

March 10, 2020

Like many of you, we are closely monitoring the COVID-19 coronavirus and its potential impact on our region. Now is the time to prepare - not panic. It is our first priority to keep our community businesses, residents and visitors safe and informed.

**On a local level, please note the following:**

**Ingles Pharmacy** – if you need a prescription and are sick, you can call the pharmacy and they will bring your prescription out to your vehicle in their drive-up area.

**Clorox** can be used to disinfect both nonfood and food surfaces. CDC recommended dilution is:

*Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer’s instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.*

* *Prepare a bleach solution by mixing:* 
  + *5 tablespoons (1/3rd cup) bleach per gallon of water or*
  + *4 teaspoons bleach per quart of water*

**Minimize “in person” meetings**/visits if possible:

1. Work Remote
2. Utilize conference bridge phone lines for meeting calls (Zoom, Outlook, etc.)
3. Utilize TeleMedicine dial in numbers, when available, as alternative to a doctor’s office visit
4. Check the CDC website for impacted areas in the US and Internationally

**Lake Lure Classical Academy Updates** - Here are the measures they have taken so far:

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1. Education for staff and students.
2. Deep cleaning and regular wiping down of surfaces with the proper disinfectants and solutions.
3. We have added extra custodial hours to increase diligence in cleaning classrooms.
4. We are deep cleaning buses.
5. As with most schools, we are planning for a virtual school environment in the event school must be canceled for a period of time.

**Information released from the NC Governor’s Coronavirus Task Force:**

The Governor’s Coronavirus Task Force urges all citizens and visitors to be prepared and take standard precautions that are recommended every year when traveling during cold and flu season.  
Here’s information we received from Visit North Carolina that you may wish to share with family, friends, colleagues, and customers.  
**STATEMENT FROM NORTH CAROLINA AND THE GOVERNOR'S CORONAVIRUS TASK FORCE**North Carolina is urging residents and visitors to be prepared at take precautions relating to the coronavirus (COVID-19). The state recommends that everyone monitor the NC Department of Health and Human Services' special weblink on the situation. [Here is the link to the statement](https://urldefense.proofpoint.com/v2/url?u=http-3A__asheville.dmplocal.com_main_index.php-3Faction-3Dt-26tag-3DHere-2Bis-2Bthe-2Blink-2Bto-2Bthe-2Bstatement-26id-3D2934-26viewers-5Femail-3Djesse-2540grandfather.com-26dest-3Dhttps-253A-252F-252Fwww.ncdhhs.gov-252Fnews-252Fpress-2Dreleases-252Fgovernor-2525E2-252580-252599s-2Dtask-2Dforce-2Dencourages-2Dnorth-2Dcarolinians-2Dincrease-2Dpreparedness&d=DwMFaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=uIR1dZtHb7MwBCy0hWwA8jaw0fIsk1Eyp9JKUa23Zrc&m=4h5E817trd5GokokN3P49MkDnBDpcR-ISCRlgRdaMwM&s=cOljwwN3c52hZJwDC3J7-GK4Z0hkGZhpXxnEsmgFTr4&e=).  
Residents and visitors can also find information from [the Centers for Disease Control and Prevention](https://urldefense.proofpoint.com/v2/url?u=http-3A__asheville.dmplocal.com_main_index.php-3Faction-3Dt-26tag-3Dthe-2BCenters-2Bfor-2BDisease-2BControl-2Band-2BPrevention-26id-3D2934-26viewers-5Femail-3Djesse-2540grandfather.com-26dest-3Dhttps-253A-252F-252Fwww.cdc.gov-252Fcoronavirus-252F2019-2Dncov-252Fsummary.html&d=DwMFaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=uIR1dZtHb7MwBCy0hWwA8jaw0fIsk1Eyp9JKUa23Zrc&m=4h5E817trd5GokokN3P49MkDnBDpcR-ISCRlgRdaMwM&s=oYijphcwHzc26zrLhR3NQv_Ox_WVIB9adZMU8bHb14o&e=).   
NCDHHS recommends everyone continue taking precautions to protect themselves and others from the spread of respiratory illnesses, which includes COVID-19. Wash hands frequently with soap and water, and for at least 20 seconds each time.

* Avoid touching your eyes, nose and mouth with unwashed hands.
* Avoid close contact with people who are ill.
* Cover your mouth and nose with a tissue when you cough or sneeze.
* Do not reuse tissue after coughing, sneezing, or blowing your nose.
* Clean and disinfect surfaces that are frequently touched.

The CDC also has [guidelines for best business practices](https://urldefense.proofpoint.com/v2/url?u=http-3A__asheville.dmplocal.com_main_index.php-3Faction-3Dt-26tag-3Dguidelines-2Bfor-2Bbest-2Bbusiness-2Bpractices-26id-3D2934-26viewers-5Femail-3Djesse-2540grandfather.com-26dest-3Dhttps-253A-252F-252Fwww.cdc.gov-252Fcoronavirus-252F2019-2Dncov-252Fspecific-2Dgroups-252Fguidance-2Dbusiness-2Dresponse.html&d=DwMFaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=uIR1dZtHb7MwBCy0hWwA8jaw0fIsk1Eyp9JKUa23Zrc&m=4h5E817trd5GokokN3P49MkDnBDpcR-ISCRlgRdaMwM&s=nyibjdMmSDJtjGzk665XQn0BpJQk0EJotQOMAdq7ndE&e=) and traveler’s updates [www.cdc.gov/coronavirus/2019-ncov/travelers](https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html)  
All North Carolinians can better prepare for COVID-19 by getting up-to-date information directly from reliable sources like NCDHHS and the CDC. The COVID-19 outbreak has been accompanied by a global flood of misinformation from unreliable sources. Be thoughtful about what you read or hear about the virus and make sure you are separating rumor from fact before you act.   
For more information on COVID-19, please visit the CDC's website at [cdc.gov/coronavirus](https://urldefense.proofpoint.com/v2/url?u=http-3A__asheville.dmplocal.com_main_index.php-3Faction-3Dt-26tag-3Dcdc.gov-252Fcoronavirus-26id-3D2934-26viewers-5Femail-3Djesse-2540grandfather.com-26dest-3Dhttps-253A-252F-252Fwww.cdc.gov-252Fcoronavirus-252F&d=DwMFaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=uIR1dZtHb7MwBCy0hWwA8jaw0fIsk1Eyp9JKUa23Zrc&m=4h5E817trd5GokokN3P49MkDnBDpcR-ISCRlgRdaMwM&s=0MynINfifQfFKQt9yHyXcV7cyeRTzPUWGeHbpzcg6nE&e=). North Carolina resources can be found on the Division of Public Health website at [ncdhhs.gov/coronavirus.](https://urldefense.proofpoint.com/v2/url?u=http-3A__asheville.dmplocal.com_main_index.php-3Faction-3Dt-26tag-3Dncdhhs.gov-252Fcoronavirus.-26id-3D2934-26viewers-5Femail-3Djesse-2540grandfather.com-26dest-3Dhttp-253A-252F-252Fwww.ncdhhs.gov-252Fcoronavirus&d=DwMFaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=uIR1dZtHb7MwBCy0hWwA8jaw0fIsk1Eyp9JKUa23Zrc&m=4h5E817trd5GokokN3P49MkDnBDpcR-ISCRlgRdaMwM&s=D3740SomvHsoi693WpHZsbQh9_gRyDeS-9K-O4UX3DI&e=)

Lastly, the **North Carolina Chamber** put together a resource guide on their website, please see link below:

[https://ncchamber.com/coronavirus-resource-guide/](https://urldefense.proofpoint.com/v2/url?u=https-3A__ncchamber.com_coronavirus-2Dresource-2Dguide_&d=DwMGaQ&c=euGZstcaTDllvimEN8b7jXrwqOf-v5A_CdpgnVfiiMM&r=rzzD4AV3qSTUKhCf87JhtojCIEzcZLe9VcGuhMH2A1g&m=sHSzjN2RsJEfY6dnLeO9Ge1wrsJP7xXniySpD-EWHfE&s=kz1FqttpQXeE7C8k8MU05ioGjxapOtXNlf23sZJW4X4&e=)

Again, this is a time to prepare and not panic. There is a ton of “mis-information” floating around. Please stay vigilant, use the CDC resources to find out the facts.

### **Laura Doster**

Chamber of Hickory Nut Gorge,

Executive Director

