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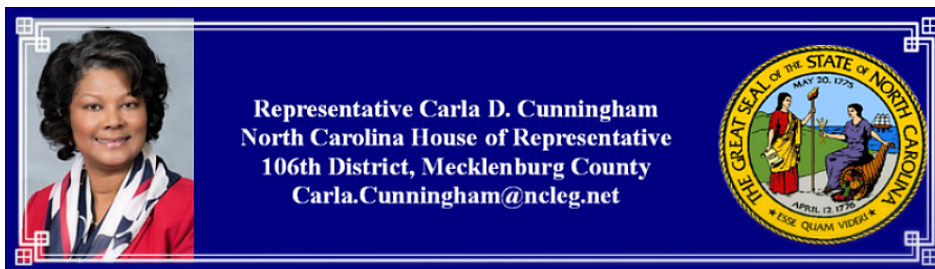
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Rep. Cunningham's -Informative Coronavirus Updates March 16,2020

Rep. Carla D. Cunningham [carlacunningham2012@gmail.com]

Sent: Monday, March 16, 2020 6:07 PM

To: Steve Johnston



Rep. Carla Cunningham: House Committee Assignments 2019-2020 Session

- Appropriations
- Appropriations Health and Human Services
- Commerce
- Energy and Public Utilities
- Health
- House Select Committee on School Safety
- Wildlife Resources

Non-Standing Committee

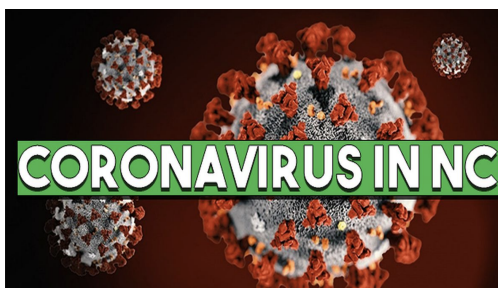
Joint Legislative Oversight Committee on Health and Human Services

Appointments by North Carolina House of Representative Speaker Tim Moore

- Minority Health Advisory Council
- North Carolina Council for the Deaf and Hard of Hearing

North Carolina Institute of Medicine Legislative Health Policy Fellows Program

March 16, 2020



Dear Constituents,

The well-being of you is paramount to me and at the top of my agenda. With 33 positive Coronavirus (COVID-19) cases reported and with more expected in North Carolina and in response to Gov. Roy Cooper's state of emergency and the guidance of

NCDHHS Secretary Mandy Cohen, we are taking precautionary action and monitoring federal and state guidance on how to minimize exposure to and spread of the virus on a daily basis.

I personally encourage each person to promote and practice daily preventive actions and practice good personal health habits to help prevent the spread of COVID-19, which include:

- Stay home when you are sick, except to get medical care.
- Cover your coughs and sneezes with a tissue, then throw the tissue in the trash.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Clean frequently touched surfaces and objects daily.

Continue to stay informed by referencing the following sites for updates on the Coronavirus (COVID-19):

- The Centers for Disease Control and Prevention (CDC) website for more preventive actions https://www.cdc.gov/coronavirus/2019-ncov/about/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fprevention-treatment.html
- NCDHHS website for Coronavirus Disease 2019 (COVID-19) Response in North Carolina. <https://www.ncdhhs.gov/divisions/public-health/coronavirus-disease-2019-covid-19-response-north-carolina>
- World Health Organization (WHO) website for Conronavirus updates and other works worldwide to promote health, keep the world safe, and serve the vulnerable. <https://www.who.int/>

Effective immediately, North Carolina has a part-time legislature and it is not in session right now. We are scheduled to return to session on April 28, but Governor Cooper can call us back into a special session on short notice if action or appropriations are needed to fight the coronavirus.

What typically happens when the legislature is not in session are interim committee meetings. These committees meet to hear progress reports on what is going on with key issues or to tackle issues that are complex and require more time and attention than what may be available during legislative session times.

Because of the coronavirus, all interim committee meetings have been suspended. School tours of the legislative building have been cancelled and legislative employees will be working remotely from home.

Please know that my legislative assistant Sherrie Burnette and I continue to work on constituent case work and to prepare for the April 28 session. We can be easily reached at cunninghamla@ncleg.net and carla.cunningham@ncleg.net if you have questions or

concerns.

Thank you for your support we are an incredibly strong and collaborative community and state, and we will get through this together. I wish you all good health and peace at this time.

Kind regards,
Rep. Carla D. Cunningham



OFFICE OF GOVERNOR
ROY COOPER

FOR IMMEDIATE RELEASE

March 12, 2020

Phone: 919-814-2100

Email: govpress@nc.gov

North Carolina Recommends New Steps to Protect Against COVID-19

Governor, DHHS urge North Carolinians to follow guidance

RALEIGH: Governor Roy Cooper today announced that North Carolina is taking proactive steps to protect the health and well being of our state in the face of growing cases of the coronavirus COVID-19 around the nation and here in North Carolina. Included in today's guidance is a recommendation to cancel or postpone gatherings over 100 people and telework if possible.

"North Carolina has more tough decisions ahead, and we will be ready to make them. We have the benefit of learning from other countries and other states about the best ways to fight this pandemic," said Governor Cooper. "We know that if we can slow the spread of this virus now, then fewer people will be infected or become seriously ill. And we can be more effective in avoiding an overload of our medical system. It will save lives."

North Carolina currently has 33 positive cases reported with more expected.

NC DHHS is making the following recommendations for all North Carolinians to reduce the spread of infection while we are still in an early stage in order to protect lives and avoid strain on our health care system. NC DHHS is making these recommendations for the next 30 days and will re-assess at that point.

1. SYMPTOMATIC PERSONS

If you need medical care and have been diagnosed with COVID-19 or suspect you might have COVID-19, call ahead and tell your health care provider you have or may have COVID-19. This will allow them to take steps to keep other people from getting exposed. NC DHHS recommends that persons experiencing fever and cough should stay at home and not go out until their symptoms have completely resolved.

2. HIGH RISK PERSONS WITHOUT SYMPTOMS

NC DHHS recommends that people at high risk of severe illness from COVID-19 should stay at home to the extent possible to decrease the chance of infection.

People at high risk include people:

- Over 65 years of age, or
- with underlying health conditions including heart disease, lung disease, or diabetes, or
- with weakened immune systems.

3. CONGREGATE LIVING FACILITIES

NC DHHS recommends that all facilities that serve as residential establishments for high risk persons described above should restrict visitors. Exceptions should include end of life care or other emergent situations determined by the facility to necessitate a visit. If visitation is allowed, the visitor should be screened and restricted if they have a respiratory illness or potential exposure to COVID-19. Facilities are encouraged to implement social distancing measures and perform temperature and respiratory symptom screening of residents and staff. These establishments include settings such as nursing homes, independent and assisted living facilities, correction facilities, and facilities that care for medically vulnerable children.

4. SCHOOLS

Governor Cooper has issued Executive Order 117 to limit the spread of COVID-19. All schools is closed K-12 public schools across the state beginning today Monday, March 16 through March 30, unless extended. The closures is necessary to facilitate public health investigation and/or cleaning if a case is diagnosed in a student or staff member.

5. WORKPLACE

NC DHHS recommends that employers and employees use teleworking technologies to the greatest extent possible, stagger work schedules, and consider canceling non-essential travel. Workplaces should hold larger meetings virtually, to the extent possible. Additionally, employers should arrange the workspace to optimize distance between employees, ideally at least six feet apart. Employers should urge high risk employees to stay home and urge employees to stay home when they are sick and maximize flexibility in sick leave benefits.

6. MASS GATHERINGS, COMMUNITY, AND SOCIAL EVENTS

The CDC in accordance with he guidance for large events and mass gatherings, recommends that for the next 8 weeks, organizers (whether groups or individuals) cancel or postpone in person events that consist of 50 people or more throughout the United States.

7. MASS TRANSIT

Mass transit operators should maximize opportunities for cleaning and disinfection of frequently touched surfaces. People should avoid using use mass transit (e.g. buses, trains) while sick.

As the number of cases of COVID-19 rise in North Carolina and the United States, and with the designation of COVID-19 as a pandemic by the World Health Organization, the state is responding with a whole government response. COVID-19 is a new infection that is particularly severe in older persons and those with medical conditions, such as heart disease, lung disease, diabetes, and weakened immune systems.

At this time there are no approved treatments and no vaccine to prevent it. However, there are known methods to reduce and slow the spread of infection. Individuals can practice everyday prevention measures like frequent hand washing, staying home when sick, and covering coughs and sneezes. Community-based interventions can also help slow the spread of COVID-19. This includes measures collectively known as "social distancing." Social distancing measures aim to reduce the frequency of contact and increase physical distance between persons, thereby reducing the risks of person-to-person transmission. These measures are most effective when implemented early in an epidemic. We are at a critical inflection point where we may have the opportunity to slow the spread of this epidemic by taking proactive steps now.

Because COVID-19 is most commonly spread through respiratory droplets, [North Carolinians should take the same measures](#) that health care providers recommend to prevent the spread of the flu and other viruses, including washing your hands, avoiding touching your face, staying home if you are sick and covering coughs and sneezes with your elbow.

It is important to make sure the information you are getting about COVID-19 is coming directly from reliable sources like the CDC and NCDHHS. For more information, please visit the CDC's website at www.cdc.gov/coronavirus and NCDHHS' website at www.ncdhhs.gov/coronavirus, which will also include future positive COVID-19 test results in North Carolina.

Going forward, the Department of Health and Human Services will update the count of positive test results daily on online at dhhs.nc/coronavirus.

###



**NORTH CAROLINA
DEPARTMENT OF INSURANCE
MIKE CAUSEY, COMMISSIONER**

For Immediate Release

Contact: [Marla Sink](#)

March 12, 2020

919.807.6017

Insurance Commissioner authorizes extra prescriptions during state of emergency due to COVID-19

RALEIGH – North Carolina Insurance Commissioner Mike Causey has directed all health benefit plans licensed by the N.C. Department of Insurance to allow for extra prescriptions as a result of the state of emergency declared by Governor Roy Cooper.

This means covered persons may obtain one refill on a prescription if there are authorized refills and not contrary to the dispensing authority of the pharmacy.

This emergency authorization is in effect until April 9, 2020 or 29 days after NCDOI issued a bulletin March 11 to all insurance companies, the State Health Plan for Teachers and State Employees, and any optional plans or programs, and other stand-alone prescription medication plans issued by entities licensed by the Department.

CVS Pharmacy has announced it will also waive charges for home delivery of prescription medications to encourage people at a higher risk for COVID-19 to stay home as much as possible.

Insurance Commissioner Causey reminds consumers the largest health insurer in the state, Blue Cross and Blue Shield of North Carolina, has agreed to waive copays for coronavirus diagnostic testing and NCDOI is encouraging other health insurers in the state to do the same.

Many insurers have also agreed to cover telemedicine or virtual visits to allow people to remotely speak to their doctors.

The Department understands the COVID-19 public health emergency is changing daily and encourages the public to visit their insurer's website for the most up-to-date information pertaining to their health coverage.

--NCDOI--



Beware of Price Gouging and Other Scams

Because Governor Cooper placed North Carolina in a state of emergency, the state's price gouging law is in effect. Under the law, the Attorney General's Office can put a stop to price gouging and seek refunds for consumers who paid too much. The courts may also impose civil penalties against price gougers of up to \$5,000 for each violation.

To file a complaint visit: <https://ncdoj.gov/file-a-complaint/price-gouging/>
[Attorney General warns of scams, price gouging related to coronavirus concerns](#)

WXII



NEWS

CHARTER TO OFFER FREE ACCESS TO SPECTRUM BROADBAND & WI-FI FOR 60-DAYS FOR NEW K-12 AND COLLEGE STUDENT HOUSEHOLDS AND MORE

Stamford, CT. – March 13, 2020 – In the coming weeks, many Americans will be affected either directly or indirectly by COVID-19 and Charter is focused on serving and supporting our 29 million customers. Americans rely on high speed broadband in nearly every aspect of their lives and Charter is committed to ensuring our customers maintain reliable access to the online resources and information they want and need. To ease the strain in this challenging time, beginning Monday, March 16, Charter commits to the following for 60 days:

- o Charter will offer free Spectrum broadband and Wi-Fi access for 60 days to households with K-12 and/or college students who do not already have a Spectrum broadband subscription at any service level up to 100 Mbps. To enroll call [1-844-488-8395](tel:1-844-488-8395). Installation fees will be waived for new student households.
- o Charter will partner with school districts to ensure local communities are aware of these tools to help students learn remotely.
- o For eligible low-income households without school-aged children, Charter continues to offer Spectrum Internet Assist, a low-cost broadband program delivering speeds of 30 Mbps.
- o Charter will open its Wi-Fi hotspots across our footprint for public use
- o Spectrum does not have data caps or hidden fees.

As the country works collaboratively to contain this pandemic, broadband internet access will be increasingly essential to ensuring that people across the country are able to learn and work remotely, that businesses can continue to serve customers, and that Americans stay connected and engaged with family and friends.

Charter's advanced communications network will ensure our more than 29 million customers – including government offices, first responders, health care facilities, and businesses – across 41 states maintain the connectivity they rely on. The network is built to sustain maximum capacity during peak usage which is typically in the evenings, so a surge during the day would be well within the network's capabilities to manage. Charter will continue to closely monitor this dynamic situation, and is well-prepared to continue delivering reliable connectivity. Charter has extensive business and workforce continuity plans in place that will

be adjusted as needed to best serve all our customers and employees.

###



I wanted to share an important update from Duke Energy, Piedmont Natural Gas and Charlotte Mecklenburg Utilities regarding COVID-19.

Effective Immediately and until further notice, all utilities companies recognize that the COVID-19 Pandemic could potentially create financial hardships for many of these customers and local communities in North Carolina.

Duke Energy is suspending disconnect services for nonpayment and remain committed to working with all customers who need assistance with their energy bills to avoid creating additional hardships for customers.

Charlotte Water will not disconnect water for non-payment of any account type. Those currently disconnected will be re-connected.

EDUCATION RESOURCES DURING CORONAVIRUS (COVID-19)



The UNC School of Education has some good resources you can share with constituents no how to handle schooling at home. Here is the website: <https://ed.unc.edu/2020/03/15/schooling-at-home-resources-for-parents-and-students/>

There is even a sample daily schedule for students at different grade levels: https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpgDkVAJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub



MAKE NC
COUNT
CENSUS 2020

The North Carolina Complete Count Commission (NC CCC) is committed to making the 2020 Census a success for our state. Visit census.nc.gov for additional information and resources.

Internet Response

For the first time, the 2020 Census will accept responses online. You can respond to the Census in less time than it takes to finish your morning coffee! Power up your laptop, smartphone, or any internet device and make NC Count. To learn more about what to expect, visit census.nc.gov. #MakeNCCount

Why It Matters

Did you know? Data from the Census brings federal tax dollars to our communities – that's \$1,623 per person, per year in North Carolina according to a George Washington University report. To learn more, visit 2020census.gov and census.nc.gov. #MakeNCCount

Why It Matters

Did you know? Data from the Census determines the number of US Representatives in Congress – NC is expected to gain at least one seat. To learn more, visit 2020census.gov and census.nc.gov. #2020Census #MakeNCCount

Why It Matters

What matters to you – Schools? Transportation? Hospitals? Data from the Census brings federal tax dollars to our communities – that's \$1,623 per person, per year in North Carolina according to a George Washington University report. Data from the Census also helps inform planning efforts for all these important community resources. Data from the Census also determines the number of US Representatives in Congress – NC is expected to gain at least one seat. To learn how Census data impacts you and your community, visit 2020census.gov and census.nc.gov. #2020Census #MakeNCCount

Shape Your Future

You have the power to shape your future and the future of your community. When you participate, you become part of a count that influences future funding for Pell Grants, health care, housing, transportation, and other important education and community services. To learn more, visit census.nc.gov. #MakeNCCount

Children Count

Children under the age of 5 had the highest undercount of any age group in the 2010 Census. In 2010, the net undercount of children under the age of 5 was 4.6 percent. That's nearly 1 million children. Young children who are missed in the Census tend to have complex living arrangements. They might live with only one parent; large, extended families; foster families; or multiple families under one roof. These children may stay in more than one home throughout the year and may not be related to the person responding to the Census. To learn more, visit census.nc.gov. #MakeNCCount

All Communities Count / Rural Communities

Every town is an important part of the American story. Make sure your town's story is told. When you respond to the 2020 Census, you'll also help your town get the most out of the

American dream. Completing the Census helps provide data that can attract new businesses and jobs. The data also informs where over \$16 billion in federal funding is spent each year in NC and our communities. Money for things like roads, schools, housing and other economic and social programs and services. To learn more, visit census.nc.gov.

#MakeNCCount

Safety

Your responses to the 2020 Census are safe, secure, and protected by federal law. Your answers can only be used to produce statistics, which help determine federal funding for things like food assistance, health care services, and Pell Grants. They cannot be used against you by any government agency or court in any way—not by the FBI, DHS, or ICE. The US Census Bureau asks about race and ethnicity in the decennial Census, but US law prohibits the Census Bureau from requiring anyone to disclose their religious affiliation. To learn more, visit census.nc.gov. #MakeNCCount

Renters

You have the power to shape your future! The 2020 Census is important and impacts you no matter where you live or whether you rent or own. When you count everyone in your home, you help to inform how federal funding is distributed each year for things like housing assistance, infrastructure, and public transportation. To learn more, visit census.nc.gov.

#MakeNCCount

College Students

Shape your future! Live in off-campus housing? You should count yourself at your off-campus address. Live in on-campus housing? Census takers will work with student housing officials to ensure that you are counted. To learn more, visit census.nc.gov. #MakeNCCount

College Students

You have the power to shape your future! If you live in off-campus housing that is not owned, leased, or managed by your college or university, you should count yourself at your off-campus address, even if you stay somewhere else during school breaks. If you live in on-campus student housing or in another student housing facility that is owned, leased, or managed by your college or university, census takers will work with student housing officials to ensure that you are counted. To learn more, visit census.nc.gov. #MakeNCCount

Coronavirus (COVID-19) Updates in the State of North Carolina as Monday, March 16, 2020 at 10:20 a.m.

North Carolina Department of Health and Human Services updated the number of cases of COVID-19, the disease caused by the novel coronavirus, statewide to 33, including:

- 14 in Wake County
- 4 in Mecklenburg County
- 1 in Durham County
- 1 in Chatham County
- 1 in Wilson County
- 3 in Harnett County
- 2 in Johnston County

- 1 in Wayne County
- 1 in Watauga County
- 2 in Forsyth County
- 1 in Cabarrus County
- 1 in Craven County
- 1 in Onslow County
- 1 in Brunswick County



[We still have an opioid epidemic - here is what you can do to help](#)

WRAL

[New state report: The climate crisis is coming home to roost in NC](#)

NC Policy Watch

[Where are college students counted for the 2020 Census?](#)

Carolina Demography

['Tip of an iceberg': Evidence in NC bribery case hints at more intrigue](#)

WRAL



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