



Type here to search

This Folder

Address Book

Options



Log Off

- Mail
- Calendar
- Contacts
- Email Settings

- Deleted Items (2)
- Drafts
- Inbox (6)
- Junk E-Mail
- Sent Items

[Click to view all folders](#)

- 16-12 Grants Committee
- 20-01 (26)
- 20-02 (18)
- 20-03 (27)
- 20-04 (27)
- 20-05 (13)
- Manage Folders...

Reply Reply to All Forward Move Delete Close

COVID-19 NC Update - June 5, 2020
 NCDHHS Communications [news@dhhs.nc.gov]

Sent: Friday, June 05, 2020 2:01 PM
 To: Steve Johnston

[View this email in your browser](#)



NC UPDATE

June 5, 2020

COVID-19 Testing and Contact Tracing
[Check Your Symptoms and Find Your Testing Place Online](#)

COVID-19 Testing

The North Carolina Department of Health and Human Services (NCDHHS) has expanded COVID-19 testing and contact tracing across the state to help keep everyone's families and neighbors safe. You can now access online tools to determine if you should consider being tested and to find a testing site near you.

- Visit **Check My Symptoms** (www.ncdhhs.gov/symptoms) and enter your symptoms to determine if you should consider getting tested for COVID-19. If a test is recommended, you will receive a link to a list of nearby testing sites via email or text.
- Visit **Find My Testing Place** (www.ncdhhs.gov/TestingPlace) and enter your county or ZIP code to access a list of nearby testing site locations online.

NCDHHS recommends COVID-19 testing for anyone with symptoms or anyone who thinks they have been exposed to COVID-19, whether or not they have symptoms. More information on who should be tested is available [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.

Remember, 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](#) today.

For the latest information on COVID-19, visit nc.gov/covid19.

If you leave home, know your Ws!



WEAR
a cloth face covering.



WAIT
6 feet apart. Avoid close contact.



WASH
your hands often or use hand sanitizer.

@NCDHHS

#StayStrongNC



You're receiving this email because you subscribed to receive updates from the NC Department of Health and Human Services

[Unsubscribe](#) | [Subscription Preferences](#)



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

Roy Cooper, Governor | [Dr. Mandy Cohen, Secretary](#)
[Chris Mackey, Communications Director](#)

Our mailing address is: [NCDHHS, 2001 Mail Service Center, Raleigh, NC 27699](#)

This email was sent to sjohnston@tuesdayforumcharlotte.org
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)
NC DHHS · 2001 Mail Service Ctr · Raleigh, NC 27699-2000 · USA



Connected to Microsoft Exchange