

NORTH CAROLINA

COVID-19 RESOURCE GUIDE

The following is a COVID-19 resource guide for residents in North Carolina. This list contains links to websites, email addresses, and phone numbers that North Carolinians can use to receive information on specific resources and offerings. To access a webpage, click on the underlined link.

*Note: This is not a complete list of all resources available in NC.

KEY LOCAL & STATE GOVERNMENT INFO

- [NC Stay at Home Order \(official\)](#)
- [NC Stay at Home Press Release](#)
- [FAQs about NC Stay at Home Order CARE Act Payments](#)

BY COUNTY

- [Alamance County](#)
- [Anson County](#)
- [Buncombe County](#)
- [Cabarrus County](#)
- [Catawba County](#)
- [Chatham County](#)
- [Cumberland County](#)
- [Columbus County](#)
- [Davidson County](#)
- [Durham County](#)
- [Forsyth County](#)
- [Gaston County](#)
- [Guildford County](#)
- [Granville County](#)
- [Henderson County](#)
- [Johnston County](#)
- [Mecklenburg County](#)
- [New Hanover County](#)
- [Orange County](#)
- [Pitt County](#)
- [Randolph County](#)
- [Rowan County](#)
- [Rutherford County](#)
- [Union County](#)
- [Wake County](#)
- [Wayne County](#)
- [Wilson County](#)
- [Winston-Salem](#)

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KEY PHONE NUMBERS

- NC COVID-19 Helpline: 1-866-462-3821
- NC 2-1-1 by United Way of North Carolina is now available for people to call for assistance related to the COVID-19 coronavirus:
- COVID-19 text information and updates: To sign up, text COVIDNC to 898211.
- North Carolina Emergency Management established a hotline for questions related to FEMA public assistance. Applicants may dial by phone at 919-825-2548 or by email pahotline@ncem.org.
- Families that rely on free and reduced-price meals can text FOODNC to 877-877 to get information about location and serving times for nearby pick-up and drive-thru free meal sites while schools are closed. The service is available in Spanish by texting COMIDA to 877-877.

EDUCATION

- [Education Stabilization Fund](#)
- [Student Loans](#)

STUDENTS AND PARENTS

- [Talking with children about Coronavirus Disease 2019: Messages for parents, school staff, and others working with children](#)
- [Talking to Children About COVID-19](#)
- [How to Talk to Your Kids About Coronavirus](#)
- [Just For Kids: A Comic Exploring The New Coronavirus](#)
- [Meals for Kids](#)
- [Supporting learning Birth-Grade 2](#)
- [Parent/Caregiver Guide to Helping Families Cope with COVID-19](#) [Open PDF](#)
- [Updated Information on WIC](#)

TEACHERS

- [Considerations for School Closure](#)
- [Schools and Coronavirus: What You Should Know](#)
- [Interim Guidance for Administrators of US K-12 Schools and Childcare Programs](#)

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- [NCFPSC Relief Fund](#)
- [Member Benefit Assistance Program Resources and Services](#)
- [LGBTQ+ Community and the COVID-19 Crisis](#)

DIGITAL LEARNING

- [Digital Learning: Implications for Family Educational Rights and Privacy Act \(FERPA\) and Perkins V State Plans](#)
- [Micro-credentials That Support Distance Learning](#)
- [Educator Remote Learning Resources](#)
- [COVID-19 Digital Learning & Equity](#)
- [Comprehensive list of recommendations from NEA on digital learning](#)
- [Resources for Online Learning During School Closures](#)
- [Teaching with Technology during COVID-19: Best Practices to Take Care of Ourselves and Our Students](#)

HOSPITALS AND HEALTHCARE

- [County Health Department Contact List](#)
- [NC Health Care Providers, Hospitals and Laboratories](#)
- [Immigrant Access to Health Care & Benefits in Time of Emergency](#)

SENIORS

[Wake County Resources for Seniors List](#)

Food Delivery / Entrega de comida para personas mayores

- [Meals on Wheels Durham](#)
- [Meals on Wheels Wake County](#)
- [Meals on Wheels Chapel Hill-Carrboro](#)

TENANTS/HOMEOWNERS

- [Updates for NC Tenants During the Coronavirus](#)
- [North Carolina Housing Finance Agency Information](#)
- [COVID-19 Relief for NC Homeowners](#)
- [HUD COVID-19 Resources and Fact Sheets](#)

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- [Utilities Protections](#)
- [Legal Aid Landlord Tenant Information](#)
- [If utilities get shut off during COVID-19](#)

SMALL BUSINESSES

- [Financial Support for Small Businesses](#)
- [General Information for Businesses and Employers](#)
- [Guidance for Restaurants](#)
- [NC Businesses and Employers COVID-19 Resources](#)
- [NC Chamber COVID Resource Guide](#)

MENTAL HEALTH

- [NC Mental Health Resources](#)
- The Hope4NC Helpline (1-855-587-3463) connects North Carolinians to additional mental health and resilience supports that help them cope and build resilience during times of crisis.
- The Hope4Healers Helpline (919-226-2002) is a new initiative in partnership with the North Carolina Psychological Foundation. It provides mental health and resilience support for healthcare professionals, emergency medical specialists, first responders, other staff who work in health care settings and their families throughout the state who are experiencing stress from being on the front lines of the state's COVID-19 response.

TRANSPORTATION

- [GoRaleigh Transportation](#)
- [GoDurham Transportation](#)
- [Chapel Hill Transportation](#)
- [Greensboro Transportation](#)
- [Charlotte Transportation](#)

STATE OPERATIONS

- Welcome centers are closed, but other highway rest areas remain open with additional cleaning procedures.

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- The N.C. Division of Motor Vehicles has consolidated in-person services to driver license offices large enough to maintain social distancing, and suspended most road tests.
- NCDOT is continuing work on all active construction and maintenance projects.
- Per Governor Cooper's Executive Order No. 116, NCDOT has waived restrictions on oversize/overweight vehicles for quicker transport of medical and other emergency supplies.
- NCDOT changed messaging on digital highway signs to direct motorists to latest info on Coronavirus.
- There are road closures associated with non-resident restrictions in some parts of N.C. For real-time information, visit DriveNC.gov
- The N.C. Ferry System has adopted reduced schedules during the outbreak.
- Passenger rail service has been reduced.
- N.C. Quick Pass walk-in locations are closed until further notice.

FINANCIAL SUPPORT: LOANS AND WORK

- [Unemployment Insurance](#)
- [Unemployment Information](#)
- [COVID-19 Parent Application for Financial Assistance for Emergency Child Care](#)

ANTI-DISCRIMINATION AND HUMAN RIGHTS

- [Workers Rights](#)

FOOD ASSISTANCE

- [Food and Nutrition Benefits Information](#)
- Text FOODNC to 877-877 to find local sites offering free meals. The texting service is also available in Spanish by texting COMIDA to 877-877.

NC COURTS

- [COVID-19 Updates](#)

INTERNET ACCESS

- [Internet Service Access](#)

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- [Public Wifi Offerings](#)

ASSISTANCE FOR ESSENTIAL EMPLOYEES

- [Local Government Childcare Assistance for Essential Employees During COVID-19 Outbreak](#)

HOMELESSNESS

- [Resources to support people experiencing homelessness](#)
- [Interim Coronavirus Disease 2019 \(COVID-19\) Guidance for Homeless Shelters and Service Providers](#)

ADULTS WITH DEVELOPMENTAL DISABILITIES

Easy-to-read COVID-19 booklet:

- [English](#)

LEGAL AID / ASISTENCIA LEGAL

- Legal Aid of North Carolina: 1-866-219-5262
- NC Lawyer's Referral Service: 1-800-662-7660 or 919-677-8574
- [North Carolina Justice Center](#) (for immigrants with and without status)