

What's new in **Phase One**?

On **Friday, May 8 at 5pm**, North Carolina will move into Phase One. The **Stay at Home order** remains in place with some modifications. Here's what Phase One means for our state:

| | Through May 8 | Phase One |
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| Commercial activity | People should only leave home for essential purposes (food, medicine, etc) | People can leave home for commercial activity and more businesses are open |
| Retail | 20% capacity allowed | 50% capacity allowed with cleaning and social distancing |
| Gatherings | 10 person limit | 10 person limit-gathering outdoors with friends allowed |
| Childcare | Childcare centers open for essential workers only | Childcare centers open for working parents or those looking for work |
| Teleworking | Encouraged | Encouraged |
| Bars and Restaurants | Take-out and delivery | Take-out and delivery |
| Barbers/Salons/Massage | Closed | Closed |
| Theaters, Music Venues, Bowling Alleys | Closed | Closed |
| Gyms | Closed | Closed |
| Playgrounds | Closed | Closed |
| Visitation at Longterm Care Centers | Not allowed | Not allowed |
| Worship Services | Outdoor services allowed | Outdoor services allowed |
| State Parks and Trails | Local discretion | Opening encouraged |
| Face Coverings | Encouraged | Encouraged |