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COVID-19 (CORONAVIRUS) NC UPDATE

May 26, 2020

North Carolina Enters Phase 2 of Lifting COVID-19 Restrictions

On Friday, May 22 at 5 p.m., North Carolina moved into Phase 2 of the plan to slowly ease certain COVID-19 restrictions. The Stay at Home Order is replaced by a Safer at Home Order. [Learn more about Phase 2.](#)

North Carolina is taking a phased approach – based on data from testing, tracing and trends – to responsibly lift restrictions while continuing to slow the spread of COVID-19 and save lives. After two weeks in Phase 1, the state’s overall key indicators remain stable but the continued increases in daily case counts signal a need to take a more modest step forward in Phase 2 than originally envisioned.

Some businesses remain closed while others are open at limited capacity and with other safety precautions in place. [Read NCDHHS' guidance](#) for businesses and organizations, restaurants, places of worship and more. Additional guidance will be posted as it becomes available.

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 [Executive Order No. 141](#).

Below is a general overview of what Phase 2 means for North Carolina. (The graphic also is [available in Spanish](#).)

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Staying Ahead of the Curve

	Stay At Home	Modified Stay At Home (Phase 1)	Safer At Home (Phase 2)
Commercial Activity	Leave home only for essential purposes	More businesses open	More businesses open
Stay at Home Order	In place	In place, modified to allow more activities	Lifted, high-risk people encouraged to stay home
Retail	Essential only, 20% capacity		
Gatherings	10-person limit	10-person limit, outdoor gatherings allowed	10-person limit indoors 25-person limit outdoors
Child Care	Child care centers open for essential workers only		
Teleworking			
Bars			
Restaurants	Takeout/delivery only	Takeout/delivery only	
Barbers, Salons and Personal Care			
Theaters, Music Venues and Bowling Alleys			
Parks and Trails	Local Discretion		
Face Coverings			
Day Camps			
Overnight Camps			
Large Venues, Arenas and Stadiums		Open but no spectators	Open but with restrictions
K-12 Schools			
Gyms			
Playgrounds			
Pools			
Long-term Care Center Visitation			

Guidance on the requirements and recommendations for each phase is available online at covid19.ncdhhs.gov/guidance.



Open/lifted
 Encouraged
 50% Capacity
 Open but with additional restrictions
 Closed

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

Protect Yourself, Family, Neighbors by Practicing 3 Ws: Wear, Wait, Wash

By working together, North Carolinians can continue to slow the spread of COVID-19 and flatten the curve. If you leave home, practice your Ws: Wear, Wait, Wash:

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

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- **Wash** your hands often with soap and water for at least 20 seconds or use hand sanitizer.

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.

[Watch](#) NCDHHS Secretary Mandy Cohen, M.D. on the importance of the 3 Ws in slowing the spread of COVID-19 and saving lives.



If you leave home, know your Ws!



WEAR
a cloth face covering.



WAIT
6 feet apart. Avoid close contact.



WASH
your hands often or use hand sanitizer.

@NCDHHS

#StayStrongNC

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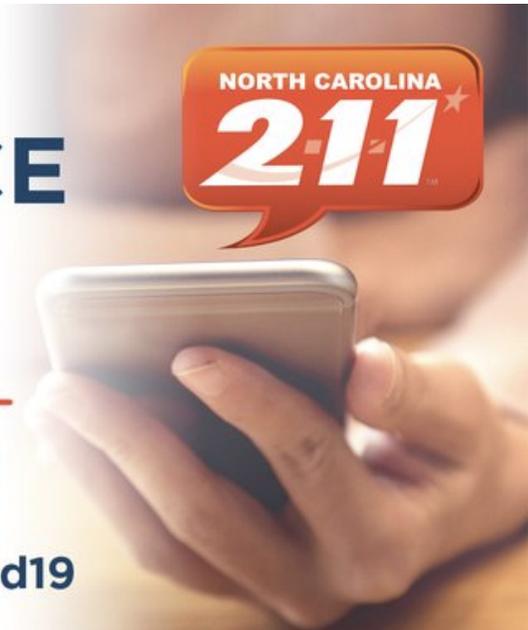
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For general information or to request assistance with human services needs including food, shelter, energy assistance, housing, parenting resources, health care, employment, substance abuse treatment, resources for older adults and people with disabilities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

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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