

FOR IMMEDIATE RELEASE

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**Rappahannock-Rapidan Health District Works to Identify Contacts of two  
Confirmed COVID-19 Cases in Culpeper County -**

(Culpeper, VA.) – The Rappahannock-Rapidan Health District announced that two individuals in their 70’s who

“These cases mark the first positive COVID-19 cases in the Rappahannock-Rapidan Health District. The patients

will be released. As we receive laboratory results, our local public health staff work diligently to isolate patients and identify community members who may have been exposed.

“It is critical that people follow the public health guidelines on isolation and quarantine,” said Dr. Wade Kartchner, RRHD Health Director. “All community members should be following the guidelines on social distancing and good hygiene. Social distancing is one of the most effective strategies in lessening the impact of this pandemic.” People should avoid social gatherings of more than 10 individuals. If you are 65 years or older, or if you have a serious

consider staying at home. “We all have a responsibility and duty to do everything we can to protect ourselves and our community from this novel coronavirus.”

Most patients with COVID-19 have mild to moderate symptoms. However, in a small proportion of patients, COVID-chronic medical conditions. Symptoms include fever, cough and difficulty breathing. Symptoms appear within 14 days of being exposed to an infectious person.

COVID-19 spreads primarily through respiratory droplets produced when an infected person coughs or sneezes. To lower the risk of spreading respiratory infections, including COVID-19, RRHD encourages the following effective behaviors:

- Stay home when you are sick.
- Avoid contact with sick people.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash your hands often with soap and water for at least 20 seconds; use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Clean and disinfect frequently touched objects and surfaces.
- If you are experiencing symptoms, call your doctor.

As the COVID-19 outbreak expands, recommendations may change. RRHD is working closely with the Virginia guidance for the community.

For general questions about COVID-19, community members may call the RRHD COVID-19 Hotline at 540-316-6302. For the latest on COVID-19, visit: [www.vdh.virginia.gov/coronavirus](http://www.vdh.virginia.gov/coronavirus). These cases are not yet reflected in the