

Suggested Talking Points

You can use the talking points below to share important information about slowing the spread of COVID-19 in your community. You can use these points when speaking to your community, to share on your website, and more.

Overview for Communities

Together, we can protect our loved ones and our communities. The North Carolina Department of Health and Human Services (NCDHHS), we are committed to working with communities to provide resources and information to slow the spread of COVID-19 and its disparate impact on vulnerable and historically marginalized populations.

Unfortunately, COVID-19 continues to impact communities across North Carolina. That's why we are reaching out to you today and asking that you help spread the word and share resources and information in your community. As a community partner, we know you are committed to ensuring your neighbors have the information they need to protect themselves and their loved ones from this virus.

Specifically, we are asking you to help share a message with your community about the importance of prevention and COVID-19 testing. To help you share the message, we have included suggested talking points below that we hope are useful in informing your community.

Main Points to Share About Prevention and COVID-19 Testing

- We must work together to protect our families and neighbors because, together, we can slow the spread of COVID-19.
- Protecting yourself and your loved ones begins with the three Ws: **Wear** a mask. **Wait** six feet apart. **Wash** hands often or use hand sanitizer.
- It doesn't stop there. Testing and knowing who has been exposed to COVID-19 are also important because that is how we help everyone get the resources and support they need.
 - Get tested. If you have symptoms or think you've been around someone with COVID-19 you should get tested. Visit the ncdhhs.gov/TestingPlace to find testing near you.
 - Download the SlowCOVIDNC exposure notification app. The app will notify you if you have been in close contact with someone who has shared a positive COVID-19 test result in the app.
 - If you test positive, you can also anonymously share your result in the app, using a unique PIN number.
 - Protect yourself, your loved ones and your community -- simply by using your phone.

- Answer the call. Answer the call. If you get a call from NC OUTREACH or the Local Health Department, please answer the call.
 - It is critical that our families and neighbors get the information and support they need to protect themselves and their loved ones from the spread of this virus.
 - They will work to make sure that everyone – no matter the language spoken -- gets the support and information they need.
 - Answer the call. But also be vigilant. A legitimate contact tracer will never ask you for financial information, for a credit card number, or your social security number. If someone does, hang up. That wasn't the call.
- Stay home. If you have tested positive for or been exposed to COVID-19, please stay home and avoid contact with other members of your household. Doing so will help stop the spread of the virus and protect your loved ones and your neighbors.
 - You may be eligible to for support to help you quarantine and isolate. Learn more by contacting your Local Health Department or calling 2-1-1 if you need assistance.
- Our Black communities and our Hispanic communities are being hit especially hard. COVID-19 didn't create these longstanding and pervasive disparities, it just made them acutely visible for all to see.
- Together, we can protect our loved ones and limit the impact of the virus on our community.
- If we all do our part, we will slow the spread of the virus so we can continue to responsibly ease restrictions and return to the people and places we love.