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### Latest COVID-19 Trends; SlowCOVIDNC App Surpasses 100,000 Downloads

NCDHHS Communications [news@dhhs.nc.gov]

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# COVID-19 (CORONAVIRUS) NC UPDATE

Oct. 9, 2020


## Latest COVID-19 Trends

As people move around more, there are more opportunities for the virus to spread. North Carolina is seeing this in our trends, which are moving in the wrong direction. We can turn these trends around, just as we have throughout this pandemic, by relying on the science and remaining vigilant.

No matter how small the number of people you are with, if you don't live them, you need to wear a mask over your mouth and nose, you need to keep your distance and you need to wash your hands frequently. We can slow the spread and support North Carolina's recovery by practicing the 3 Ws, and now with flu season here, getting a flu shot.

This is a tough time for everyone. NCDHHS has wellness resources available to help you navigate through this time on the COVID-19 Response website.

## If you leave home, know your 3 Ws!

 <p><b>WEAR</b> a cloth mask over your nose and mouth.</p>	 <p><b>WAIT</b> 6 feet apart. Avoid close contact.</p>	 <p><b>WASH</b> your hands or use hand sanitizer.</p>
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## SlowCOVIDNC App Surpasses 100,000 Downloads

More than 100,000 people have downloaded SlowCOVIDNC, the official exposure notification app of North Carolina. SlowCOVIDNC alerts users when they may have been exposed to someone who has tested positive for COVID-19. The app relies on users to anonymously submit their positive result to notify others. The more people who download and use SlowCOVIDNC, the more we can slow the spread.

The app is free, completely anonymous and does not collect, store or share personal information or location data. Download for free on the [Apple App Store](#) and the [Google Play Store](#). Learn more about the SlowCOVIDNC app in these [frequently asked questions](#), and share [resources and materials](#) about the app.



### **More COVID-19 News**

- [An additional \\$35 million](#) in federal grants is being provided to help child care programs providing in-person care throughout the COVID-19 pandemic.
- The U.S. Department of Agriculture [extended COVID-19 flexibilities](#) for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC).
- NCDHHS has released updated guidance and new resources to support educators, school staff and administrators as more schools open up for in-person instruction under Plan A (K-5 only) and Plan B. [See all school-related public health guidance and resources.](#)
- [COVID-19 guidance](#) for places of worship has been updated and a new toolkit is available to support faith leaders in slowing the spread of the virus.
- NCDHHS [strongly recommends](#) that alternative Halloween activities, instead of the traditional door-to-door trick-or-treating, be increased as much as possible.

### **COVID-19 Testing**

Anyone who has symptoms of COVID-19 should get tested. If you are sick, use the [Check My Symptoms](#) tool to help you determine if you need a COVID-19 test. People who do not currently have symptoms but may have been exposed to COVID-19 should also get tested, especially people from historically marginalized communities, including [Latinx/Hispanic, Black/African American and American Indian populations, who have been disproportionately affected by the virus.](#)

- North Carolina has upcoming [community testing events](#) scheduled in **[Alamance, Bertie, Brunswick, Chatham, Cumberland, Davidson, Duplin, Durham, Edgecombe, Forsyth, Gaston, Guilford, Harnett, Hertford, Iredell, Johnston, Lee, Lenoir, Mecklenburg, Onslow, Orange, Randolph, Robeson and Wake counties](#)**. For an up-to-date list of events, visit the [Community Testing Events](#) webpage. Many events offer testing at no cost. For more details about a specific event, [call ahead before you go for a test.](#)

- COVID-19 testing is also provided at some local health departments, doctor and clinician offices, hospitals and clinics, many pharmacy sites and retail outlets, and other community locations. Some people who work in long-term care facilities and other high-risk settings may be tested through their work. You can find testing sites by using the [Find My Testing Place](#) tool online.

### **Get the Latest Information**

- Visit the [NCDHHS COVID-19 Response website](#) for information, a [data dashboard](#), updates, live briefings and more.
- Go to [North Carolina's COVID-19 Information Hub](#) for resources, information and

[assistance across state government, including the latest news releases.](#)

- [Follow NCDHHS on social media](#) for advance notice of [press briefings](#) and a [recap](#).



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