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COVID-19 (CORONAVIRUS) NC UPDATE

May 8, 2020

North Carolina Enters Phase 1 of Lifting COVID-19 Restrictions

Today at 5 p.m., North Carolina will move into Phase 1 of the plan to slowly ease certain COVID-19 restrictions that Governor Roy Cooper [announced earlier this week](#). The Stay at Home Order remains in place with some modifications.

North Carolina is taking a three-phased approach – based on data from testing, tracing and trends – to safely lift restrictions while continuing to slow the spread of the COVID-19 pandemic and save lives.

People who are sick or at [higher risk of serious illness](#) from COVID-19 should continue to remain at home as much as possible. More information is included in a [list of frequently asked questions](#) about the governor's [modified Stay at Home Order](#).

Below is a general overview of what Phase 1 means for North Carolina.

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What's new in Phase One?

On **Friday, May 8 at 5pm**, North Carolina will move into Phase One. The **Stay at Home order** remains in place with some modifications. Here's what Phase One means for our state:

	Through May 8	Phase One
Commercial activity	People should only leave home for essential purposes (food, medicine, etc)	People can leave home for commercial activity and more businesses are open
Retail	20% capacity allowed	50% capacity allowed with cleaning and social distancing
Gatherings	10 person limit	10 person limit-gathering outdoors with friends allowed
Childcare	Childcare centers open for essential workers only	Childcare centers open for working parents or those looking for work
Teleworking	Encouraged	Encouraged
Bars and Restaurants	Take-out and delivery	Take-out and delivery
Barbers/Salons/Massage	Closed	Closed
Theaters, Music Venues, Bowling Alleys	Closed	Closed
Gyms	Closed	Closed
Playgrounds	Closed	Closed
Visitation at Longterm Care Centers	Not allowed	Not allowed
Worship Services	Outdoor services allowed	Outdoor services allowed
State Parks and Trails	Local discretion	Opening encouraged
Face Coverings	Encouraged	Encouraged

Remember Your 3 Ws: Wear, Wait, Wash

Wear. Wait. Wash. As North Carolina moves to ease some COVID-19 restrictions starting today, the NC Department of Health and Human Services is asking people to remember these three things to continue to slow the spread of COVID-19 and flatten the curve.

If you leave home, practice your Ws: Wear, Wait, Wash:

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• Wear a cloth face covering if you will be with other people.

- Wait 6 feet apart. Avoid close contact.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

These actions can protect our families and neighbors as the state takes a cautious step forward while the virus is still circulating.

Businesses, organizations and individuals are asked to post [materials](#) and [social media](#) in English and Spanish encouraging people to remember their 3 Ws: Wear, Wait, Wash.

An [FAQ](#) about how to safely wear cloth face coverings is also available.

If you leave home, know your Ws!

The infographic is divided into three vertical sections by dotted lines. The first section shows a line drawing of a cloth face mask with the text 'WEAR a cloth face covering.' below it. The second section shows two human silhouettes with a horizontal line between them labeled '6 FEET' and the text 'WAIT 6 feet apart. Avoid close contact.' below. The third section shows a line drawing of hands being washed with soap bubbles and the text 'WASH your hands often or use hand sanitizer.' below. At the bottom, there is a dark blue banner with '@NCDHHS' on the left and '#StayStrongNC' on the right.

Thank You to Our Nurses, Public Servants, Teachers and Mothers!

During May, North Carolinians celebrate National Nurses Week, Public Service Recognition Week, National Teacher Appreciation Week and Mother's Day. This month is a great opportunity to honor the many nurses, public servants, teachers and mothers whose work, care and sacrifices are helping to get all of us through this COVID-19 crisis. Take the time to thank these special people in your life today.

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NCDHHS Secretary Mandy Cohen, M.D. Thanks North Carolina Nurses during National Nurses Week

Need Help Buying Food?

- If you already receive help buying food through [Food and Nutrition Services \(FNS\)](#), NCDHHS has received permission to enhance benefits during the COVID-19 pandemic. [Learn more.](#)
- As of this week, North Carolina FNS [participants can purchase groceries online](#) using their Electronic Benefit Transfer (EBT) cards at authorized online EBT retailers. This flexibility will remain permanently in place beyond the COVID-19 emergency.
- Find out if you are eligible for help buying food through FNS. [See if you're eligible.](#)
- If you need [immediate help buying food](#), call 2-1-1. Parents who need food assistance for their children can text FOODNC to 877-877 to locate nearby free meal sites. The texting service is also available in Spanish by texting COMIDA to 877-877.

NC 2-1-1

For general information or to request assistance with human services needs including food, shelter, energy assistance, housing, parenting resources, health care, employment, substance abuse treatment, resources for older adults and people with disabilities and more, call 2-1-1 or 888-892-1162.

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COVID-19 ASSISTANCE



Call 2-1-1 or
888-892-1162

Text **COVIDNC** to **898211**
to sign up for updates
More info at nc.gov/covid19



More Resources

For more information about how to [find assistance](#) or [manage your overall health](#) during the COVID-19 pandemic, visit the NCDHHS website at ncdhhs.gov/coronavirus. To find the most up-to-date information about the COVID-19 response in North Carolina, visit nc.gov/covid19.



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NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Roy Cooper, Governor | Dr. Mandy Cohen, Secretary
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