



Gaston County Stay at Home Order

Gaston County has issued a Stay at Home Order beginning **Friday, March 27, 2020 at 5:00 p.m.** in order to further combat the spread of COVID-19 in our community. This order directs all Gaston County residents to shelter at home and limit movements outside of their homes beyond essential needs. This order is valid through **April 16, 2020** but will be regularly reviewed and evaluated and may be revised, amended, or extended accordingly, based upon recommendations by the Gaston County Public Health Director and the Gaston County Emergency Management Director.

YOU CAN

- Go to the grocery, convenience or warehouse store
- Go to the pharmacy to pick up medications and other healthcare necessities
- Visiting a health care professional for medical services that cannot be provided virtually (call first)
- Go to a restaurant for take-out, delivery or drive-thru
- Care for or support a friend or family member
- Take a walk, ride your bike, hike, jog and be in nature for exercise - just keep at least six feet between you and others
- Walk your pets and take them to veterinarian if necessary
- Help someone to get necessary supplies
- Receive deliveries from any business which delivers

YOU SHOULD NOT

- Go to work unless you are providing essential services as defined by this Order
- Visit friends and family if there is no urgent need
- Maintain less than 6 feet of distance from others when you go out
- Visit loved ones in the hospital, nursing home, skilled nursing facility or other residential care facility, except for limited exceptions as provided on the facility websites
- Travel except for essential travel and activities

What is the difference between "Stay at Home" and "social distancing"?

Stay at home is a stricter form of social distancing.

Stay at home means:

- Stay home (stay unexposed and do not expose others)
- Only go out for essential services
- Stay 6 feet or more away from others
- Don't gather in groups

For the full Proclamation, go to GastonGov.com/Coronavirus. For further questions, call the Gaston County Stay at Home Community help line at (704) 866-3170. Hours of operation are Monday through Friday, 8:00 a.m. to 5:00 p.m.