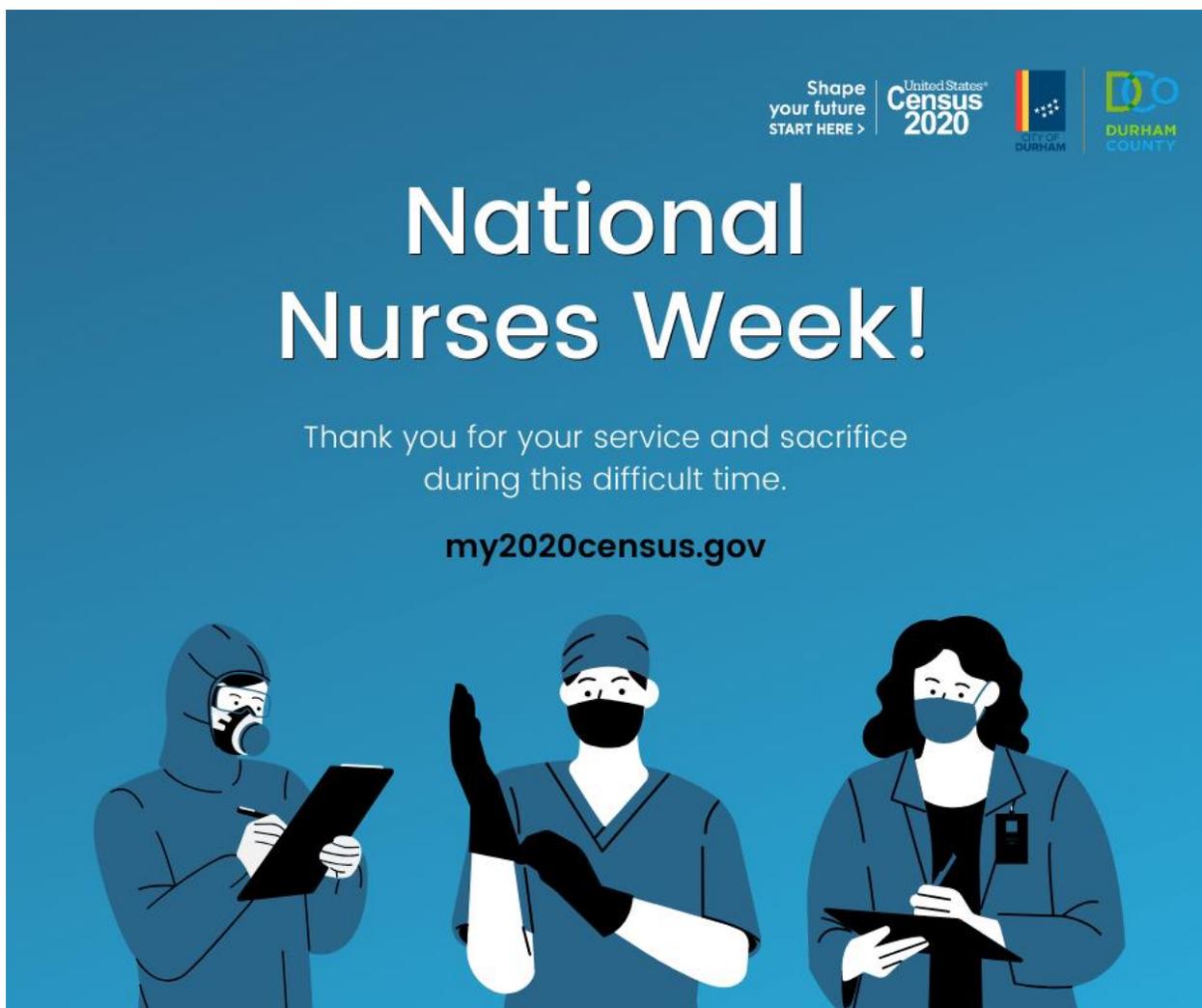


May 6, 2020

Greetings from Durham!

Dearest Durhamites,

As we continue to heed stay-at-home orders due to the current health pandemic, we want to highlight 2020 as [Year of the Nurse](#) and Wednesday, May 6 through Tuesday, May 12 as [#NationalNursesWeek!](#)



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United States
Census
2020

CITY OF
DURHAM

DURHAM
COUNTY

National Nurses Week!

Thank you for your service and sacrifice
during this difficult time.

my2020census.gov



According to the [American Nurses Association](#) “nursing is the glue that holds a patient’s health care journey together. [Nurses] ensure that every patient receives the best possible care regardless of who they are or where they may be”. Unfortunately, during COVID-19, the [American Psychiatric Nurses Association \(APNA\)](#) reports that “nurses are experiencing pressure, fear, exhaustion, isolation and ongoing emotional trauma.” APNA reminds everyone that “whole health begins with mental health.”

The North Carolina Department of Health and Human Services lists several [resources that are available to help manage mental and emotional wellness](#). One is specifically focused on health care professionals.

Hope4Healers is a new initiative in partnership with the North Carolina Psychological Foundation. This service provides mental health and resilience supports for health care professionals, emergency medical specialists, first responders, other staff who work in healthcare settings and their families. Call 919-226-2002 to contact the Hope4Healers Helpline.

Nurses care for us. Let’s care for them!

Census data informs decisions about federal funding for [Community Mental Health Services](#). While sheltering in place, and attending to personal, professional and academic responsibilities, remember to complete the Census online, by mail or by telephone.

Remember to include hard-to-count populations, including people with mental or physical disabilities. Everyone Counts! Including You! **#DurhamCounts #MakeNCCount**

On average, it takes less than 10 minutes to complete the Census questionnaire. Completing the census is an opportunity to positively impact our community!

Due to COVID-19 the deadline to complete the Census is extended to **October 31, 2020**.

Go to my2020census.gov to complete the Census online.

Call 844-330-2020 to respond to the Census by phone in English.

Call 844-468-2020 to respond to the Census by phone in Spanish.

Call 844-416-2020 to respond to the Census by phone in Arabic.

Call 844-391-2020 to respond to the Census by phone in Chinese (Mandarin).

You can respond to the Census online in 12 non-English languages.

You can respond to the Census by telephone in 13 non-English languages.

Additionally, there are 59 non-English language guides in video and print that are accessible on the Census website. These guides include American Sign Language, Braille, and Large Print.