

What you can NOT do during this 'Stay-At-Home' Order:

Receive deliveries from any business which delivers

 Go to work unless you are providing essential services as defined by the Order

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- · Visit friends and family if there is no urgent need
- Maintain less than 6 feet of distance from others when you go out
- Visit loved ones in the hospital, nursing home, skilled nursery facility or other residential care facility, except for limited exceptions listed on the facility websites
- Travel except for essential travel and activities

"Always keep in mind that we must remember to take care of ourselves and we must also reach out to take care of others." said Senator Joyce Waddell.

Here are some resources that may be helpful:

- If you feel sick and think you might have coronavirus, call your primary care doctor. If you don't have a primary care doctor, call the COVID-19 helpline at 1-866-462-3821.
- If you have lost your job or had your work hours cut drastically due to COVID-19, consider applying for unemployment benefits **here**.
- If you own a small business that has been harmed by COVID-19, consider applying for a disaster relief loan **here**.
- For more information, visit the websites of the <u>North Carolina</u> <u>Department of Health and Human Services</u>, and the <u>Center for Disease Control and Prevention</u>.

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