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COVID-19 NC Update - July 2, 2020

NCDHHS Communications [news@dhhs.nc.gov]

Sent: Thursday, July 02, 2020 4:47 PM

To: Steve Johnston

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COVID-19
(CORONAVIRUS)
NC UPDATE

July 2, 2020

Wear a Face Covering and #ShowUsYourMask

As you celebrate Independence Day this weekend, remember to protect yourself, your family and your community by wearing a face covering over your nose and mouth whenever you are in public. Wearing a face covering, waiting six feet from others and washing hands frequently are simple actions we can all take to care for our fellow North Carolinians and save lives.

Wear a cloth covering over your nose and mouth to slow the spread of COVID-19

Risk of COVID-19 Transmission

LOWER RISK

MEDIUM RISK

HIGH RISK

@NCDHHS • #COVID19NC

Here are a few simple steps to make sure you are wearing your face covering correctly:

Wash your hands before putting on your face covering.

Put your face covering over your nose and mouth and secure it under your chin.

Try to fit it snugly against the sides of your face.

Don't put the covering around your neck or up on your forehead.

Try not to touch your face covering and if you do, wash your hands.

1 of 3

7/6/20, 6:47 AM

- [Make sure you can breathe easily.](#)

[Do **NOT** use a face covering on children under age two. Children over two and under age eleven are not required to wear a face covering in public, but can if they are able to wear one safely. For more information, read the \[NCDHHS Requirements for the Use of Face Coverings and Masks.\]\(#\)](#)

[You may have seen Governor Roy Cooper sporting his Carolina Hurricanes face covering or NCDHHS Secretary Mandy Cohen showing off a mask that features a picture of NIAID Director Anthony Fauci. Now it's your turn to show us your mask.](#)



[As you mask up with your face covering this weekend, take a moment to snap a picture, tag @NCDHHS and #ShowUsYourMask on social media. Whether you opt for a patriotic face covering in honor of Independence Day, tropical face covering on the beach, styles that support your favorite sports teams or anything in between, NCDHHS wants to see your mask and celebrate you.](#)

[Show your patriotism this July 4 by practicing your 3 Ws to slow the spread of COVID-19: Wear a face covering over your nose and mouth. Wait at least six feet from others. Wash your hands frequently with soap and water.](#)

[For the latest information on COVID-19, visit \[nc.gov/covid19\]\(#\).](#)



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NC DEPARTMENT OF
**HEALTH AND
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