



WELCOME MD

We will continue to keep you updated on COVID-19 related information. With North Carolina having entered Phase 2 of reopening and Virginia starting Phase 2 on Friday, June 5, it is even more important to continue to follow health and safety guidelines.

Proper health and safety guidelines to protect yourself and others while enjoying the "old normal" slowly coming back into our lives.

The Situation in Virginia

The rolling average number of cases in (Virginia/North Carolina), which is calculated by averaging the number of new cases over the previous seven days, has been on the decline for the last week.

While this has allowed our communities to begin to reopen, it doesn't mean COVID-19 isn't a threat.

On May 26, Virginia saw its number of cases spike to 758 after several days of decline according to the Virginia Department of Health.

What Phase 2 Means in Virginia

Governor Ralph Northam states that as part of Phase 2, social gatherings of 50 or fewer people, or 50% of the space's occupancy—whichever has a fewer number of people. In addition to this, restaurants, food trucks and other food and beverage services are permitted to be open for indoor and outdoor patrons.

The business can only allow 50% of the lowest occupancy load on the certificate of occupancy, if applicable, while maintaining a minimum of six feet of physical

distancing between all individuals as much as possible.

Governor Northam has also mandated that everyone aged 10 and up [wear a mask when in a public indoor space](#).

[Click here to view all guidelines](#) for Phase 2 of Reopening Virginia.

The Situation in North Carolina

The rolling average number of cases in North Carolina, which is calculated by averaging the number of new cases over the previous seven days, has been on the decline for the last week.

While this has allowed our communities to begin to reopen, it doesn't mean COVID-19 isn't a threat.

According to the North Carolina Department of Health and Human Services, there were still 659 people hospitalized due to COVID-19 in the state compared to 498 on May 4. So we still have a ways to go.

What Phase 2 Means in North Carolina

North Carolina moved from "Stay at Home" to the ["Safer at Home" initiative in late May](#).

Phase 2 allows for gatherings of no more than 10 people indoors and 25 outdoors. Restaurants, salons, barbers and public pools are allowed to open at 50% of capacity with physical distancing and cleaning requirements.

However, some businesses, including bars, gyms and movie theaters will remain closed.

The state will remain in this phase of reopening through at least June 26.

Don't Forget Your Health and Safety Guidelines

According to the CDC, wearing a mask and continuing to physically distance yourself from others are recommended when going to any public place: work, grocery store, parks, etc.

While wearing gloves is recommended when caring for someone who is sick, the CDC advises they aren't necessary when running errands or at work as long as you regularly wash your hands or apply hand sanitizer.

If you are feeling sick, it is encouraged that you stay home and call your doctor about your symptoms.

Remember, if you are going to visit a newly reopened business, please check with them in advance for any additional precautions they may have.

We are all excited about seeing some light at the end of the tunnel. If we proceed with caution and stay safe and smart, our communities can continue the process of reopening and thrive while doing so.

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