Effective Friday, May 22\textsuperscript{th} the Daily Situational Updates will transition to \textit{Weekly Situational Updates} provided on Wednesday of each week. Additional information may be shared through Facebook postings throughout the week as needed. To view previous updates visit the Pasquotank-Camden-Elizabeth City Emergency Management Website at:  
https://www.pasquotankcountync.org/news

May 5\textsuperscript{th} began our Public Education push – “Please Wear a Mask”. A video has been placed on the Pasquotank-Camden-Elizabeth City Emergency Management Facebook page at:  
https://www.facebook.com/CamPasqEM/ urging the public, as we begin to reopen businesses, to please wear a mask in public when social distancing is not possible. In addition, a video has been shared on how to make a cloth face mask that requires no sewing. Businesses are also being asked to place posters in their windows asking customers to “Please Wear a Mask”.

<table>
<thead>
<tr>
<th>County</th>
<th>Confirmed Cases</th>
<th>Active Cases</th>
<th>Recovered</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pasquotank</td>
<td>258</td>
<td>17</td>
<td>224</td>
<td>17</td>
</tr>
<tr>
<td>Camden</td>
<td>42</td>
<td>13</td>
<td>28</td>
<td>1</td>
</tr>
</tbody>
</table>

**Pasquotank Correctional Institution**

<table>
<thead>
<tr>
<th>Date</th>
<th>Tests Performed</th>
<th>Negative Cases</th>
<th>Positive Cases</th>
<th># Recovered</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 15:</td>
<td>58</td>
<td>39</td>
<td>19</td>
<td>19</td>
</tr>
</tbody>
</table>

\* Forty-nine of these cases are the result of inmates being transferred from other Correctional Facilities prior April 7\textsuperscript{th}. These 19 cases are included in the test count of 258 for Pasquotank County.

<table>
<thead>
<tr>
<th>Date:</th>
<th>N.C. Cases:</th>
<th>N.C. Deaths:</th>
<th>N.C. Completed Tests:</th>
<th>Hospitalized:</th>
<th>Number of Counties:</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 15:</td>
<td>91,266</td>
<td>1,568 *</td>
<td>1,284,637</td>
<td>1,142</td>
<td>100</td>
</tr>
<tr>
<td>July 8:</td>
<td>77,310</td>
<td>1,441</td>
<td>1,096,682</td>
<td>994</td>
<td>100</td>
</tr>
<tr>
<td>Weekly Impact:</td>
<td>13,956</td>
<td>127</td>
<td>187,955</td>
<td>148</td>
<td>0</td>
</tr>
<tr>
<td>Percentage Increase:</td>
<td>15%</td>
<td>8%</td>
<td>15%</td>
<td>13%</td>
<td>0%</td>
</tr>
</tbody>
</table>

\* Dr. Betsey Tilson, State Public Health Director reported on Tuesday, July 14\textsuperscript{th} Emergency Management Forum that there had been more COVID-19 related deaths in the past five months (1,568) than Flu-related deaths over last eight years combined (1438).

Breakdown by county is available at:  
https://www.ncdhhs.gov/covid-19-case-count-nc?fbclid=IwAR1yOdDdvZ1LNEDwr-XITc-qQGYQ1x4q5Cj4IXS0EkqWOSqEQOZSOC_0cto#by-counties

<table>
<thead>
<tr>
<th>Date:</th>
<th>VA Cases:</th>
<th>VA Deaths:</th>
<th>Hospitalized:</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 15:</td>
<td>73,527</td>
<td>1,992</td>
<td>6,905</td>
</tr>
<tr>
<td>July 8:</td>
<td>67,375</td>
<td>1,905</td>
<td>6,577</td>
</tr>
<tr>
<td>Weekly Impact:</td>
<td>6,152</td>
<td>87</td>
<td>328</td>
</tr>
<tr>
<td>Percentage Increase:</td>
<td>8%</td>
<td>4%</td>
<td>5%</td>
</tr>
</tbody>
</table>
### Facility Information

<table>
<thead>
<tr>
<th>Facility</th>
<th>Positive Cases</th>
<th>Residents</th>
<th>Staff</th>
<th>Recovered</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Elizabeth City Health &amp; Rehab</td>
<td>71</td>
<td>50</td>
<td>21**</td>
<td>56*</td>
<td>14 residents***</td>
</tr>
</tbody>
</table>

THE OUTBREAK AT ELIZABETH CITY HEALTH & REHAB IS NOW CLOSED. NCDHHS CONSIDERS AN OUTBREAK OVER IF THERE IS NO EVIDENCE OF CONTINUED TRANSMISSION WITHIN THE FACILITY. THIS IS MEASURED AS 28 DAYS AFTER THE LATEST DATE OF ONSET IN A SYMPTOMATIC PERSON OR THE LATEST DATE OF SPECIMEN COLLECTION IN AN ASYMPTOMATIC PERSON, WHICHEVER IS LATER.

*Recovered cases include residents previously admitted from other facilities. These cases are included in the test count of 258 for Pasquotank County.

**Thirteen Staff are residents of Pasquotank County.

***Death count of fourteen (14) is included in the total number of seventeen (17) for Pasquotank County.

United States and Global Case Totals are available at: [https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6](https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6)


[https://coronavirus.jhu.edu/us-map](https://coronavirus.jhu.edu/us-map)

- Watch live COVID-19 briefings as well as view previous briefings at [https://www.unctv.org/coronavirus/](https://www.unctv.org/coronavirus/)

- **Phase 2 Extension and Mandatory Face Coverings:** North Carolina will continue to stay paused in Safer at Home Phase 2 when the governor’s current executive order (Executive Order 147), expires on Friday, July 17. The order will be extended for three weeks until Friday, Aug. 7. This EO requires the wearing of face coverings in public settings. These actions are needed to slow the spread, which has been on the rise. Additional information regarding Frequently Asked Questions for EO 147 and Requirement for the Use of Face Coverings and Masks is also available.

- Monday, July 13th the Pasquotank County Board of Commissioners approved a requirement for face coverings for the public in all county facilities in conjunction with Executive Order 147, which did not apply to local facilities.

- Gov. Roy Cooper announced July 14th that North Carolina public schools will open in the fall for both in-person and remote learning with key safety precautions to protect the health of students, teachers, staff and families. This is a modified Plan B the state previously asked schools to prepare. It is a measured approach that will allow children to attend school in person but provides important safety protocols such as fewer children in classroom, social distancing, face coverings, cleaning and more. As a part of this plan, local school districts can provide a remote learning option for any child who chooses it. In addition, school districts will have the option of Plan C – all remote learning – if that’s best for them.

- In preparation for reopening facilities for the 2020-2021 school year, the ECPPS Re-entry Task Force is working to ensure the district has processes and protocols in place for students and staff to enter schools safely. ECPPS is focusing on feedback from parents and staff to provide robust virtual and face-to-face instruction, universal communications, health screenings, digital registrations and much more. ECPPS has sent out a survey asking for input from parents and staff to ensure their plans meet the needs of all students. The survey will be available through Monday, July 20th and may be accessed at [PARENT SURVEY](#).

- Camden County Schools is currently preparing reopening plans for the 2020-21 school year and requesting feedback from parents or guardians. Camden Schools have sent out request for feedback as this information is critical to the reopening process since plans must be responsive to the needs of the students and families while simultaneously prioritizing the health, safety, and well-being of the community. The survey is available on the [Camden County School site](#).
July 14th Dr. Betsy Tilson, State Public Health Director presented the following during the NC Emergency Management Forum:

- Rates of COVID-19 infections are lower for children than for adults.
- Children may be less likely to become infected after exposure.
- Children have mostly mild or asymptomatic illness if infected.
- If infected, children may be less likely to infect others with COVID-19.
- Unlike with flu and other respiratory illnesses, children are inefficient spreaders and may not be a major factor in spread.

On June 15th, the North Carolina High School Athletic Association (NCHSAA) approved to lift the "dead period" to allow high schools to hold individual conditioning in accordance with the "NCHSAA Reopening Sports/Activities: Summer Guidance." Each high school submitted plans to ECPPS district administration for review and approval to begin conditioning in accordance with NCHSAA guidelines. July 10th Elizabeth City-Pasquotank Public Schools posted information on summer athletic activities for ECPPS. Pasquotank High School and Northeastern High School Plans are available for review at [https://www.ecpps.k12.nc.us/news-events/news/news-details/~post/summer-athletic-guidelines-and-plan-information-july-2020-20200714](https://www.ecpps.k12.nc.us/news-events/news/news-details/~post/summer-athletic-guidelines-and-plan-information-july-2020-20200714)

July 15th the North Carolina High School Athletic Association Board of Directors approved the following rule and calendar changes:

- The state of NCHSAA fall sports is delayed until at least September 1.
- The first five (5) student days of the 2020-21 school year will be designated as a “dead period” for all sports, allowing school staff to focus on the start of school.
- NCHSAA Phase One of the summer conditioning and workouts will continue until further notice.

Camden Middle School Athletic Boosters has issued the following statement – “We know people have been wondering so we wanted to let everyone know that as of right now there will be no summer conditioning for sports. As changes occur and we get more information we will let you know.”

Elizabeth City State University 2020 fall athletics have been suspended in cooperation with a decision announced by the Central Intercollegiate Athletic Association (CIAA) on Thursday, July 9, due to safety concerns surrounding COVID-19. The press release issued by the CIAA on July 9th stated the organization’s board of directors worked with the Athletic Directors Association (ADA) to conclude that suspending fall athletic competitions was the right decision due to safety concerns related to COVID-19. “The decision is informed by the reality that several CIAA member schools are located in states experiencing dramatic increases in new COVID-19 cases.

US DHHS announced it is extending its Public-Private partnership with national pharmacy and grocery chains to provide COVID-19 testing throughout the nation through August. To find Community-Based Testing Sites for COVID-19, click here.

A Portland, Oregon based sports apparel and activewear business called DHVANI is manufacturing and shipping free masks to people in need. They have also created a nonprofit arm called DHVANICares and launched a GoFundMe campaign to raise money to manufacture and ship these masks. If you are unable to purchase a mask or would like to contribute to the GoFundMe Campaign visit [https://www.dhvani.com/pages/freemasks](https://www.dhvani.com/pages/freemasks).

Red Cross – Blood, Platelets, and Convalescent Plasma
donations)
[Find a Blood Drive and Make an Appointment](https://www.redcross.org/blood-donation/platelets-and-blood-platelet-platelets-convalescent-plasma
donations) and [Frequently Asked Questions](https://www.redcross.org/blood-donation/platelets-and-blood-platelet-platelets-convalescent-plasma
donations)
donations)
donations)
Temporary Order on COVID-19 diagnostic tests (July 7, 2020): North Carolina State Health Director Elizabeth Tilson, MD, MPH issued a temporary order requiring physicians, laboratories and others ordering or conducting COVID-19 diagnostic tests to report negative test results in addition to the requirement to report positive results. The reason for the order is to track diagnostic test results necessary “for surveillance of a communicable disease that presents a danger to public health.” The order is effective immediately and expires in 90 days.

Updated guidance from NCDHHS - Steps for People to Take After COVID-19 Testing (Spanish version: Pasos para seguir después de hacerse la prueba COVID-19) for patients undergoing testing due to symptoms or known or a suspected exposure.

Resources are available to North Carolinians renters facing eviction. If you were unable to pay your rent and/or utilities due to COVID-19 or its economic impacts, you may qualify for assistance. Call NC 2-1-1- to learn about resources within the community for emergency needs, including rental and utility assistance. Additional information is available at: https://www.pasquotankcountync.org/news

While mass testing has occurred at prisons with significant outbreaks of COVID-19 State prison officials have now initiated a plan to test the entire offender population; all 31,000. This testing of the population is estimated to require at least 60 days to complete, at a projected cost of more than $3.3 million. COVID-19 tests are already being conducted on all new offenders when they arrive at the prison from the county jails and moving forward, in the limited instances where transfers are determined to be necessary, COVID-19 tests will be conducted on offenders before they are transferred to other prisons or the offender will be placed in medical isolation for 14 days, in lieu of testing. Information is available at: https://www.ncdps.gov/our-organization/adult-correction/prisons/prisons-info-covid-19

COVID-19 testing is available for those meeting criteria by appointment only at local health departments. Residents are encouraged to call their primary care provider for an assessment or information on testing availability before calling the local health department. If someone does not have a primary care provider, ARHS does offer primary care services. All tests will be completed through a curbside screening clinic at the local health department. Testing is available at Pasquotank (252-338-4400) and Camden (252-338-4460) Health Departments on Thursday 1-3 pm. For more information on criteria for COVID-19 testing or appointments, call 252-338-WELL/9355 or your local health department directly at the above phone number.

Nursing Home Testing for COVID-19: The NC Department of Health and Human Services is collaborating with CVS/Omnicare for a one-time COVID-19 testing initiative of all residents and staff in nursing homes. An estimated 36,000 residents and 25,000 staff in over 400 nursing homes in the state will be tested between now and the middle of August.

Migrant farmworkers are a high risk group; especially as COVID-19 can spread easily in setting where many people live in close proximity – Updated guidance is available for Migrant Farmworkers, their employers, and housing providers to help prevent the spread of disease among workers.

Following a recent review of the City of Elizabeth City’s Electrical billing records they identified 133 delinquent commercial accounts, all which are at least 30 days past due and total $205,059.71 in uncollected revenue. Many of these businesses are still active. Electric personnel delivered notices on June 25th to commercial customers giving until July 6th to make arrangements for payments on past due balances.

The City requested a waiver to the Governor’s Executive order halting disconnection of residential utility services to all delinquent utility accounts as the city currently has more than 2,200 and is set to run out of money in its electric fund by August. The waiver was granted on Tuesday, June 30th. This waiver requires delinquent city residential utility customer to pay their July bill by the end of July or be disconnected. The city will work with delinquent customers to establish ECOVID-19 Hardship Agreements based on certain criteria.
The Griffin Street Satellite location will reopen to assist customers in setting up hardship agreements on an appointment only basis.

- Wednesday, June 24th New York, New Jersey and Connecticut Governors imposed a 14-day quarantine on travelers from nine states with spiking COVID-19 infection rates and steep fines for noncompliance. **North Carolina is one of the nine states.** The infection rate is based on the number of infections per 100,000 residents on a 7-day rolling average. People who don’t voluntarily quarantine for 14 days will be subject to fines and a mandatory quarantine. Fines will be $2,000 for the first violation, $5,000 for the second and up to $10,000 if they cause harm.

- **COVID-19 Patients Presumed to be Recovered** is updated every Monday by 4 p.m. The estimated number of patients presumed to be recovered from symptoms from COVID-19 is used in combination with other measures to provide a general sense of how many people with COVID-19 have likely recovered from symptoms. **July 13, 2020 Patients Presumed to be Recovered = 67,124**

- **NCDHHS COVID-19 Dashboard Updates**: numerous valuable resources have been updated or newly-added to NCDHHS’s COVID-19 dashboard.

  - New [Clusters in Child Care and School Settings Report](#) is now available
  - Updated [Ongoing Outbreaks in Congregate Living Settings](#) is now available
  - Updated [Risk Factors for Severe Illness Report](#) is now available
  - New [Outbreaks and Clusters](#) page is now available
  - Updated [Weekly Outbreaks in Congregate Settings](#) is now available
  - Updated [Weekly COVID-19 Patients Presumed to be Recovered](#) report is now available

The full data dashboard with all of our metrics and reports is available here: [https://covid19.ncdhhs.gov/dashboard](https://covid19.ncdhhs.gov/dashboard). Data is now available for download from the NC COVID-19 Data Dashboard on the [About the Data page](#). Visit the page to learn about the available downloadable data.

- The Centers for Disease Control and Prevention has updated its list of COVID-19 symptoms to include stuff or runny nose, nausea or vomiting and diarrhea. The full list includes:

  - Fever or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose
  - Nausea or vomiting
  - Diarrhea

Symptoms appear 2 to 14 days after someone is exposed to the virus and can range from mild to severe. People will experience different symptoms, including those not on the list. In many cases, coronavirus symptoms can be managed at home. People should seek emergency care if they experience the following:

  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Bluish lips or face

Anyone with symptoms is asked self-isolate at home to avoid spreading the virus to vulnerable populations.
The U.S. Food and Drug Administration has issued a warning to the public to avoid using nine different hand sanitizer products that have been found to contain a substance that can be potentially fatal when absorbed through the skin, or ingested. In a statement, the FDA said the following nine hand sanitizer manufactured by Esk Biochem SA de CV in Mexico should not be used:

- All-Clean Hand Sanitizer (NDC: 74589-002-01)
- Esk Biochem Hand Sanitizer (NDC: 74589-007-01)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-008-04)
- Lavar 70 Gel Hand Sanitizer (NDC: 74589-006-01)
- The Good Gel Antibacterial Gel Hand Sanitizer (NDC: 74589-010-10)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-005-03)
- CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-009-01)
- CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-003-01)
- Saniderm Advanced Hand Sanitizer (NDC: 74589-001-01)

The FDA says it tested samples of Lavar Gel and CleanCare No Germ. Lavar Gel was found to contain 81% (v/v) methanol and no ethyl alcohol, and CleanCare No Germ contains 28% (v/v) methanol. According to the FDA, “Methanol is not an acceptable ingredient for hand sanitizers and should not be used due to its toxic effects.”

Beginning Monday, June 22nd, the American Red Cross will be testing all blood, platelet, and plasma donations for COVID-19 antibodies in North Carolina. There continues to be an urgent need for blood as hospitals commence surgeries and other procedures. Donors will know within seven to 10 days if their immune system has produced antibodies in response to the virus.

North Carolina state parks and recreation areas, as well as trails, are all open, but visitor centers, picnic shelters and swim areas remain closed. Visit the N.C. State Parks website for the open/closed status of individual parks and recreation areas.

Albemarle District Jail - Effective June 22nd all activities involving on site visitors and bondsman are remained as is due to COVID-19.

- Attorney may have legal visits with the clients after passing the COVID-19 screening. Attorneys will be denied entry if they are unable to pass this screening and will be advised to use Juris Link for legal visits.
- All Bondsman will be denied entry. Bondsman’s paperwork will need to be completed and completed paperwork will be given to a staff member at the door for processing.
- All deliveries (UPS, FEDEX, and USPS) will not be allowed in the building, a staff member will meet at the door to pick up deliveries.
- All weekenders coming to report to serve time will be scheduled by their Probation/Parole Officer. They will need to contact their Probation/Parole Officer regarding any issues. All weekenders will be screened prior to entering Albemarle District Jail. If they do not pass screening they will be denied. If they are not on time they will be denied. All weekenders that are denied will be reported to their Probation/Parole Officer and will be rescheduled at a later date. No exceptions.

North Carolina continues to increase testing capabilities and has more than tripled the amount of testing completed just a month ago. New online tools are available to help people know if they may need a test, how to get a test, and monitor their own symptoms if advised to do so by a contact tracer. These tools include:

- Check My Symptoms (www.ncdhhs.gov/symptoms), a public website that allows people to enter their symptoms to determine if they should consider getting tested for COVID-19. If a test is recommended, they will receive a link to a list of nearby testing sites via email or text.
- Find my Testing Place (www.ncdhhs.gov/TestingPlace) a public website that allows people to enter their county or ZIP code and access a list of nearby testing site locations online.
COVID-19 Contact Tracing - One way to know you may have been exposed to another person who has COVID-19 is if you receive a call from a contact tracer. Contact tracers, including local health department staff, reach out to people who may have recently come into close contact with someone who tests positive for COVID-19.

It is important to answer the call when a contact tracer reaches out. He or she will connect you with the information and support you need to protect yourself and your loved ones. Here's what will happen if you are contacted:

- You will get an initial text from the number 45394 or email from NC-ARIAS-NoReply@dhhs.nc.gov.
- Someone from your local health department or NC OUTREACH (844-628-7223) will follow up with phone calls.
- You may be advised by your contact tracer to use the COVID-19 Community Team Outreach (CCTO) Tool, a password-protected online resource to track your symptoms.

A contact tracer will never ask for your Social Security Number, bank or credit card numbers, or any other financial information at any time. Any information shared during your call with a contact tracer is a private health record and is strictly confidential.

Testing and tracing are core public health measures and key components of North Carolina’s strategy to responsibly ease restrictions, while continuing to slow the spread of the virus. If you believe you or a loved one may need a COVID-19 test, check your symptoms and find a testing place.

DHHS has a new infographic that explains the testing and contact tracing process. This sample scenario, available in English and Spanish, takes you through the steps of contract tracing when someone has a positive test for COVID-19.

The N.C. Inclusive Disaster Recovery (NCIDR) network has developed a living document listing Resources and Engagement Opportunities for organizations serving historically under-resourced and marginalized communities during the COVID-19 Pandemic.

Resources for Families

- Statewide COVID-19 Website, NCDHHS COVID-19 Website
- NCDHHS Services for Families (Ongoing and Emergency Benefits)
- Mental Health Hotlines Available 24/7:
  - Hope4NC for all North Carolinians (1-855-587-3463)
  - Hope4Healers for front line workers (919-226-2002)
  - Resources for helping families cope
- Child Care Hotline: 1-888-600-1685, available M-F from 8am-5pm
- Families who need food assistance can text “FOODNC” or “COMIDA” to 877-877 or look at interactive map to locate nearby meal sites

Below is reopening of

Phase 2

- All tennis courts and (City Staff Pad open restriction
- All City

- tot-lots will remain closed.
- The lobby to the Public Safety Building will be opened – limited to three people at a time. Masks must be worn by all visitors.
- City Hall and the customer service area will remain closed to utility customers. Customers requiring new service applications and wanting to see administration must continue to make an appointment. A mask must be worn by the public.
- The Griffith Street satellite office will remain closed for the near future. The payment kiosk and drive-up window is available and the public is encouraged to use these options.
- The Midgett Building will be opened – masks must be worn by City staff and their customers.
- All public restrooms will remain closed but may be open (by appointment) for special events that do not exceed 25 people.
As most organized activities such as baseball, softball, and soccer exceed the 25-person limit, staff will defer opening up the athletic fields until Phase 3.

- The Senior Center will remain closed until gyms are allowed to open.

- **Camden County** facilities/buildings are open in accordance with Phase 2 allowance.
- **Pasquotank County** - Pasquotank County will no longer require public interaction by appointment only in the Courthouse and Tax/Register of Deeds/GIS office. The following are the exceptions that will require appointments:
  - **Register of Deeds Office** – Marriage Licenses – please call 252-335-4367 for appointments, and
  - **Clerk of Courts Office** – Civil and Estate matters (which always require appointments) – please call - Civil 331-4642 and Estates 331-4643.
  - **The Elections Office** is open.

Temporary shields have been placed at the Planning and Inspections and Register of Deeds counters to help protect the public and staff. Pasquotank County encourages the public to use the following COVID-19 protective measures:

1. The public is still encouraged to limit non-essential in-person interaction with Pasquotank County employees and departments when at all possible to help prevent the spread of COVID-19. Citizens are encouraged to use any online services that may be available in addition to communicating with Pasquotank County employees via email or telephone.
2. Please explore the Pasquotank County website at [www.pasquotankcountync.org](http://www.pasquotankcountync.org) or call the desired department to determine if alternative service delivery options are available.
3. All citizens who are experiencing any type of respiratory or flu-like symptoms should not visit any Pasquotank County facility. Please call the relevant department to make alternative arrangements for service provision.

- Consistent with North Carolina Department of Health and Human Services recommendations, Pasquotank County recommends the public follow the three W’s – Wear, Wait and Wash in county buildings:
  - **Wear** a cloth face covering if you will be with other people,
  - **Wait** six feet apart while avoiding close contact, and
  - **Wash** your hands often with soap and water for at least 20 seconds or use hand sanitizer.

These guidelines are recommended, not required.

- **Vacation Time? – Is it safe to travel?**
  - Kayak offers a detailed summary about travel restrictions and safety regulations by state. This includes status of “Stay at Home” orders, lodging availability, air travelers requirement for period of self-quarantine, etc.
  - FAA Facilities affected by COVID-19. Real-time information on FAA air traffic initiatives; to include a Flight Delay information map is available at: [https://www.faa.gov/coronavirus/map/](https://www.faa.gov/coronavirus/map/)

Sentara Albemarle Medical Center:
The following visitor policies will take effect on Thursday, May 7 at noon. This will apply to most Sentara hospitals, including all levels of care and the Emergency Department.

- All non-COVID-19 patients and patients who are not under investigation for COVID-19 may have one visitor.
- Neonatal Intensive Care Unit (NICU) and end-of-life patients may have two visitors.
- Visitors 12 and under are prohibited from the hospital.

All visitors will be screened and have their temperatures taken by a no-touch device before entering the building and will be required to wear a mask. Sentara will provide a community-made mask to visitors who do not have their own. Sentara is taking all necessary precautions to keep our hospitals safe and clean. All areas of the hospitals will be carefully cleaned and disinfected on an ongoing basis. All employees are also masked for your protection.

Food Banks across our State are working hard to support the residents of North Carolina who have found themselves with little or no income and in need of additional assistance. While the food banks are doing a great job, they are seeing such a surge in usage that they could use some additional support. The Food Bank of the Albemarle serves Beaufort, Bertie, Camden, Chowan, Currituck, Dare, Gates, Hertford, Hyde, Martin, Northampton, Pasquotank, Perquimans, Tyrrell and Washington Counties. Please visit their website at https://afoodbank.org/ and find how you can donate.