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**This number reflects testing completed by the NC State Laboratory of Public Health and reporting hospital and commercial laboratories.

We're now at 184 cases in North Carolina and 0 deaths. There are 35 counties with cases. New counties are Alamance, Catawba, Cleveland, Cumberland, Granville, Lee, Scotland:

Alamance

Brunswick

Cabarrus

Catawba

Chatham

Cleveland

Craven

Cumberland

Davidson

Durham

Forsyth

Gaston

Guilford

Granville

Harnett

Hoke

Iredell

Johnston

Lee

Lincoln

Mecklenburg - 41

Moore

New Hanover

Onslow

Orange

Pasquotank

Pitt

Rowan

Sampson

Scotland

Union

Wake

Watauga

Wilson

Wayne

Handwashing is One of the Best Ways to Protect Yourself

Handwashing is one of the best ways to protect yourself and your family from

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getting sick, however if soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

To learn when and how you should wash your hands to stay healthy, especially during these key times when you are likely to get and spread germs, click here.

Representative Nasif Majeed, District 99 | Legislative Building, 16 W. Jones Street, Room 1008, Raleigh, NC 27601

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