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Indoor Gathering Limit Lowered to Slow COVID-19 Spread + Celebrate Holidays Safely

NCDHHS Communications [news@dhhs.nc.gov]

Sent: Friday, November 13, 2020 2:40 PM

To: Steve Johnston

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COVID-19

(CORONAVIRUS)

NC UPDATE

Nov. 13, 2020

Indoor Gathering Limit Lowered to Slow the Spread of COVID-19

In an effort to drive down our increasing COVID-19 trends, Governor Cooper announced that North Carolina's indoor mass gathering limit will be lowered from 25 to 10 people. On Nov. 11, NCDHHS reported the state's highest one-day increase of COVID-19 positive tests with more than 3,000 cases reported. Hospitalizations and the percent of tests that are positive have increased as well.

While the safest thing to do for our loved ones is to limit travel and avoid getting together in person, there are steps you can take if you do plan to celebrate:

1. Check out the Thanksgiving and Black Friday guidance for ways to celebrate safely;

2. Consider getting tested for COVID-19 about 3-4 days before you travel. A positive test tells you to stay home and isolate, but a negative test doesn't give you a free pass. You still need to practice the 3 Ws: Wear, Wait and Wash.

3. Make sure to get your flu shot.

4. Join the more than 365,000 North Carolinians who have downloaded the SlowCOVIDNC Exposure Notification App.

Secretary Cohen: How to Stay Safe for Thanksgiving



[NCDHHS released new guidance for Thanksgiving and Black Friday shopping](#) to help North Carolinians gauge the risks, protect their friends and loved ones, and slow the spread of COVID-19. Guidance is also available for fall-related events ([English](#), [Spanish](#)), [safer holiday breaks](#) for college students, and [private social gatherings](#).

### **[Get It, Got It, Good: Get Your Flu Vaccination](#)**



[Protect yourself and those around you during flu season and get your flu vaccine.](#) The [CDC recommends flu vaccination](#) every year for everyone 6 months and older to prevent infection with the flu, and studies show that getting the flu vaccine protects the people around you who can get very sick from the flu, like older people, people with certain chronic health conditions, and even babies and young children.

It's available in nearly every pharmacy, doctor's office, and even curbside. Plus, you can often get it at little to no cost. Don't wait. Get your flu vaccine. Got it? Good. Learn more at [flu.nc.gov](https://flu.nc.gov). To find a flu vaccine near you, visit [VaccineFinder.org](https://VaccineFinder.org).

### **[Other COVID-19 News](#)**

- Since September, new COVID-19 cases have been [increasing faster in rural communities](#) according to a [new DHHS report](#).
- NCDHHS [expanded](#) the demographic data for NC COVID-19 cases and added new filtering functions to the [NC COVID-19 Dashboard](#)
- Almost 75,000 rapid antigen tests are being [provided](#) by NCDHHS to bolster efforts by colleges and universities to test students for COVID-19 in advance of Thanksgiving and holiday breaks.
- Full-service restaurants can now [apply](#) for help with expenses through the N.C.

Department of Commerce's [Mortgage, Utility and Rent Relief \(MURR\) Program](#).

- NCDHHS is [partnering](#) with four Latin American sports figures to increase awareness of the importance of wearing a mask to slow the spread of COVID-19.
- Primary care providers can now [request reimbursement](#) for COVID-19 costs for individuals without health insurance through a [new online portal](#).

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, Bladen, Brunswick, Caswell, Cumberland, Davie, Duplin, Durham, Edgecombe, Forsyth, Gaston, Gates, Graham, Greene, Guilford, Halifax, Harnett, Henderson, Iredell, Jackson, Johnston, Jones, Lenoir, Lincoln, Martin, Mecklenburg, Montgomery, Moore, New Hanover, Onslow, Orange, Pitt, Randolph, Richmond, Rockingham, Stanly, Surry, Wake, Watauga and Yadkin counties](#). For an up-to-date list, visit the [No-Cost 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. You can find additional 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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