhs.gov/ContactTracing)). For the latest information on COVID-19, visit [nc.gov/covid19](https://nc.gov/covid19).

For more data and information about North Carolina's testing strategy, visit the COVID-19 North Carolina Dashboard: <https://covid19.ncdhhs.gov/dashboard>.

###