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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 <u>announced earlier this week</u>. 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 <u>higher risk of serious illness</u> from COVID-19 should continue to remain at home as much as possible. More information is included in a <u>list of frequently</u> <u>asked questions</u> about the governor's <u>modified Stay at Home Order</u>.

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

Subscribe Past Issues Translate what's new in **Phase Une:** 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** People should only leave home for People can leave home for **Commercial activity** commerical activity and more essential purposes (food, medicine, etc) businesses are open 50% capacity allowed with Retail 20% capacity allowed cleaning and social distancing 10 person limit-Gatherings 10 person limit gathering outdoors with friends allowed Childcare centers open for Childcare centers open for working parents or those looking for work Childcare essential workers only **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 Closed Closed **Gyms Playgrounds** Closed Closed **Visitation at Longterm** Not allowed Not allowed **Care Centers 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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- 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 <u>materials</u> and <u>social media</u> 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.

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If you leave home, know your Ws!



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.

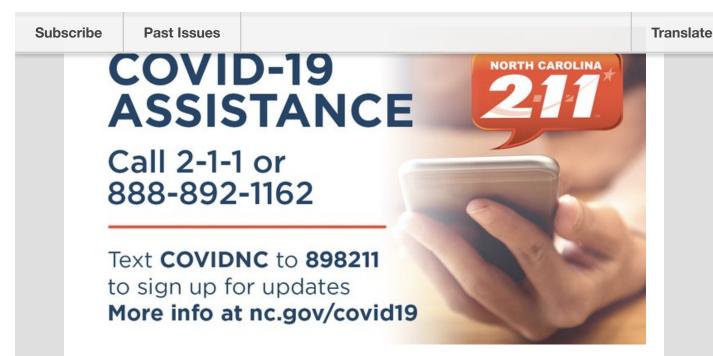


Need Help Buying Food?

- If you already receive help buying food through <u>Food and Nutrition Services (FNS)</u>, NCDHHS has received permission to enhance benefits during the COVID-19 pandemic. <u>Learn more</u>.
- As of this week, North Carolina FNS <u>participants can purchase groceries online</u>
 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 <u>immediate help buying food</u>, 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.



More Resources

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









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