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**NC Remains in Phase 3 Due to Rising COVID-19 Trends + Get the Latest**  
NCDHHS Communications [news@dhhs.nc.gov]

**Sent:** Friday, October 23, 2020 11:07 AM

**To:** [Steve Johnston](#)

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# NC UPDATE

**Oct. 23, 2020**

**NC Remains in Phase 3 Due to Rising COVID-19 Trends**

Governor Roy Cooper announced that North Carolina will remain paused in Phase 3 until Nov. 13 as health officials continue to monitor North Carolina's COVID-19 trends. North Carolina has seen increased hospitalizations and trajectory of cases in recent weeks. Governor Cooper underscored the importance of wearing masks, social distancing, and using good judgment despite fatigue or frustration with the pandemic.

With North Carolina's COVID-19 trends moving in the wrong direction, NCDHHS and the N.C. Department of Public Safety sent a letter to local leaders asking them to help slow the spread of the virus by promoting the 3 Ws (Wear, Wait and Wash) and considering local actions to improve compliance with executive orders.

The letter was sent to county and municipal leaders in 36 counties that met the following metrics: the county has had 300 or more new cases in the last 14 days and has been identified by the White House Task Force as a county of concern; the rate of cases is greater than 50 cases per 10,000 people; or the county is one of the three most populous in the state. [Read more.](#)



[Growing evidence](#) shows that cloth face coverings or masks, when worn consistently, can decrease the spread of COVID-19, especially among people who are not yet showing symptoms of the virus. Wearing a cloth mask in public settings is a simple but powerful action to slow the spread of this virus. [Whatever your reason, get behind the mask.](#)

**[Download the SlowCOVIDNC App to Slow the Spread](#)**



[Nearly 250,000 people have downloaded SlowCOVIDNC, the official exposure notification app of North Carolina, but the more people who download and use SlowCOVIDNC, the more we can slow the spread. SlowCOVIDNC alerts users when they may have been exposed to someone who has tested positive for COVID-19. The app relies on users to anonymously submit their positive result to notify others.](#)

[The app is completely anonymous and does not collect, store or share personal information or location data. Download for free on the Apple App Store and the Google Play Store. Learn more about the SlowCOVIDNC app in these frequently asked questions, and share resources and materials about the app.](#)

# The SCOOP on Managing Stress

<b>S</b>	<b>Stay connected to family and friends.</b>	Social connections build resiliency.
<b>C</b>	<b>Compassion for yourself and others.</b>	Self-compassion decreases trauma symptoms and stress.
<b>O</b>	<b>Observe your use of substances.</b>	Early intervention can prevent problems.
<b>O</b>	<b>Ok to ask for help.</b>	Struggling is normal. Asking for help is empowering.
<b>P</b>	<b>Physical activity to improve your mood.</b>	Exercise boosts mood and lowers anxiety.

This is a tough time for everyone. Get the [SCOOP on managing stress](#). NCDHHS has [wellness resources](#) available to [help you](#) navigate through this time on the [COVID-19 Response website](#). Go to the [Hope4NC website](#) for specific steps you can take to improve and maintain your mental wellbeing, and for additional resources to help you cope during this stressful time.

You can also call the [Hope4NC Helpline \(1-855-587-3463\)](#) be connected to mental health and resilience supports that can help you cope and build resilience during times of crisis.

## Dr. Tilson Encourages Everyone to Get Their Flu Shot



Dr. Betsey Tilson, DHHS' Chief Medical Officer and the State Health Director, recently received her annual flu vaccine and explains in a video why this vaccination is more important than ever. The [CDC recommends flu vaccination](#) every year for everyone 6 months and older. [Vaccination](#) is the best way to prevent infection with the flu. To find a flu vaccine near you, visit the [VaccineFinder website](#).

## New COVID-19 Guidance and Support Resources

- A new [Spanish-language resources](#) section was added to the NCDHHS COVID-19 website to include [symptoms](#), [testing](#), [contact tracing](#) and more.
- NCDHHS added a new [report](#) on the [NC COVID-19 Dashboard](#) on clusters of COVID-19 cases resulting from social events and gatherings and released new [guidance for private gatherings](#), including an [at-a-glance version of the guidance](#).
- New data was also added to the dashboard, including [county-level data](#) and [demographic data for hospitalizations](#).

- [Guidelines for voters](#) and [local polling locations](#) were recently added to the NCDHHS COVID-19 website to help protect the health of North Carolinians while voting.
- NCDHHS [strongly recommends](#) that alternative Halloween activities, instead of the traditional door-to-door trick-or-treating, be increased as much as possible.
- NC Medicaid is [extending support to providers](#) to help maintain access to services through the end of the federal COVID-19 public health emergency.

COVID-19 Testing

Anyone who has symptoms of COVID-19 should get [tested](#). If you are sick, use the [Check My Symptoms](#) tool to help you determine if you need a COVID-19 test. People who do not currently have symptoms but may have been exposed to COVID-19 should also get tested.

- North Carolina has upcoming community testing events scheduled in [Alamance](#), [Brunswick](#), [Cabarrus](#), [Chatham](#), [Chowan](#), [Cumberland](#), [Davidson](#), [Duplin](#), [Durham](#), [Edgecombe](#), [Forsyth](#), [Gaston](#), [Gates](#), [Greene](#), [Guilford](#), [Hoke](#), [Iredell](#), [Lee](#), [Lenoir](#), [Mecklenburg](#), [Montgomery](#), [Moore](#), [New Hanover](#), [Onslow](#), [Orange](#), [Randolph](#), [Rowan](#), [Sampson](#), [Stanly](#), [Wake](#), [Warren](#) and [Wayne](#) counties. For an up-to-date list of events, visit the [Community Testing Events](#) webpage. Many events offer testing at no cost. For more details about a specific event, call ahead before you go for a test.

- COVID-19 testing is also provided at some local health departments, doctor and clinician offices, hospitals and clinics, many pharmacy sites and retail outlets, and other community locations. Some people who work in long-term care facilities and other high-risk settings may be tested through their work. You can find testing sites by using the [Find My Testing Place](#) tool online.

Get the Latest Information

- Visit the [NCDHHS COVID-19 Response website](#) for information, a [data dashboard](#), [updates](#), [live briefings](#) and more.
- Go to [North Carolina's COVID-19 Information Hub](#) for resources, information and assistance across state government, including the latest [news releases](#).
- Follow NCDHHS on [social media](#) for advance notice of press briefings and a recap.



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