COVID-19 Updates, Following North Carolina State of Emergency

1 WHAT IS A STATE OF EMERGENCY?

Declaring a state of emergency helps North Carolina officials respond to and prevent further COVID-19 infections. A state of emergency also speeds supplies, allows for budget flexibility, protects consumers from price gouging; and encourages insurers to make testing available for little or no cost.

2 SHOULD I ISOLATE MYSELF?

NC DHHS recommends that people at high risk of severe illness from COVID-19 should avoid large groups of people as much as possible. This includes gatherings such as concert venues, conventions, church services, sporting events, and crowded social events. People at high risk should also avoid cruise travel and non-essential air travel.

3 WHO IS AT HIGH RISK?

People at high risk include anyone over 65 years of age, **or** with underlying health conditions including heart disease, lung disease, or diabetes, **or** with weakened immune systems.

4 HOW WILL THIS AFFECT SCHOOLS & WORKPLACES?

NC DHHS is NOT recommending pre-emptive closure of schools and childcare centers at this time. NC DHHS recommends that employers and employees use teleworking technologies to the greatest extent possible. Additionally, employers should urge employees to stay home when sick, and employers should consider staggering start and end times to reduce large numbers of people coming together at the same time.

5 HOW WILL THIS AFFECT TRAVEL?

People at high risk should avoid cruise travel and non-essential air travel. NC DHHS also recommends that all travelers returning from countries and US states impacted by COVID-19 follow DHHS guidance on self-monitoring (NCDHHS.gov).