EXHIBIT 18

Letter from Yancey County Board of Elections to Karen Brinson Bell
Ms. Brinson Bell,

I am writing to request a temporary transfer of voters for the June 23 CD11 Primary. The Board and I want to bring to your attention several reasons for making this request, share our thoughts behind requesting the transfers and explain our game plan for making the June 23 CD11 Primary a successful and safe election for our voters in Yancey County.

First of all, due to the pandemic of COVID 19 and a large number of our poll workers being the high risk age, we do not have enough people to cover all of our normal 11 precincts. Second, our local school board has asked that we not use schools as polling locations. They are preparing and delivering breakfast and lunch for our children during this outbreak and want to keep the risk of contamination down as much as possible. Currently 4 of our polling site are located in schools. Third, our county’s budget is under a lot strain due to the unforeseen cost of COVID 19 and there is no way to predict how much cost they will incur before this is over. Fourth, a couple of our polling locations are in small buildings. Green Mountain and Brush Creek could not hold 3 judges and comply with the 6 ft. order. When you add voters to these two places, with all safety measures in place, there is still no way to vote and be in compliance. Last, we do not anticipate a large in person voter turnout. I have attached along with this letter the statics for the past Second Primaries in Yancey County. You will see that the three polling locations will meet our voter’s needs.

The minute we received news of a Second Primary we began planning on how we could successfully hold a safe election. It is our main goal to protect our voter’s rights and do so while keeping everyone involved in the process as safe as possible. We divided our voters out into three separate parts, West Yancey, Central Yancey and East Yancey. Once we got that division settled our goal was to narrow it down to largest and most central polling location within the three divisions. West Yancey polling location was decided to be in Cane River Precinct. One reason being Prices Creek is located in a school, both Egypt and Ramseytown vote in the same small fire station. When the school system closed down Bee Log Elementary School that was the only place we had for Egypt voters to vote. Cane River voters vote in a new fire station with a 4000 sq. ft. meeting room. Central Yancey was decided to be in Burnsville, but the current Burnsville polling place is in a school. We contacted the Town of Burnsville who is going to allow us to use their recently built Town Center. The Burnsville Town Center is located within the Burnsville precinct, all the Municipal Elections are held there. Each eligible voter in the Burnsville precinct will receive notification of the temporary move. Jacks Creek precinct is located in a school, Green Mountain votes in a small voting house that is a 12’ x 14’ building and Pensacola is located in a small fire station. The transfer of these voters into Burnsville will make the largest polling location we will have so the 4500 sq. ft. of the Town Center will ensure everyone is safe. East Yancey polling location was our easiest to determine. Crabtree Precinct is located in the middle of both South Toe and Brush Creek voters. Crabtree voters vote in a new fire department that has a 3800 sq. ft meeting room. South Toe is located in a school and Brush Creek vote in a small community center.
where space will be an issue. We have really looked at every possible scenario and feel that these three polling locations will best serve our voter’s, citizens and poll worker’s safety with as little travel time as possible.

Each precinct will be kept separately in the polling locations. Ballots will be printed by precinct and DS200 will be burned to read all precincts into one tabulator. We will be using labels and ATV forms, which will be kept in separate books for each precinct. There will be one OVRD laptop in each polling location to look up the voter and locate their precinct. This will keep all lines moving smoothly and help keep confusion down as well. Once their precinct is located the voter will proceed to the check in station to state their name and verify their information. When the voter signs the ATV form they will go to the ballot station to receive their appropriate ballot. They were some concern from board members about voters getting the wrong ballot, so along with the barcode scanners we will use our 1-Stop workers at the ballot stations in all three polling locations. They are use to handling multiple ballot styles at 1-Stop and will require little to no training.

We are all in this together and want what’s best for everyone involved in the election process. The Yancey County Board of Elections feel the temporary transfer of voters will help ease the struggle of finding poll workers, allow for both poll workers and voters to have enough space to be safe, and help with the financial side as well.

Sincerely,

Mary Beth Tipton, Director
EXHIBIT 19

Letter from Madison County Board of Elections to Karen Brinson Bell
April 16, 2020

Karen Brinson Bell, Executive Director
North Carolina State Board of Elections
430 N Salisbury Street
Raleigh, NC 27603

Dear Executive Director Brinson Bell,

The COVID-19 pandemic and urgent need to protect the public and poll workers from spread of the virus during the June 23, 2020 2nd Republican Primary Election compels the Board of Elections to request voter transfers and changes in precinct polling locations to minimize COVID-19 exposure, reduce the risk of disease transmission during in-person voting, and to assist other county entities with providing much needed COVID-19 related services and facilities needs during this time.

In developing its plan, the Board of Elections consulted with poll workers and other county leadership and departments to gather needed information and consider the challenges that are directly tied to COVID-19 risks and responses. Key points of the discussion and plan development are as follows:

- Of Madison County’s 12 precincts, 4 precinct polling sites (Hot Springs, Mars Hill, North Marshall, and Walnut) are located within schools. Madison County Schools Superintendent Will Hoffman requested that we obtain other non-essential sites as polling locations if at all possible as 3 of the 5 schools are providing 1,600 meals per day for delivery and pickup for children and sending supplemental food home to family on yellow buses. He continues that all schools are providing remote online learning material for 2,300 students for pick up and drop off and providing WiFi access for students and families in school parking lots. Additionally one school is producing protective masks for county health care providers. He concluded by adding that it is uncertain whether the school year will be extended or remained closed beyond May 15.

5 precinct polling sites (Beech Glen, Ebbs Chapel, Grapevine, Laurel, and Spring Creek) are located within senior meal sites, all of which are currently preparing and packing meals for pickup and delivery for senior citizens who otherwise would go without. Polling sites at these locations will require a major disruption to this critical service as sites will need to be cleaned and set up prior to Election Day and deep cleaned and vacated on the day following. Using senior meal sites for polling sites also presents a high risk activity that could result in COVID-19
contamination and transmission among one of our most vulnerable populations. As a result, the Community Services Director is requesting that we obtain other non-essential sites as polling locations if at all possible and is communicating with the County Manager and County Health Director regarding the risks.

Of the 3 remaining precincts Sand Mush and South Marshall Precincts are located in vacant county owned buildings and Revere Rice Cove is a privately organized community center.

The Sandy Mush Precinct Building does not contain sufficient area (approximately 190 square ft) for COVID related social distancing standards and there are no other potential polling sites available in the community thus requiring a temporary precinct transfer of voters and change in polling site. An adjacent precinct transfer is not feasible as both adjacent precincts also are requiring temporary transfer of voters and polling site changes. The only option is to transfer Sandy Mush voters to the nearby North Marshall Precinct and utilize its polling site on Election Day.

The Ebbs Chapel Precinct cannot be transferred to an adjacent precinct as the adjacent precincts (Grapevine and Beech Glen) are senior meal sites and requiring voter transfers and polling site changes. The only option is to transfer the Ebbs Chapel voters to the nearby Mars Hill Precinct and utilize its polling site on Election Day.

The remaining Revere Rice Cove Precinct has only 99 voters that are eligible to vote in this election, and had less than 10 voters cast a ballot in the last comparable second primary election dated June 7, 2016.

Important to note is that aside from the schools and senior meal sites, Madison County Board of Elections has extremely limited options for adequate polling sites even during the best of times, and county entities must coordinate and share its limited facilities and meeting venues, especially during times of crisis.

- No less important is the challenge COVID 19 presents in the county’s ability to recruit and train poll workers. Additional training will now be required for poll workers in proper sanitation and social distancing procedures. Finding facilities and venues with enough space to train groups of poll workers will be challenging to say the least and require multiple bookings.

The majority of Madison County poll workers is over the age of 65 and considered high risk for complications if they contract the virus. Even though 90 percent of them currently indicate they will be available to work during the June 23rd 2nd Primary Election, the reality remains that many of them will choose not to serve as Election Day approaches and COVID 19 is still a threat.
The need to minimize the number of poll workers needed across the county and/or in a given polling site at any given time is paramount to implement social distancing requirements and to reduce the chance of transmission or contamination.

• Madison County is a poor county with very limited resources and capacity to generate income. The response to COVID-19 is draining the county’s coffers. County departments have been asked to delay payments, put a hold on ordering supplies, and cancel travel plans, among other directives to help extend the county’s capacity to respond to the COVID-19 crisis.

• Finally, the Board of Elections reviewed data and considered the likelihood of a low voter turnout (less than 400 Republican and Unaffiliated voters across the county in the last comparable 2nd Primary on June 7, 2016) (See attached report.)

After much consideration and discussion of the aforementioned information and challenges, the Board of Elections began to look closely at utilizing its 3 early one stop voting sites during this election as a means to provide an adequate number of safe voting environments that minimize the risk of transmission of the virus and staff them with an adequate number of trained and experienced poll workers. It is also noteworthy to add that county level Republican Party leadership has been consulted by Board of Election members and agreed with implementing the following plan to:

• Establish 3 strategically located, consistent voting sites across the county for both early one stop and Election Day in-person voting that does not interfere with the critical needs of other county services or compromises the health, safety, and well-being of our citizens and that provides the greatest opportunity to provide safe, convenient in-person voting for this election. The selected sites have been utilized successfully as municipal election and early one stop voting sites for several years and county voters are familiar with them and their locations;

• Open the 3 voting sites for 14 days of voting including Election Day and spread out the in-person voter traffic over the greatest amount of time thus mitigating the need for large venues on Election Day that are now unavailable in our county due to COVID-19 issues;

• Maintain consistent early one stop voting and Election Day sites to reduce confusion regarding the polling site locations on Election Day;

• Utilize the same trained and experienced judges and poll workers for both early one-stop voting and Election Day, thus providing seamless experiences in all election activities and sanitation procedures across all 3 sites and eliminating the need to recruit and train more poll workers. The judges and poll workers have been identified, contacted, and agreed to staff the plan if approved, contingent upon being provided proper Personal Protective Equipment (PPE) and the implementation of proper sanitation and social distancing procedures;
• Secure and dedicate the polling sites to be used solely as polling sites across both the early one stop and Election Day in-person voting windows, thus reducing the need to deep clean, equip, and prepare additional COVID 19 compliant Election Day sites;

• Implement proper procedures and equipment to minimize the number of voters and poll workers in a given site at a given time so that social distancing and sanitation requirements can be observed. Some of the systems under consideration are barriers/shields at check-in stations, pagers or burner phones for voters that may choose to wait in the car rather than stand in line, floor spacers, line dividers, disposable pens for marking ballots, sanitizing surface areas before each voter, and the use of table spacers between voters and staff;

• Provide 3 judges of election at each site on Election Day and 2 early one stop voting poll workers at each site at all times during early voting.

• Provide sites on Election Day with a ring binder that will contain 30-up labels for the 4 assigned precincts (separated) and one OVRD laptop that will be available for voter lookup and street searches (if needed). Additionally, each site will have one tabulator coded to accept ballots from all 4 of the assigned precincts;

• Notify all affected voters of the temporary precinct transfers and polling site changes for this election through a USPS mailing alert and the local newspaper; and

• Save the county $8,650.00 (when compared with the cost of 1 early voting one stop site and 12 precincts) in much needed funds for other critical non-election related COVID 19 expenses (see attached budget comparison worksheet).

In closing, the Board of Elections believes this plan will provide the best opportunity to provide highly trained staff, a safe voting environment, and the greatest opportunity for in-person voting during this election, and that it has no other viable options other than sequester buildings and/or disrupt other critically needed county services during the COVID 19 crisis. Further, the plan will maximize the limited resources and funding available to the county for both election and non-election related COVID 19 needs. Any consideration you give the plan is greatly appreciation. Please do not hesitate to contact the Board of Elections if you have questions or to provide feedback.

Respectfully yours,

Kathy M. Ray, CERA, NCCEA, Ed.D
Director of Elections
EXHIBIT 20

Letter from the Director of the Jackson County Board of Elections to Karen Brinson Bell
The Jackson County Board of Elections is requesting to temporary transfer voters for the 05/23/2020 2nd Primary to ensure safe practices with a sufficient number of precinct workers. No one can predict the health environment in the next several months and each county may have possible fluctuating conditions. The Board feels they can eliminate some of the chances of inadequate staffing on Election Day by combining locations, even if conditions deteriorate only days before Election Day.

The polling locations were also chosen for their open areas inside and immediately outside the voting enclosures that will allow for appropriate social distancing while completing the voting process.

Thank You,

Lisa Lovedahl
Director
Jackson County
EXHIBIT 21

Request by Macon County Board of Elections to Temporarily Transfer Voters to Another Precinct
Date: April 23, 2020

ATTENTION: NCSBOE

SUBJECT: Resolution to combine the Voters from 12 Precincts (North Franklin, South Franklin, East Franklin, Iotla, Union, Millshoal, Ellijay, Sugarfork, Smithbridge, Cartoogechaye, Burningtown and Cowee) into 1 Precinct for the June 23rd 2020 2nd Primary Election due to the COVID-19 virus.

This Resolution states that the Board Members of the Macon County Board of Elections has unanimously voted on this day, Thursday, April 23rd, 2020 to combine North Franklin, South Franklin, East Franklin, Iotla, Union, Millshoal, Ellijay, Sugarfork, Smithbridge, Cartoogechaye, Burningtown and Cowee Precincts, for the Second Primary Election to be held on Tuesday, June 23rd, 2020. Voters will vote at the Robert Carpenter Building (the Community Building). The Community Building is a central location in Macon County used for the Union Precinct on Election Day in other Elections; it is also used to hold One-Stop Early Voting prior to all Elections. It is located at 1288 Georgia Road, Franklin, NC 28734.

A notice will be given to the Voters in Macon County in our local newspapers and we will also be sending a postcard by mail to all voters that are eligible to vote in the above Election.

Kathy Tinsley, Chairman

Gary Dills, Vice Chairman

Jeffrey Gillette, Secretary

John Vanhook, Member

Lynne Garrison, Member
Complete a separate form for each transfer polling place. Attach a map of all precincts and mark which precinct polling place will be open, and which polling place(s) will be transferred.

**NAME OF COUNTY**

**NAME OF ELECTION**

**REQUEST TO TRANSFER VOTERS WITHIN COUNTY (COMPLETE TABLE BELOW)**

<table>
<thead>
<tr>
<th>PCT 1</th>
<th>PCT 2</th>
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<td>Yes</td>
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<td>Yes</td>
</tr>
</tbody>
</table>

*See the attached Union Precinct*

- **14,103**
- **1,880**
- **37,497**
- **9,258**
- **5,863**

- 1 mile closest
- 9 miles farthest
- 5 minutes to 30 minutes
- 2,200 sq. ft.
- **200**

- [ ] Yes [ ] No
- [ ] Yes [ ] No
- [ ] Yes [ ] No

Approximate estimated number of voters remaining in each polling place is 10, but more can be marked off.

Revised 2020.04
REQUEST TO TEMPORARILY TRANSFER VOTERS TO ANOTHER PRECINCT
2020 SECOND PRIMARY

In order to receive approval to transfer voters, you must fully complete this form:
Required by GS § 163-128

☐ CBE Resolution was adopted on 4/03/2020

When such a resolution has been adopted by the county board of elections to assign voters from more than one precinct to the same precinct, then the county board of elections shall maintain separate registration and voting records, . . ., so as to properly identify the precinct in which such voters reside.

☐ Ballots will be coded by style and actual precinct will be recorded on ballots
☐ Ballots will be coded by precinct

The board shall give 45 days' notice thereof prior to the next primary or election (Check to confirm all methods of notice that you will use to comply with this requirement):
☐ Notice shall be given by advertisement in a newspaper having general circulation in the county;
☐ by posting a copy of the resolution at the courthouse door and at the office of the county board of elections;
☐ and by mailing a copy of the resolution to the chairman of every political party in the county.
☐ Notice will additionally be made on a radio or television station or both, but such notice shall be in addition to the newspaper and other required notice.
☐ No later than 30 days prior to the primary or election, the county board of elections shall mail a notice of precinct change to each registered voter who as a result of the change will be assigned to a different voting place.

Required by NCSBE
☐ I have provided the SBOE with a copy of the board resolution/agreement. Other supporting information is attached describing why this request is being made.
☐ I have entered the contest AND all candidates in Election Setup.

County Director's Signature ___________________________ 4/03/2020

APPROVED BY ___________________________ 5/8/2020
Karen Brinson Bell
EXECUTIVE DIRECTOR

Revised 2020.04
May 8, 2020

Ms. Karen Brinson Bell, Executive Director
North Carolina State Board of Elections
430 Salisbury Street - Raleigh, North Carolina 27601

REQUEST FOR CONSOLIDATION(S) AND COLLABORATION OF AVAILABLE RESOURCES IN RESPONSE TO THE COVID 19 PANDEMIC

Dear Executive Director Brinson Bell:

Macon County Board of Elections Board Members (approved April 23, 2020), Macon County Manager, Derek Roland, and Board of Elections staff are in agreement that the COVID 19 pandemic causes an emergency plan of action to be initiated for the upcoming Second Primary Election. Our ultimate goal is to ensure voter validation, maintain safe voting environments, and create a cost-effective management process that results in a successful election experience for everyone. We have assessed the data and voting history which is based on the deliberations described below.

- Macon County plans to combine our original fifteen (15) precincts into three (3) for voters on Election Day, June 23, 2020. Many of the current precincts are located in community centers or public buildings of which are closed due to COVID 19. In addition the majority of these smaller community sites have less than 200 square feet of designated voter space, which does not allow standard social distancing requirements.

- North Franklin Precinct is located in the downstairs of the Franklin Town Hall building in a room less than 200 square feet of space, not enough space for the social distancing.
4 of the poll workers out of the 5 that we use on Election Day are in the high risk category and in good contentious we could not allow them to work.

- **South Franklin Precinct**- is located in a small room off of the entrance of the Macon County library; it is less than 200 square feet of space, not enough space for the social distancing. 3 of the poll workers are in the high risk category.

- **East Franklin Precinct**- is located in the Environmental building in Franklin and the building has less than 200 square feet of space, not enough space for social distancing. 2 of the poll workers are in the high risk category.

- **Lotia Precinct**- is located in a small room in the Macon County Airport and has less than 200 square feet of space. 3 of the poll workers are in the high risk category. 2 are willing to work on Election Day if it is held in a larger location.

- **Millshoal Precinct**- is located in a Community Center in Franklin. The facility is over 100 years old. It has less than 200 square feet of space, not enough space for social distancing. All 5 of the poll workers we use on Election Day is this precinct are over the age of 75 and are in the high risk category.

- **Ellijay Precinct**- is located in a small room above the Cullasaja Fire department. The room has less than 200 square feet of space, not enough space for social distancing. 3 of the poll workers are over the age of 75 and are in the high risk category.

- **Sugarfork Precinct**- is located in the old Pine Grove School house. This building is over 100 years old and has less than 100 square feet of space, not enough space for social distancing. 2 of the poll workers are over the age of 75.

- **Smithbridge Precinct**- is located in a room above the Otto Fire department; this room is closed due to COVID-19 concerns.

- **Cartoogechaye Precinct**- is located in a room off of the Macon Fire and Rescue; this room is closed due to COVID-19 concerns.
• **Burningtown Precinct:** is located in an old Fire department; this room is closed due to COVID-19 concerns.

• **Cowee Precinct:** is located in a room in the old Cowee School. This room is less than 200 square feet of space, not enough space for social distancing. 4 of the 5 poll workers are over the age of 75 and are at high risk.

• Our plan is to combine North Franklin, South Franklin, and East Franklin, Iotla, Union, Millshoal, Ellijay, Sugarfork, Smithbridge, Cartoogehaye, Burningtown and Cowee communities and set up a central voting location in the Macon County Robert Carpenter Community Center located at 1288 Georgia Road, Franklin, NC. This location is now used for Macon County as an early voting site and is used on Election Day for the Union precinct. The site is approximately 2500 square feet. It has recently been renovated and meets the social distancing requirements, accommodates drive-in voting as needed, and ensures a manageable and safe election operation during this unprecedented COVID 19 pandemic.

• We will combine the Highlands and Flats precincts based on their geographic proximity to vote at the Highlands Civic Center located at 600 N. 4th Street, Highlands, NC 28741. These two precincts are approximately nine minutes apart. Based on the 2016 primary voter statistics, these two precincts made up 4.9% of votes. In the 2016 second Primary the Flats precinct had 34 ballots cast on Election Day. The Civic Center site has 1500 square feet which is ample room for social distancing requirements.

• The Nantahala precinct will remain separate as that area is remote and only 565 voters are located in the Nantahala community. The 2016 primary voter statistics shows 3.9% of votes came from Nantahala.

• The Macon County Board of Elections recent research reflects out of our 103 poll workers, 73 are willing to serve only if social distancing protocols and proper PPE supplies are available. The remaining 30 poll workers fall into the high-risk category for virus contraction, and by combining precincts we would have ample workers to cover all
voting sites. These poll workers are already trained in election procedures and would only require minimal COVID 19 sanitation procedure training.

- Operating fifteen (15) precincts creates a burdensome budget issue that affects both the Macon County Board of Elections finances and the county budget as well. Currently our BOE budget that expires June 30, 2020, is at 85-100% of its maximum spending costs due to concurrent expenses as a result of the COVID 19 pandemic. In addition we had the expense of the postponement of the Second Primary and cost of ballots that were printed, only to be discarded. Combining the precincts will maximize overall voting operations and eliminate budget shortfalls.

- Macon County consists of a high percentage of retirees who are abiding by the Governor’s stay-at-home orders and have not left their homes since the COVID 19 pandemic began. We have had an increase in phone calls in the past few weeks requesting Absentee by Mail ballots. I predict the majority of our voters will use the One-Stop Early Voting or Absentee by mail for this particular election due to the pandemic risks.

- If our plan is approved our staff on Election Day will have separate area books, labels, and machines (M100) for each of the precincts in the two temporary precincts.

- Voters will be notified of precinct changes in the local newspaper’s and by a mass postcard mailing. Our BOE website and social media announcements will be kept up to date so voters can understand the changes in effect and stay informed of voting details and announcements.

Combining the precincts is a logical solution for several reasons:

1) Combining precincts will minimize COVID 19 exposure and ensure maximum safety of voters and workers;

2) The plan will utilize facility locations that meet safety standards and social distancing requirements;
3) All parties will combine resources and minimize financial burdens to the Board of Elections and Macon County;

4) The proposed plan will protect poll workers and cover voting sites with qualified workers who only need minimal training within an urgent timeline;

5) All parties agree that this plan meets the NC State Board of Elections Emergency Executive Order requirements.

Please feel free to contact me if you need further justification. I look forward to your approval of our plan to temporarily transfer voters and ensure a safe and efficient election during the June 23, 2020 Second Republican Primary in Macon County.

As we follow social distancing practices during this extraordinary situation across our state and our nation, may we all stay safe and face the future with valuable and historical lessons learned.

Sincerely,

Melanie Thibault
Macon County Board of Elections Director
EXHIBIT 22

State Board, DMV Partner to Expand Online Voter Registration Service (Mar. 30, 2020), published by the N.C. State Board of Elections
State Board, DMV Partner to Expand Online Voter Registration Service

Raleigh, N.C. – The State Board of Elections and N.C. Division of Motor Vehicles have launched a service to allow NCDMV customers to apply to register to vote or update existing voter registration information online.

This is a standalone service that does not require the user to complete a NCDMV transaction, such as a license renewal or duplicate, at the same time.

The free service comes at a time when many county boards of elections have limited access or are closed to the public, and while residents are being asked to stay home because of the spread of COVID-19.

Existing NCDMV customers with a North Carolina driver’s license or NCDMV-issued ID may apply to register to vote or update voter address or political party information through the NCDMV Voter Registration web page. The application currently does not allow voters to change their name.

All voter registration services are free.

“We’re excited for this new service. It’s another way we can help North Carolina voters while we practice social distancing,” said Karen Brinson Bell, executive director of the State Board of Elections.

“The NCDMV already offered online voter registration services to customers completing transactions,” said NCDMV Commissioner Torre Jessup. “It made sense to collaborate with the State Board of Elections to now offer that same process without requiring a transaction so we could provide a valuable and convenient service for North Carolinians.”
Individuals using the online process will authorize the signature NCDMV has on file for them to be affixed to their voter registration application.

NCDMV's vendor, Paylt, is hosting the service. A link to the voter registration service also is available through the State Board of Elections' website here: https://www.ncsbe.gov/Voters/Registering-to-Vote.

County boards of elections will continue to confirm the eligibility of online registrants through standard procedures, including verification mailings.

Eligible North Carolina residents who are not NCDMV customers must still fill out a paper voter registration form and return it to their county board of elections to register to vote or make changes to their voter registration.

To check your N.C. voter registration, go here: https://vt.ncsbe.gov/RegLku/.

###

Media Kits

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EXHIBIT 23

North Carolina's COVID-19 Response for Individuals and Families, N.C. Dep't of Health and Human Services
NCDHHS COVID-19

Individuals and Families

Stay Home, Save Lives

North Carolina has moved into a Safer At Home Phase 2, as outlined in Executive Order 141 (https://files.nc.gov/governor/documents/files/EO141-Phase-2.pdf). Phase 2 lifts the Stay At Home order moving into a Safer At Home recommendation, especially for people at high risk for serious illness. Teleworking is also urged when possible. Read the FAQs (https://files.nc.gov/governor/documents/files/Phase-2-FAQ.pdf) for more information.

View What Phase 2 Means for NC (https://files.nc.gov/covid/documents/Phases-List.pdf)

Staying healthy

There are some common sense measures (https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html) everyone can take to protect themselves and others from the spread of respiratory illnesses like COVID-19.

- Avoid close contact with people who are sick and put distance between yourself and other people.
• Use a cloth face covering when you may not be able to keep 6 feet between yourself and other people.

• Wash hands frequently with soap and water for at least 20 seconds at a time.

• Avoid touching your eyes, nose and mouth with unwashed hands.

• Cover your mouth and nose with a tissue when you cough or sneeze.

• Do not reuse tissue after coughing, sneezing or blowing your nose.

• Clean and disinfect surfaces that are frequently touched. Disinfectants should be used by following label instructions. Don’t mix chemicals, wear protective gear, use in a well-ventilated area, and store chemicals out of reach of kids. Increases in chemical exposures from disinfectants have been reported. Learn more
  (https://www.cdc.gov/mmwr/volumes/69/wr/mm6916e1.htm?s_cid=mm6916e1_w).

The CDC has information on steps you can take to prevent illness

Cloth face coverings

Following CDC cloth face coverings
(https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html) guidance, Executive Order 138 (https://files.nc.gov/governor/documents/files/E0138-Phase-1.pdf) recommends that people wear a cloth face covering when they leave their house and may be near (less than six (6) feet from) other people who are not family or household members. Covering your face is about helping others. By covering your face when you go out for essential reasons, you are being a good neighbor and community member.

It is still recommended that you stay at least 6 feet way from other people (social distancing
(https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html) ) and frequently wash your hands or use hand sanitizer. A cloth face covering is not intended to protect the wearer, but it may prevent the spread of virus from the wearer to others. This is especially important if someone is infected but does not have symptoms. The very best evidence on reducing the spread is to maintain social distance and stay at home, in addition to following the prevention measures
listed above.
Cloth coverings can play a part in controlling the spread if they are used properly and in combination with other everyday preventive actions (https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fprevention.html) like washing hands and wiping down surfaces. If used incorrectly, face coverings can expose someone to more germs. Individuals should be careful not to touch their eyes, nose, and mouth when removing or adjusting a face covering and wash hands immediately after removing or adjusting.

The CDC does not recommend medical masks as our supplies of masks need to first go to those who work on the frontlines, including health care workers.


**Household preparedness**


People should make sure they have daily necessities and medications to last about two weeks, in case they need to isolate. Massive stock piling of supplies is not necessary. Leave some for others, especially those who can’t afford to buy a lot of groceries all at once. North Carolinians who need help with needs like food assistance, support for families and other basic needs should call 2-1-1 for assistance.


For cleaning your home, the CDC provides steps you should take (https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html) and the U.S. Environmental Protection Agency has also released a list of cleaning products
What to do if you feel sick or think you've been exposed?

COVID-19 is a respiratory illness with symptoms similar to the flu. Symptoms are typically mild to moderate, but there have been cases of severe illness and death due to the virus. The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Fatigue
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Learn more about symptoms, testing and the steps you should take (/about-covid-19/symptoms)

Frequently Asked Questions
Do pregnant women have a higher risk of getting sick from COVID-19?

According to the CDC (https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html), it is not known if pregnant women have a greater chance of getting sick from COVID-19 nor whether they are more likely to have serious illness as a result. Pregnant women are at higher risk from influenza and other respiratory viruses, so they are encouraged to protect themselves from illnesses. While children are generally at lower risk for severe infection, some studies indicate a higher risk among infants.

What are some helpful parent and family resources I can use during this time?

Talking to Children about the Coronavirus


- Answering Your Child's Questions During the Coronavirus (https://www.zerotothree.org/resources/3265-answering-your-young-child-s-questions-about-coronavirus) from Zero to Three provides age-appropriate responses to common questions from toddlers.


- Zero to Three provides tips for families (https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus) that include age-appropriate responses to common questions, a guide to self-care, and activities for young children experiencing social distancing.
• **Supporting Individuals with Autism Through Uncertain Times**
  ([https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times](https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times)) is a free UNC toolkit available in multiple languages that includes resources for families and caregivers supporting individuals, including young children, with autism spectrum disorder.

**Coping with Stress**

• **Helping Children Cope with Changes Resulting from COVID-19**

• The **Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease**

• **Tips for Parents during Times of Trauma**
  ([https://parentsasteachers.org/news/2020/4/1/tips-for-parents-during-times-of-trauma](https://parentsasteachers.org/news/2020/4/1/tips-for-parents-during-times-of-trauma)), available from Parents As Teachers, outlines ways caregivers can maintain routines and respond to children's needs. Parents and caregivers can also search for a Parents As Teachers program in their area.

**Parenting & Caregiving Courses, Training, & Online Communities**

• **American Academy of Pediatrics** ([https://www.healthychildren.org/English/Pages/default.aspx](https://www.healthychildren.org/English/Pages/default.aspx)) has information on children and coronavirus and helpful parenting tips.

• **Triple P Online**
  ([https://www.triplep-parenting.com/nc-en/find-help/triple-p-online/toddlers-to-tweens/?itb=d9a5cf487c8317dba2ce8faccf8a18a8&gclid=CjwKCAjwhOD0BRAQEiwAK7HmFQLtT33z0_fTnaOZ](https://www.triplep-parenting.com/nc-en/find-help/triple-p-online/toddlers-to-tweens/?itb=d9a5cf487c8317dba2ce8faccf8a18a8&gclid=CjwKCAjwhOD0BRAQEiwAK7HmFQLtT33z0_fTnaOZ)) is a free parenting course that provides flexible, practical ways to develop skills, strategies and confidence to handle any parenting situation. The course now includes a Parenting During COVID-19 module and tip sheets. Resources are available in English and Spanish.

• Prevent Child Abuse NC provides resources for staying connected, remaining active and engaged as a family, and managing stress and anxiety.
• The Incredible Years website (http://www.incredibleyears.com/parents-teachers/articles-for-parents/) provides resources on topics such as providing calm and supportive parenting and tips for grandparents reaching out to children remotely.

• Parents and caregivers can search for Circle of Parent (http://circleofparents.org/) groups that offer a forum for caregivers to exchange ideas, support and information.

• The Children's Bureau Tip Sheets (https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/tip-sheets/?utm_campaign=ncapm20&utm_medium=email&utm_source=ncapmlaunch040120) provide parents and caregivers with easy-to-read, concrete steps to take when dealing with a concern or question.

• MotherToBaby also has evidence-based resources (https://mothertobaby.org/covid19/), and can be reached with questions (https://mothertobaby.org/contact-expert/).

++ How can family caregivers best support others during COVID-19?

Family caregivers face unique challenges during COVID-19 as they balance the needs of their loved one — whether that is an older adult, a grandchild they are raising, or an adult with a disability. It is important providers consider patient rights (https://medicaid.ncdhhs.gov/blog/2020/05/06/special-bulletin-covid-19-83-title-ii-americans-disabilities-act-ada-and-section-504) under the American with Disabilities Act and the Rehabilitation Act when considering caregiver visitation.

The resources below can help caregivers navigate resources and empower themselves during this complicated time:

• The Office of Civil Rights has issued a bulletin (https://www.hhs.gov/sites/default/files/ocr-bulletin-3-28-20.pdf) regarding civil rights of individuals during the COVID-19 Pandemic.

• The CDC has issued guidance (https://www.cdc.gov/coronavirus/2019-ncov/hep/infection-control-recommendations.html) regarding allowing visitors who are essential for the patient’s physical or emotional well-being and care. For individuals with a cognitive impairment, their caregiver is an extension of the individual with the impairment, and should be treated as such. Unless it negatively impacts a facility’s ability to ensure the safety of other patients or visitors, anyone with a
cognitive impairment should be allowed to have their caregiver with them either in the ambulance or in the hospital.

- The 16 regional area agencies on aging (https://www.ncdhhs.gov/divisions/aging-and-adult-services/adult-day-services/daas-area-agencies-aging) have a Family Caregiver Resource Specialist available to assist caregivers with resources and services.


- Caregivers of individuals with dementia face their own set of challenges. The Alzheimer’s Association has developed tips for dementia care (https://www.alz.org/help-support/caregiving/coronavirus-(covid-19)-tips-for-dementia-care).


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+ What are some helpful resources for people with developmental disabilities?

The national Self Advocacy Resource and Technical Assistance Center (SARTAC) has developed an easy-to-read COVID-19 booklet written by and for people with developmental disabilities. The information is current as of March 13, 2020 and is available in English (https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf) and Spanish (https://selfadvocacyinfo.org/resource/plain-language-information-on-covid-19-spanish-version/). (Some terminology and links are not specific to North Carolina.)

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+ I have a trip planned. Should I still go?

Cases of COVID-19 have been reported in all 50 states, and some areas are experiencing community spread of the disease. Crowded travel settings, such as airports, might increase your risk of exposure if there are other travelers with COVID-19.
The CDC and NCDHHS recommend that people at higher risk (https://information/individuals-families-communities/individuals-higher-risk) for severe COVID-19 illness, such as adults over age 65, people with serious underlying health conditions (such as heart disease, lung disease, or diabetes) and people with weakened immune systems, avoid travel at this time and stay home to the extent possible to decrease the chance of infection.


Individuals, Families and Communities

Individuals and Families (https://information/individuals-families-communities/individuals-and-families)

Individuals at Higher Risk (https://information/individuals-families-communities/individuals-higher-risk)

Pet Owners (https://information/individuals-families-communities/pet-owners)

Community Events (https://information/individuals-families-communities/community-events)

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