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

Guidance on the requirements and recommendations for each phase is available online at covid19.ncdhhs.gov/guidance.



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

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES