

# Order

From 1 Essential Businesses and Operations, all as defined below.

es, taxis, and rideshare services

- Places of worship

**Excerpts from the order:**

Stay at home or place of residence. All individuals currently in the State of North Carolina are ordered to stay at home, their place of residence, or current place of abode, (hereinafter "residence") except as allowed in this Executive Order. To the extent individuals are using shared or outdoor spaces when outside their residence, they must at all times and as much as reasonably possible, maintain social distancing of at least six feet from any other person, with the exception of family or household members, consistent with the Social Distancing Requirements set forth in this Executive Order. All persons may leave their homes or place of residence only for Essential Activities, Essential Governmental Operations, or to participate in or access COVID-19

Individuals experiencing homelessness are exempt from this Executive Order, but are strongly urged to obtain shelter that meets Social Distancing Requirements.

Individuals whose residences are unsafe or become unsafe, such as victims of domestic violence, are permitted and urged to leave their home and stay at a safe alternative location.

Prohibited and permitted travel: Only travel for essential activities as defined herein is permitted. People riding on public transit must comply with Social Distancing Requirements to the greatest extent feasible.

This Executive Order allows travel into, within, or out of the State to maintain COVID-19 Essential Businesses and Operations and Minimum Basic Operations.

Leaving the home and

travel for Essential Activities is permitted. For purposes of this Executive Order, individuals may leave their residence only to perform any of the following Essential Activities:

For health and safety: To engage in activities or perform tasks essential to their health and safety, or to the health and safety of their family or household members or persons who are unable to or should not leave their home (including, but not limited to, pets), such as, by way of example only and without limitation, seeking emergency services, obtaining medical supplies or medication, or visiting a health care professional or veterinarian.

For necessary supplies and services: To obtain necessary services or supplies for themselves and their family or household members or persons who are unable to or should not leave their home, or to deliver those services or supplies to others, such as, by way of example

only and without limitation, groceries and food, household consumer products, supplies they need to work from home, automobile supplies (including sales, parts, supplies, repair and maintenance), and products necessary to maintain the safety, sanitation, and essential operation of residences or places of employment.

For outdoor activity: To engage in outdoor activity, provided individuals comply with Social Distancing Requirements and Mass Gatherings, as defined below, such as, by way of example and without limitation, walking, hiking, running, golfing, or biking. Individuals may go to public parks and open outdoor recreation areas. However, public playground equipment may increase spread of COVID-19, and therefore shall be closed. These activities are subject to the limitations on events or convenings in Section 3 of this Executive Order.

For certain types of work: To perform work

at businesses authorized to remain open under Section 2 of this Executive Order (which, as defined below, includes Healthcare and Public Health Operations, Human Services Operations, Essential Governmental Operations, and Essential Infrastructure Operations) or to otherwise carry out activities specifically permitted in this Executive Order, including Minimum Basic Operations.

To take care of others: To care for or assist a family member, friend, or pet in another household, and to transport family members, friends, or pets as allowed by this Executive Order. This includes attending weddings and funerals provided individuals comply with Social Distancing Requirements and Mass Gatherings as set forth below.

Place of worship: Travel to and from a place of worship.

To receive goods and services: To receive goods and services provided by a COVID-19 Es-

sential Business or Operation.

Place of residence: To return to or travel between one's place or places of residence for purposes including, but not limited to, child custody or visitation arrangements.

Volunteering: To volunteer with organizations that provides charitable and social services.

Mass Gatherings: For the reasons and pursuant to the authority set forth above:

Section 1(a) of Executive Order Nos. 117 and 120 is rescinded and replaced as follows:

A mass gathering is defined as any event or convening that brings together more than ten (10) persons in a single room or single space at the same time, such as an auditorium, stadium, arena, large conference room, meeting hall, or any other confined indoor or outdoor space. This includes parades, fairs and festivals. ■

# Closed

From 1 on an as-needed basis through the Sheriff's Office entrance. Most NC District and Superior Court cases are to be postponed at least 30 days in response to COVID-19. For specific questions about individual cases, visit [www.nc-courts.gov](http://www.nc-courts.gov) or call the Martin County Clerk of Superior Court at 252-809-5100.

Public access to all County offices (except for the Sheriff's Office) will be available by appointment only. The Martin County Sheriff's Office, which uses the entrance at the rear of the Governmental Center/Courthouse, will remain open to the public at this time. This policy will be reviewed on an ongoing basis and remain in effect at least through Friday, April 3. Court facilities will continue to be available

The Martin County Senior Centers are closed. The Martin County Landfill and Martin County Airport remain open to the public.



# Needs

From 1 illness from COVID-19, which may result in increased stress during a crisis.

Fear and anxiety about the COVID-19 pandemic can be overwhelming and cause strong emotions.

**WHAT YOU CAN DO**

- Take breaks from

watching, reading, or listening to news stories and 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 and 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.

- Call your health-care provider if stress gets in the way of your daily activities for several days in a row.

- If you, or someone

you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others call 911

Substance Abuse and Mental Health Services Administration's (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

# Looking Back at Martin County



February 16, 1989: MUSIC TEACHER RECOGNIZED. - Mona Manning Boyd of Williamston was one of six East Carolina School of Education graduates who received an ECU Council for Teacher Education award during ceremonies at the seventh annual James W. Batten Distinguished Lecture and awards program held recently in Greenville. Mrs. Boyd, a General Music Teacher in the Martin County Schools, was presented her award by Dr. William A. Bloodworth, acting vice chancellor for academic affairs at ECU. She also was recently selected as Teacher of the Year in Martin County. (ECU News Bureau photo)



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