



### **Key Messages for Print and Social Media**

1. African Americans are being hit harder by COVID-19 in our community. More AAs are living with chronic conditions, like heart disease, diabetes, and obesity, that make COVID-19 more severe and deadly. Protect yourself and loved ones by staying home as much as possible.
2. While North Carolina’s Stay at Home order has been modified to allow for more residents and business to participate in commercial activity, residents are still encouraged to remain at home as much as possible and practice social distancing.
3. The modified Stay at Home order...
  - Limits retail stores to 50% capacity with cleaning and disinfecting.
  - Opens childcare centers to working parents or those looking for work.
  - Limits gatherings to 10 people, while allowing outdoor gatherings with friends.
4. If you must leave home for an essential trip, know your Ws.
  - WEAR a cloth face covering.
  - WAIT 6 feet apart and avoid close contact with others.
  - WASH your hands often or use hand sanitizer, and clean electronics and household surfaces frequently.
5. People who are older or have chronic conditions, like COPD, heart disease, obesity, and asthma or with a weakened immune system are at higher risk of severe illness and death due to COVID-19. Encourage your parents, grandparents or relatives to stay at home and only leave their house if they need essential items such as groceries or medicines. Or offer to pick up their groceries or medicines for them – but remember to keep your distance when you drop them off!

Learn more at [MeckNC.gov/COVID-19](https://www.mecknc.gov/COVID-19)

6. Let’s get back to good times with family and friends as soon as possible. But for now encourage everyone, especially our elders, to stay at home so we can “flatten the curve” all the way.

7. If you are over 65 or have a chronic illness such as heart or lung disease, or diabetes, you're at greater risk of severe illness and death due to COVID-19. Protect yourself and those you love by:
  - Staying home -- only go out for essentials (food, prescriptions, healthcare).
  - Social distance – limit close contact with others and stay 6 ft away in public.
  - Wearing a cloth face covering in public settings where social distancing measures are difficult to maintain.
  - Clean your hands, electronics, and household surfaces frequently

Learn more about staying safe and healthy at [cdc.gov/covid19](https://cdc.gov/covid19)

8. Elders with COVID-19 are 4 times more likely to be hospitalized due to the infection. You can protect yourself and your family by staying at home, washing your hands for at least 20 seconds, following social distancing guidelines, and wearing a face covering when it's difficult to maintain 6-foot distance while in public.

Learn more by visiting [MeckNC.gov/COVID-19](https://MeckNC.gov/COVID-19)

9. What a day it will be when we can show off our Sunday best! Help us get to that day sooner by staying home except for essentials, always wash your hands for at least 20 seconds, and practice good social distancing by staying at least 6 feet away from people in public.

Learn more by visiting [MeckNC.gov/COVID-19](https://MeckNC.gov/COVID-19)

10. Why is COVID-19 worse for African Americans?
  - More African Americans have conditions, like hypertension, heart disease, diabetes, and obesity, that make COVID-19 more severe and deadly.
  - Many African Americans work in essential jobs that make social distancing more difficult.
  - There are long standing gaps in access to health care and other resources among African American communities.

11. Watch your symptoms. The CDC's list of possible COVID-19 symptoms ranges from mild to severe. They are fever, cough, shortness of breath or difficulty breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, and new loss of taste or smell.

Seek medical attention if you have emergency warning signs: trouble breathing, a persistent pain or pressure in your chest, bluish lips or face, or new confusion or inability to arouse.

12. Staying up to date on factual and reliable COVID-19 information is very important. Follow us on social media and visit our website, [MeckNC.gov/COVID-19](https://MeckNC.gov/COVID-19) to stay connected.

13. Everyone reacts differently to stressful situations like COVID-19. You may feel anxious, mad, sad, or overwhelmed. Find ways to reduce your stress to help yourself and the people you care about.

- Learn the common signs of stress.
- Make time to unwind and do activities you enjoy.
- Talk with family and friends by phone, text, or email.
- If you or a loved one is feeling overwhelmed, get support 24/7 by calling 1-800-985-5990 or text TalkWithUs to 66746.

Learn more about stress and coping during the COVID-19 outbreak:

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

14. Tips for Cutting Stress During the Pandemic:

- Take breaks from watching, reading, or listening to news stories, including social media.
- Take care of your body. Take deep breaths, stretch, or meditate. Eat healthy, well-balanced meals. Exercise, get plenty of sleep, and avoid alcohol and drugs.
- Make time to relax. Try to do activities you enjoy.
- Connect with others. Talk with people about how you're feeling.

15. Pandemics are tough on all of us! You are not alone. If you are...

- Experiencing a domestic violence, sexual assault, or parenting crisis? Call: 980-771-4673
- Experiencing emotional distress or feeling suicidal? Call: 1-800-273-8255
- Dealing with teen dating violence? Text LOVEIS to 22522
- Need food assistance and information regarding shelters? Call 2-1-1