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Potential COVID-19 Exposure on AppalCART Pop 105 Route

[Boone, NC] - An ongoing case investigation of a confirmed positive COVID-19 case has revealed exposure may have occurred while this individual was on the AppalCART during their infectious period and is recovering at home in isolation.

As part of the investigation to identify additional exposures and notify anyone who may have been on public transit with this individual, if you rode the **POP105 bus that stops at University Highlands at :25 & :55 and at Schaefer Center :10 & :40 on Wednesday, November 11th or Thursday, November 12th between the hours of 6:00am-3:45pm or Wednesday, November 18th between the hours of 6:00am-10:00am**, we encourage you to monitor for COVID-19 symptoms and be tested. If you have symptoms of COVID-19, please call your healthcare provider or AppHealthCare to discuss testing and isolate from others. Symptoms may appear 2-14 days after exposure.

Based on the case investigation, we understand physical distancing and face coverings were worn by individuals on these routes. These actions lessen the risk of exposure to others but out of caution, we feel it is important to notify the public of this potential exposure.

AppHealthCare is working closely with AppalCART and testing has been offered to their employees who may have been exposed.

“We want to increase awareness of individuals who may have come in close contact with the individual who has COVID-19. We take this very seriously and are taking extra precaution to identify individuals as part of the case investigation. It is important for the community to know that we are making this public announcement for the reason of narrowing our efforts to identify those at risk. AppalCART is not named due to any action or inaction on their part or identified ongoing public health risk with frequenting public transit. We appreciate their ongoing partnership in this response effort,” said AppHealthCare Health Director Jennifer Greene.

“In addition to the day-to-day cleaning and upkeep of our entire fleet and building facilities, we have taken additional precautionary measures to help reduce the risk of COVID-19. This includes regular cleaning and disinfection of high-touch areas, providing sanitizing wipes and masks for employees, glove distribution to all operators, spot sanitizing on buses throughout the day, separation barrier to promote social distancing behind bus operators and deep cleaning of the entire fleet. We require face coverings for all drivers and passengers, drivers are separated by lexan barriers from passengers, and social distancing is encouraged as much as possible while riding the bus. We are working closely with

AppHealthCare as they continue to conduct the case investigation,” stated Craig Hughes, AppalCART Director.

This virus spreads most commonly through respiratory droplets when someone coughs or sneezes and is in close contact with another person. Close contact is defined by the Centers for Disease Control & Prevention (CDC) as 6 feet of distance or less for 15 minutes or longer. It is important to note that a hug or any direct contact with a positive individual would also meet the criteria for quarantine. In a setting where people are in close contact with others and not practicing the 3Ws, there is an increased risk of exposure.

If you would like to be tested,

- Schedule a testing appointment by visiting the [AppHealthCare](#) website or call the COVID-19 Call Center at (828) 795-1970
- Schedule a testing appointment by calling [Appalachian Regional Healthcare System](#) or visit their website for more information
- Schedule a testing appointment at [Boone Drug](#)
- Schedule a testing appointment at [CVS Pharmacy in Boone](#)
- Find a testing site near you at the [NC Department of Health & Human Services website](#)
- Contact your healthcare provider for information about additional testing options

How to Protect Yourself

- Wear a cloth face covering over your nose and mouth
- Wash your hands often or use hand sanitizer
- Wait at least 6 feet from others
- Stay home when you're sick
- Keep distance from others who are sick
- Avoid touching your face
- Avoid crowded areas
- Clean and disinfect high touch surfaces in common areas like doorknobs, remotes, lightswitches, tables and handles.

COVID-19 Symptoms

Symptoms may appear 2-14 days after exposure. According to the Centers for Disease Control & Prevention (CDC), people with COVID-19 have had a wide range of reported symptoms. These include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat

- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

For more information related to COVID-19, including local data, visit AppHealthCare's website [here](#).

Our COVID-19 call center is available to take COVID-19 related calls each day from 8:00am to 6:00pm at (828) 795-1970 and you can also email questions to preparedness@apphealth.com.

AppHealthCare is available and on-call 24/7 to respond to public health emergencies. To reach us, call Watauga (828) 264-4995, Ashe (336) 246-9449, Alleghany (336) 372-5641 anytime and follow the prompts. For more information, visit www.AppHealthCare.com and follow us on Facebook or Twitter.

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