



If you leave home,
know your Ws!



WEAR



WAIT



WASH

Wear. Wait. Wash. As North Carolina moves to ease some COVID-19 restrictions at the end of this week, the NC Department of Health and Human Services is asking people to remember these three things to continue to slow the spread of COVID-19 and flatten the curve.

If you leave home, practice your Ws: Wear, Wait, Wash

- Wear a cloth face covering if you will be with other people.
- Wait 6 feet apart. Avoid close contact.
- Wash your hands often with soap and water for at least 20 seconds or use hand sanitizer.

These actions can protect our families and neighbors as the state takes a cautious step forward while the virus is still circulating.