

COMMONWEALTH of VIRGINIA

PORTSMOUTH

Health Department



Charting a Course for Good Health

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IMMEDIATE RELEASE

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Portsmouth Health Department Confirms First Positive Case of COVID-19

The Portsmouth Health Department announced a resident has tested positive for coronavirus 19 (COVID-19). This case marks the first positive case in the Portsmouth Health District. The male in his 60s had recently traveled to Europe.

“We know that this case was travel related and we have not seen community spread,” said Portsmouth Health Department Health Director Dr. Lauren James. “We will continue to work closely with our Health Care partners to support our community during this pandemic.”

To lower the risk of respiratory germ spread, including COVID-19, the Virginia Department of Health encourages the following effective behaviors:

- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer only if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean and disinfect frequently touched objects and surfaces.
- Stay home when you are sick.
- Avoid contact with sick people.
- Avoid non-essential travel.
- Practice social distancing. Maintain at least six feet of space between yourself and other individuals when out in public.
- Avoid crowds of more than ten people.

This is a rapidly changing situation, and information is being shared as it becomes available on the following websites: www.cdc.gov/coronavirus or www.vdh.virginia.gov/coronavirus/. Please consult www.vdh.virginia.gov/coronavirus for the latest number of COVID-19 cases in Virginia.

Residents should contact the information call center at (757) 683-2745 with questions about the novel coronavirus 19 situation.



The Portsmouth Health Department received accreditation through the Public Health Accreditation Board by meeting national standards for high quality public health services, leadership, and accountability.

Note: This case is not included in the totals posted today on the VDH website at www.vdh.virginia.gov/coronavirus.

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