

# Staying Ahead of the Curve

	Stay At Home	Modified Stay At Home (Phase 1)	Safer At Home (Phase 2)
<b>Commercial Activity</b>	Leave home only for essential purposes	More businesses open	More businesses open
<b>Stay at Home Order</b>	In place	In place, modified to allow more activities	Lifted, high-risk people encouraged to stay home
<b>Retail</b>	Essential only, 20% capacity		
<b>Gatherings</b>	10-person limit	10-person limit, outdoor gatherings allowed	10-person limit indoors 25-person limit outdoors
<b>Child Care</b>	Child care centers open for essential workers only		
<b>Teleworking</b>			
<b>Bars</b>			
<b>Restaurants</b>	Takeout/delivery only	Takeout/delivery only	
<b>Barbers, Salons and Personal Care</b>			
<b>Theaters, Music Venues and Bowling Alleys</b>			
<b>Parks and Trails</b>	Local Discretion		
<b>Face Coverings</b>			
<b>Day Camps</b>			
<b>Overnight Camps</b>			
<b>Large Venues, Arenas and Stadiums</b>		Open but no spectators	Open but with restrictions
<b>K-12 Schools</b>			
<b>Gyms</b>			
<b>Playgrounds</b>			
<b>Pools</b>			
<b>Long-term Care Center Visitation</b>			

Guidance on the requirements and recommendations for each phase is available online at [covid19.ncdhhs.gov/guidance](https://covid19.ncdhhs.gov/guidance).

Open/lifted  
 Encouraged  
 50% Capacity  
 Open but with additional restrictions  
 Closed

