As you are aware, there is a State of Emergency in North Carolina as it relates to COVID-19, also known as the Corona virus.  Below are the most effective and common steps everyone should take:

·       --- **Frequent hand washing.**

**·        ---Covering your face if coughing or sneezing into a tissue and then disposing of the tissue. Can use an**

**elbow if necessary.**

·        ---***Staying home if you are sick and until you are well***.

·        ---**Avoiding unnecessary trips in large crowds, overseas, known higher risk areas, and especially if older**

**or immune comprised.**

**·       --- Supporting your immune system.  This is an under reported intervention.  Getting enough sleep, eating**

**healthy, curbing sugar intake, taking all prescribed maintenance medications if applicable, and**

**exercising regularly.**

Below your will find resources that are available throughout [**North Carolina**](https://www.cardinalinnovations.org/COVID-19/North-Carolina-COVID-19-county-resources#statewide):

**Statewide resources**

**Education**

[**NCDPI Remote Learning Support Site**](https://sites.google.com/dpi.nc.gov/remote-learning-resources/home)**:** helpful resources for students to use while learning is remote.[**Parent Resources to Support Learning for Children Birth-Grade 2**](https://sites.google.com/dpi.nc.gov/nck-3fap/remote-learning)**:** learning activities that do not require technology and are aligned to NC standards.[**Free Resources for Schools During COVID-19 Outbreak**](https://thejournal.com/Articles/2020/03/13/Free-Resources-Ed-Tech-Companies-Step-Up-During-Coronavirus-Outbreak.aspx)**:** a list of free learning resources students and teachers can utilize during COVID-19.

**Electricity**

[**Duke Energy**](https://www.dukeenergyupdates.com/?_ga=2.84064602.2139434048.1584561917-1096344914.1584561917)**:**is temporarily suspending disconnections for nonpayment and waiving late payment fees effective March 21. Continue to check their website for information.

***\*\*As of April 1, utilities may not be turned off for the next 60 days in North Carolina. (***[***Executive Order 124***](https://governor.nc.gov/news/governor-cooper-signs-executive-order-prohibit-utility-disconnections-wake-covid-19)***)\*\*​***

**Employment**

[**Employment Security Commission**](https://des.nc.gov/need-help/covid-19-information): Read the [FA](http://des.nc.gov/need-help/covid-19-information)[Q](https://des.nc.gov/need-help/faqs), file an [Unemployment Claim](https://des.nc.gov/)or call **1-888-737-0259**[**NC Justice Center**](https://www.ncjustice.org/publications/your-employment-and-covid-19/): Know your rights to paid leave, unemployment insurance, and safe work.

**Blog**: [Lost Your Job Because of COVID-19? Here are Your Next Steps​](https://www.cardinalinnovations.org/Resources/Blog/Lost-Your-Job-Because-of-COVID-19-Here-are-Your-Ne)

**Food**

[**Food banks in NC**](https://foodbankcenc.org/food-bank-covid-19-preparedness/): are giving food to those that need it and accepting donations from those that have extra.
[**No Kid Hungry NC**](http://nokidhungrync.org/covid19): is helping make sure kids still have lunches while out of school. **Text FOODNC to 877-877** to locate nearby free meal sites. Use the [online map](http://nokidhungrync.org/covid19/?fbclid=IwAR2vrQmcCK_4ZrwqDi1XaBfBbgoA3vL-QedXKlZjD1wletoyDByUqEDNzxA) to find drive-thru or pick up site with meals for kids across the state.
[**Food and Nutrition Service (FNS)**](https://www.ncdhhs.gov/assistance/low-income-services/food-nutrition-services-food-stamps): [NC DHHS announced](https://www.ncdhhs.gov/news/press-releases/families-receive-enhanced-benefits-ensure-food-access) families that receive FNS will receive the maximum amount allowed for March 2020 and April 2020. To check availability for the benefit, call 1-888-622-7328, visit www.ebtedge.com or download the ebtEDGE mobile app. [Apply online here](http://www.nc.gov/services/e-pass).

**Additional Food Distribution Sites**

A donor, Overflowing Hands, is giving away ***FREE refrigerated, family dinner meals on Mondays and Thursdays, RAIN or SHINE***! The meals contain delicious comfort food prepared by **Rocky Top Catering**. Find the location nearest you and look for the Rocky Top Catering truck.

Midday Stops include the following locations:

-**Fox Road Elementary (main entrance) . 11:00 - 1:00**

**-Homestead Village (N California Dr) 12:00 - 12:45**

**-Ponderosa Park (Dannon Ct, Wake Forest) 12:00 - 12:30**

**-Wakefield Manor Apartments (Oliver Rd) 12:35 - 1:00**

**-Overlooke at Simms Creek Apts (Varve Ln) 1:00 - 1:30**

**-Star Road Community (Doris Ln) 1:05 - 1:30**

This food is separate from the Lunch/Breakfast distribution provided WCPSS Child Nutrition Services.  More information regarding food distribution during the COVID-19 closure can be found [here](http://track.spe.schoolmessenger.com/f/a/oZT1AKdfHGNr_n9AE5JXqQ~~/AAAAAQA~/RgRgiXYTP0QiaHR0cHM6Ly93d3cud2Nwc3MubmV0L2RvbWFpbi8xNjU5MVcHc2Nob29sbUIKAEeTQqheWhsx4VIZaG9wa2luc2NoaWxkcmVuQGdtYWlsLmNvbVgEAAAAAQ~~).

**Housing**

[**Evictions and foreclosures**](https://www.nccourts.gov/closings): Some cities and towns will stop eviction and foreclosure hearings for the next 30 days.Changes in local court sessions are being updated on the [North Carolina Judicial Branch website](https://www.nccourts.gov/closings).
[**North Carolina Housing Coalition**](https://nchousing.org/): is keeping track of responses and resources affecting the housing stability of North Carolinians in the near and long-term.

**Internet**

[**NC Department of Information Technology**](https://www.ncbroadband.gov/covid19broadband/)**:**has developed an online map to find free internet spots or free internet service near your address.
[**Spectrum**](https://www.spectrum.net/support/internet/coronavirus-covid-19-educational-internet-offer): ***is offering 60 days of free broadband and Wi-Fi offered to new customers with kindergarten - 12th grade and/or college students. Installation fees waived. To enroll, call*1-844-488-8395**.
[**Spectrum Wi-Fi hotspots**](https://enterprise.spectrum.com/support/faq/network/where-are-wifi-hotspots.html): ***have opened for public use.***

**Support groups and meetups**

[**In The Rooms**](https://www.intherooms.com/home/): has access free online meetings for those in recovery.
[**Smart Recovery**](https://www.smartrecovery.org/community/): offers an online community with virtual meetings, forums and discussions.
[**WEConnect and Unity Recover**](https://unityrecovery.zoom.us/): offering recovery meetings, 7 days a week at 9 a.m., noon, 3 p.m. and 9 p.m.
**Blog**: [Maintaining Your Recovery During Coronavirus](https://www.cardinalinnovations.org/Resources/Blog/Maintaining-Your-Recovery-During-Coronavirus)

**Talk to someone**

[**Crisis text line**](https://www.crisistextline.org/): **Text HOME** to **741741**
[**National Alliance on Mental Illness (NAMI)**](https://www.nami.org/): Call the Helpline **1-800-950-6264**or **text NAMI** to **741741**
[**National Suicide Prevention Lifeline**](https://suicidepreventionlifeline.org/): Call 24/7 at **1-800-273-8255 ​**[**Promise Resource Network**](https://www.promiseresourcenetwork.com/): Call the 24/7 Warm-Line**1-833-390-7728​**
[**SAMHSA's National Helpline**](https://www.samhsa.gov/): Call 24/7 at **1-800-662-4357**
[**The Trevor Project**](https://www.thetrevorproject.org/): Call 24/7 TrevorLifeline **1-866-488-7386** or **text START** to **678678​**
[**Veterans Crisis Line**](https://www.veteranscrisisline.net/): Call 24/7 at **1-800-273-8255** and Press 1, or text **838255​**

**Search online for more**[**Local Resources**](https://localresources.cardinalinnovations.org/)**or call 2-1-1.**