

APRIL 2020

ELON + NEWS

Novel Coronavirus - COVID-19 Update

March and April of 2020 brought to our Town and country a pandemic the likes that the United States has not seen since the influenza outbreak of 1918. Yet, we have been steadily making progress in fighting the spread of the virus. Despite the challenges presented that impacted our entire society, we have banded together while social distancing and staying at home. We have worked together to support each other after the unprecedented closure of businesses and loss of jobs. But our fight is not over.

In March, the Mayor declared a State of Emergency and allowed for actions to be taken to keep us all safe including closing Town Hall. Additionally, Governor Cooper has enacted several Executive Orders guiding us to our current stay at home orders, which have been shown to be slowing the spread of the virus. But we still need your cooperation and help to keep the spread slowing and to keep lowering the count of infected people.

So to keep us heading in the right direction, we ask that everyone continue to follow the CDC recommended guidelines:

- Stay at home unless you have to go out for groceries or the pharmacy.
- Wash your hands and practice good hygiene.
- Practice social distancing, keeping 6 feet between yourself and others. This includes when you are picking up take out or waiting in lines. Keep your distance.
- Cover your nose and mouth with a cloth face cover when around others.
- Cover your cough or sneeze with a tissue, then throw it away, and wash your hands.
- Clean and disinfect frequently touched surfaces

For more information, check out the CDC's website here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>.

If you are interested in making your own mask, please check out the CDC's tutorial: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover.html>.

Novel Coronavirus - COVID-19 Update cont'd

As you are staying home, do not forget to take care of your self and your family.

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
- Take deep breaths, stretch, or meditate.
- Try to eat healthy, well-balanced meals.
- Exercise regularly, get plenty of sleep.
- Avoid alcohol and drugs.
- Make time to unwind.
- Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling

We are truly all in this together and as we move through the coming days, by staying home, we can keep ourselves, our families, our friends, and our neighbors safe and healthy. Stay Home, Stay Healthy!

For Food, Housing, or Utility assistance, Call 211

Do for you need assistance with food, housing, or utility payments? Contact 211. 211 is a vital service supported by United Way. This free phone number is a county-wide, state-wide and nation-wide resource hotline. Every day, clients contact 211 to access free and confidential crisis and emergency counseling, disaster assistance, food, healthcare and insurance assistance, stable housing and utilities payment assistance, employment services, veteran services and childcare and family services. Call specialists are constantly updating their list of agencies to accurately refer people and are trained to identify underlying causes of situations and look for long-term solutions for each client. Our community is stronger when people can quickly and efficiently access the services they need.

Getting in touch & making payments

If you need to reach someone at Town Hall, please use the Contact Us page at www.townofelon.com.

Remember you can make payments online, by mail, and by dropping your payment off in the drop box at Town Hall.



For more information, visit www.townofelon.com or find us on Facebook at @townofelon, @downtownelon, @elonrecandparksscene, @elonpd, and @elonfiredepartment