



Grandin Baptist Church

Photograph taken on March 25, 2020

She gets her hair from her mom.
Her eyes from her dad.
And her drugs from her grandma's
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Caldwell Journal Info

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**Our Deadline Is On Friday At 5pm
For Next Week's Paper**

Caldwell Journal

Caldwell Journal Weather

Thursday (26th): Mostly cloudy.
High 62 Low 49
Precipitation: 0%

Friday (27th): Partly sunny.
High 82 Low 56
Precipitation: 16%

Saturday (28th): Partly sunny & very warm.
High 83 Low 60
Precipitation: 4%

Sunday (29th): Variable clouds, a t-storm.
High 80 Low 52
Precipitation: 55%

Monday (30th): Nice with clouds & sun.
High 73 Low 51
Precipitation: 4%

Tuesday (31st): Rain & drizzle in the p.m.
High 58 Low 45
Precipitation: 63%

Wednesday (1st): Mostly cloudy, showers around.
High 53 Low 37
Precipitation: 60%

Attorney General Josh Stein Commends Utilities Commission Decision To Help Customers During COVID-19 Crisis

RALEIGH, NC (March 20, 2020) — Attorney General Josh Stein today released the following statement in response to the North Carolina Utilities Commission's order to suspend disconnections during the state of emergency:

"I commend the Utilities Commission's quick action during these unprecedented and unsettling times. People who are struggling with their health, have been laid off from a job, or have seen their tips or commissions dwindle should not lose access to the water, power, or gas they need. I'm pleased that the order waives late fees, prevents reconnection fees, and requires utilities to work with customers on payment plans once the state of emergency is over.

"I had planned to petition the Utilities Commission today to ask them to pass an order like this — I even announced those plans yesterday during my virtual Town Hall. I'm pleased to see that the Utilities Commission is taking this action on its own accord. This is a great example of government working as it should."

Caldwell Baptist Association events that have been cancelled or rescheduled

Women Taking Time to Breathe scheduled for March 28 has been rescheduled to May 16.

All Thursday devotions at Brookdale Lenoir have been cancelled for April.

Ministers Conference scheduled for April 1 has been cancelled.

Media Library Book Fair scheduled for April 6 has been rescheduled to June 1.

Senior Adult Lunch and Learn scheduled for April 7 has been cancelled.

WMU Annual Meeting and Banquet scheduled for April 21 has been cancelled.

Spring Associational Gathering scheduled for April 23 has been cancelled.

Baptist Children's Homes Food Roundup has been postponed but you may still bring gift cards and checks payable to the Baptist Children's Homes of NC to the Caldwell Baptist Association no later than April 26.

Retired Ministers and Wives trip to Billy Graham Library scheduled for April 27 has been cancelled.

Secretaries Luncheon scheduled for April 28 has been cancelled.

Mother/Daughter Overnight scheduled for May 29-30 has been cancelled.

National Forests in North Carolina temporarily shutting down all recreation facilities

Asheville, NC, March 27, 2020 - To protect public health and safety and align with guidance from State of North Carolina health officials and experts at the Centers for Disease Control and Prevention (CDC), recreation facilities at recreation sites on the National Forests in North Carolina (NFs in NC) will be temporarily shut down effective March 26. This includes picnic pavilions, shooting ranges and all restrooms, including those at trailheads and other recreation sites.

These shutdowns are in addition to previous announcements about developed campgrounds, several large developed day use areas, visitor centers and Off-Highway Vehicle (OHV) trail systems, which remain temporarily shut down. Forest visitors can still enjoy non-motorized trails and dispersed camping at this time, as long as they follow social distancing guidelines.

For a list of facilities on the National Forests in North Carolina that are temporarily shut down, visit: www.fs.usda.gov/detail/nfsnc/news-events/?cid=FSEPRD715959

"We realize our communities and our visitors place high value on the recreation opportunities the Forest has to offer," said Allen Nicholas, National Forests in North Carolina Forest Supervisor. "A lot of discussion and consideration went into this decision. The health and safety of our employees and the public remain our top priority. We believe people understand the serious risks posed by facilities that draw large numbers of people into close proximity to each other. We appreciate your patience and understanding of our efforts to mitigate those risks to protect public health and safety."

The National Forests in NC asks members of the public to recreate responsibly by avoiding gathering in groups of more than ten people and not engaging in high-risk activities, like rock climbing, that increase the chance of injury or distress. Law enforcement and search and rescue operations may be limited due to COVID-19. In addition, visitors can help mitigate resource impacts while recreation sites are shut down by bringing home their trash (pack it in, pack it out), and by appropriately managing human waste by burying it at least six to eight inches deep and 200 feet away from water, trails and recreation sites.

The National Forests in NC will continue to coordinate its COVID-19 response in alignment with all federal, state and local guidance. Visitors to national forests are urged to take the precautions recommended by the Centers for Disease Control and Prevention (CDC). For tips from the CDC on preventing illnesses like the coronavirus, go to: www.cdc.gov/coronavirus/2019-ncov/about/prevention.html.

Visitors are also encouraged to review the National Forests in North Carolina website for updates and more information, at: <https://www.fs.usda.gov/nfsnc>.



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City Walk construction moves to Union Square

HICKORY, NC (March 26, 2020) -- Construction of City Walk in the Union Square area of Downtown Hickory has begun. The parallel parking spaces along the railroad tracks at Union Square have been permanently closed for construction of City Walk. Work in this area of Union Square is anticipated to take approximately two months to complete.

Additionally, the parking lot along Main Avenue NW adjacent to the railroad tracks between Third Street NW and Fourth Street NW will close on March 30 for construction of City Walk and the Third Street NW pedestrian bridge. These diagonal parking spaces will remain closed for approximately four months.

"Our goal is to complete all City Walk construction activities at Union Square prior to the summer months, so as to minimize impacts for all citizens," said Public Services Director Kevin Greer, P.E.

At the conclusion of City Walk construction, additional parking spaces will be added to the new parking area on the eastern end of Union Square and the entire Union Square parking lot will be repaved and restriped.

Residents asked to reconsider burning yard debris due to spring wildfire season and COVID-19 pandemic

RALEIGH, NC (March 26, 2020) -- N.C. Forest Service officials urge citizens to reconsider burning yard debris through the end of May, which historically marks the end of spring wildfire season in North Carolina. Consider alternatives to burning. Some types of debris, such as leaves, grass and stubble, may be of more value if they are not burned but used for mulch instead.

"In North Carolina, most wildfires are caused by human action and careless debris burning. When left unattended, debris burns can escape, igniting tragic wildfires," said Agriculture Commissioner Steve Troxler. "Minimizing the number of escaped debris burns will reduce the risk of wildfires while also reducing the risk of community exposure to COVID-19 by allowing first responders to limit close-contact interactions and maintain social distance."

During the COVID-19 pandemic, the N.C. Forest Service continues mission critical work such as wildfire suppression and other emergency response functions.

For tips to protect property, prevent wildfires or to access the Online Burning Permit System, visit ncforestservice.gov.



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*Benefit quoted and monthly premium (rate) is for Plan G quoting a female, non-tobacco and is effective until May 31, 2020. 1 Based on Blue Cross NC internal data, November 2018. Rates are subject to change June 1 of each year, but members will not be singled out for premium increases based on their individual health. ®, SM Marks of the Blue Cross and Blue Shield Association. The agency is an independent entity that has been appointed as an authorized agent of Blue Cross NC. Blue Cross NC is an independent licensee of the Blue Cross and Blue Shield Association.

U3198c, 3/19

Google Donates Chromebooks to Help CCC&TI Students

HUDSON, NC (March 25, 2020) -- To help meet the needs of Caldwell Community College and Technical Institute students transitioning to online courses, Google has donated Chromebook laptop computers for students in need.

Since announcing plans for a data center in Lenoir in 2007, Google has partnered with CCC&TI in a variety of ways, including the development of an Information Technology training program and ongoing efforts to improve online learning for local students.

"Google's willingness to help our students during this difficult time is one of many examples of their generosity toward this community," CCC&TI President Dr. Mark Poarch said. "We're lucky to have so many great corporate sponsors in our community like Google and I'm thankful for their quick response when our students need it most."

The first shipment of 50 Chromebooks arrived at CCC&TI Wednesday morning, and additional device donations are anticipated in the future. CCC&TI staff and faculty have been surveying students in recent weeks to make sure they have access to technology needed to transition to online learning. With this donation, students who qualify will be able to borrow one of the new Chromebooks to complete their Spring Semester courses. Distribution will begin this week.

Due to the COVID-19 Coronavirus outbreak, CCC&TI transitioned most classes to an online format beginning March 23. The college also closed its campuses to the public beginning March 20 and suspended in-person classes indefinitely.

"I am so proud of our faculty and staff for the way they have responded to this crisis," Poarch said. "Their willingness to accept change and stretch in ways previously unimaginable demonstrates their unwavering commitment to student success. We know that the days ahead will bring additional challenges for our students, faculty and staff, especially in areas of technology and online access. However, CCC&TI is committed to doing everything we can to support our students and each other. We will get through these unprecedented and challenging times together, and we will be stronger as a result."

CCC&TI continues to update students and the community of COVID-19 news, as well as resources for the transition to online learning in response to it, through its website at: www.ccti.edu/covid-19

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Faith or Fear? By Daniel B. Rundquist

"Those who would give up essential liberty, to purchase a little temporary safety, deserve neither liberty nor safety1. Benjamin Franklin (1706-1790)

There are two separate but related issues with the events surrounding COVID-19. The first I will address is no less important than the latter. First, we believe that America is a Christian nation, so I'm just going to say it: closing churches during a national crisis is a disservice to our communities. Whether these closures are unlawfully mandated by a state dictator, or are voluntary, our places of prayer and worship are a spiritual refuge for the faithful. The Lord Himself reminded the people, "It is written," he said to them, "'My house will be a house of prayer'...2 Who are we to declare them "closed?"

If indeed this crisis is real, we should support and be supported by communities of faith, not shutting them down out of fear. Churches have other options than closing outright. Many have gone to live streaming their services and programs through web-based applications. But they could schedule open times, perhaps 2 -3 hours a day where the faithful could visit with the pastor privately or just come to the House of the Lord to pray without a formal program. Why would we ever close a church?

So, what exactly are we afraid of? I suppose that the central issue regarding COVID-19 truly depends upon what we believe. I clearly understand that the COVID-19 disease is real. However, let's put the outbreak into perspective. You have doubtlessly already heard all the frightening reporting on COVID-19 because every news outlet pushes this sensational information 24/7. As of March 23, we have 471 deaths reported in the U.S.3. But did you know that from January to mid-March that in the U.S. alone there were 4,323 deaths due to the seasonal flu and 33,830 deaths caused by pneumonia4? Where was the same "national response" to seasonal flu and pneumonia to address these casualties?

Secondly, we can now understand that the draconian response by government is in fact, overblown and outrageous. In addition to all the closures of businesses, schools, parks, public venues and just about everything else, New York, New Jersey, Connecticut, Maine, Maryland, Ohio, Michigan, Louisiana, Oregon, Illinois, and California have "stay at home orders" forcing their citizens to stay in their homes. What country is this again?

America is nation governed by the rule of law, not the rule of men. We do not have such things as monarchs and dictators. While those men who are presently assuming these roles citing the Stafford Act, the people must now remind these men of the non-negotiable law that predates and supersedes it. The laws that restrict government from trampling upon the rights of the people:

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances." Amendment 1: The Bill of Rights

If this were not strong enough clear language in establishing the rights of the people, North Carolinians can consider also the Constitution of the State of North Carolina which declares, in part5:

Sec. 7. Suspending laws.

"All power of suspending laws or the execution of laws by any authority, without the consent of the representatives of the people, is injurious to their rights and shall not be exercised."

Sec. 13. Religious liberty.

"All persons have a natural and inalienable right to worship Almighty God according to the dictates of their own consciences, and no human authority shall, in any case whatever, control or interfere with the rights of conscience."

On Saturday, March 14th, North Carolina Governor Roy Cooper issued an Executive Order closing the public schools and banning gatherings of more than a hundred people. His order was backed up by the threat of the penalty to be charged with a class 2 misdemeanor.6 Time and again we have seen overreach by our government for whatever reason they may contrive, and today there are at least two private attorneys in our area volunteering to defend any North Carolinian or North Carolina based group pro bono who is charged with misdemeanor under Governor Cooper's mandate restricting gatherings. If we fail to hold government accountable to adhere to the Constitution and the Bill of Rights, we cease to be the free nation that we once were.

I smell a rat. Our irresponsible politician's knee-jerk reaction to this virus has caused an immediate and totally unnecessary economic crash which is costing the nation trillions of dollars in lost business, jobs, trade, and soon, bankruptcies. It is like the Obama Administration on steroids. It was, after all Obama's Chief of Staff, Rahm Emanuel who remarked, "You never let a serious crisis go to waste. And what I mean by that it's an opportunity to do things you think you could not do before.7" *Continued on page 9...*

Faith or Fear? By Daniel B. Rundquist
Continued from page 8...

The “govern by crises, fear and division” strategy is again, not new. I have noted in my lifetime a series of no less than sixty-nine nationally declared diseases, issues, concerns, and events purported by the media, government, and other agencies or groups that were all supposed to kill me. Of course, government was always there with a “solution” or a “study” that had to be funded with, of course, a bigger budget and more taxes to pay for it.⁸

This of course, funnels more tax money into liberal academia and other special interest groups, a portion of which is eventually funneled by those institutions back to politicians for their election campaigns and causes. Those politicians, once elected, will in turn, funnel additional federal and state money in this way and the cycle simply continues.

In the same way, politicians are seizing the present opportunity that they have created around COVID-19. Americans are being frightened and shuttered in every possible way. We are worried about our health and safety, we are losing our businesses, jobs, and 401(k)’s all in a matter of a few short weeks. The stock market has crashed down 37%. The immediate “solution” for government is the same old song: money. The “aid” package being prepared sends out checks in direct payments to Americans.

Where, we may ask, will this money come from? Government has no money of its own; every dollar that government spends originates from an outside source by way of taxation, fees, fines, interest, or tariffs. Failing that, the government will borrow what it needs and put the bill in your name while it adds to the national debt, which is now approaching \$24 trillion⁹. Sending us all checks for \$1,000 each is not only an unconstitutional redistribution of wealth; it’s akin to us paying ourselves. As a form of aid, it will accomplish very little for us, but will go far in making the nation financially weaker, especially if this money is to be borrowed.

My advice? Do not buy into this fear. Reopen the churches. In the present case of COVID-19, if you feel you are infected, or part of a high-risk group—by all means stay away from crowds or stay home. You should not need the governor to mandate this. I can guarantee the precise date when the COVID-19 issue will magically be solved and never worried about again by politicians and media: Wednesday, November 4, 2020—the day after the national election.

Caldwell Hospice Needs Your Help!

LENOIR, NC (March 26, 2020) -- In the midst of the COVID-19 crisis, Caldwell Hospice and Palliative Care remains committed to provide quality patient-centered care to patients in homes, long-term-care facilities, and their patient care units in Lenoir and Hudson. “In accordance with CDC and CMS guidelines, we are exercising precautions to keep our patients and staff safe,” says Caldwell Hospice CEO Cathy Swanson.

Caldwell Hospice is in immediate need of the following new unopened items as our staff continues to serve patients in our community:

Medical grade surgical and procedure masks
N95 respirator masks
New thermometers
UV oven, non-heat producing
Medical gloves, gowns, and shoe covers
Face shields and goggles
Hand sanitizer
Disinfectant spray (Lysol)
Disinfectant wipes (Lysol, Clorox, etc.)

**We Need
Your Help!**

As a community-owned, not-for-profit provider, Caldwell Hospice provides care regardless of ability to pay. “In 2018-19, Caldwell Hospice provided over \$1.3 million in patient care for which there was no reimbursement. That care is made possible by the generosity of our community,” says Swanson. “Thank you for your continued support.”

To donate, please contact April Moore at amoore@caldwellhospice.org, 828.754.0101 or 1.844.MY.JOURNEY.

Caldwell Journal Coronavirus COVID-19 Tracker Page

The Caldwell Journal COVID-19 “Tracker Page” includes a COVID-19 interactive map, statistics, reports, recommendations, cancellations, closings, postponements, press releases, resources, important & practical tips and more. Visit www.caldwelljournal.com to view...

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Scam Alert: Top 4 Coronavirus Scams Seen by BBB

MATTHEWS, NC (March 19, 2020) -- COVID-19, the disease caused by the novel coronavirus, has hit North America. While this is bad news for most Americans and Canadians, it's great news for scammers who are cashing in on our anxiety about the disease. As the outbreak worsens, BBB Scam Tracker has received numerous reports about four major scams.

Face Masks - You want to buy a face mask to help protect yourself – or family – from coronavirus. Masks are sold out in your local stores and many major online sellers. So instead, you turn to purchasing masks from an online shop you don't know.

Unfortunately, phony online stores abound – especially when an item is in high demand. According to Scam Tracker reports, these phony sellers take victims' money and never deliver anything at all. One person reported ordering nearly \$200 in masks and received no product or response from the seller: "I checked back a few times over the past week to see if there was updated information on a shipping date, but never got more information than that 'the order was being processed.'" These sites use tricks like limited time deals to entice you into ordering more.

In the worst cases, these sites are actually a way to steal your personal and credit card information, opening you up to identity theft.

Fake Cures/Clickbait - You are worried about coronavirus and hear about preventions or a "cure" on social media, in an email, or a website. The message or website contains a lot of information about this amazing product, including convincing testimonials or a conspiracy theory backstory. For example, one scam email claims that the government has discovered a vaccine but is keeping it secret for "security reasons." You figure it can't hurt to give the medicine a try, so you get out your credit card.

Don't do it! Currently there are no U.S. Food and Drug Administration-approved vaccines or drugs to prevent coronavirus, although treatments are in development. No approved vaccines, drugs, or products specifically for coronavirus can be purchased online or in stores. In fact, the FTC issued warning letters to several companies claiming they had a product to cure or prevent the virus.

Government Issued Funds - As the Coronavirus takes a growing toll on people's pocketbooks, there are reports that the government will soon be sending money by check or direct deposit to each of us. The details are still being worked out, but there are a few really important things to know, no matter what this looks like.

1. The government will not ask you to pay anything up front to get this money. No fees. No charges. No nothing.
2. The government will not call to ask for your Social Security number, bank account, or credit card number. Anyone who does is a scammer.
3. These reports of checks aren't yet a reality. Anyone who tells you they can get you the money now is a scammer.

Price Gouging - As government officials, news outlets and health officials are keeping the public apprised of the COVID-19 situation, consumers are finding the cost of high-demand items, such as hand sanitizers, tissues, face masks and other products skyrocketing. Over the last few weeks, BBB has received reports from consumers about the frequency of scams involving these items and fake cures. Now, state attorneys general offices may need to initiate state price-gouging laws, which will automatically go into effect during a declared state of emergency in order to prevent businesses from overcharging customers who are preparing to take preventative measures from getting sick.



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Op-Ed from UNC Health's CEO Dr. Wesley Burks: Health Systems In Dire Need of Personal Protective Equipment

CHAPEL HILL, NC (March 24, 2020) — As the leader of UNC Health, a system of 11 hospitals across our State and the Dean of the University of North Carolina School of Medicine, to say the last several weeks have been stressful would be a vast understatement. Our collective mission is to promote the health and well-being of the people of North Carolina. During this COVID-19 pandemic our two priorities are the appropriate diagnosis and care of our patients and the safety of our co-workers. Individuals across our state are stepping up to help in this crisis. In our system, we have created a leadership team to oversee vast preparation and operational strategies. The level of coordination from our senior executive team, our affiliate leaders and every clinical and operational aspect of our system has proven truly remarkable. The collaboration with other health systems in our state and the leadership of the Governor and legislative leaders has been extraordinary.



We are prepared for the initial levels of patients admitted to our hospitals with COVID-19. However, if we get to a situation similar to Italy, Seattle or New York City -- if intensive care unit space or more beds are needed beyond our current capacity -- it would be catastrophic in North Carolina, as it will in many places across the country.

To treat our patients and ensure the safety of our co-workers, we need diagnostic testing capacity and supplies, including reagents (chemicals), swabs and Personal Protective Equipment (PPE), including masks and face shields. One of our researchers, Dr. Melissa Miller, developed an in-house diagnostic COVID-19 test. She received the direct help of our U.S. legislative delegation and the FDA and was able to increase our testing capacity and provide faster turnaround time that was desperately needed. Now we need the supplies, including swabs, to keep going and these are in extremely short supply.

Most importantly, we and all the health care systems and providers are in dire need of the various types of PPE. Despite what many may read, every place of care in the country does not have an adequate supply for the next two months of patient care. This current situation is the equivalent of sending our army into battle with vastly inferior equipment. We are asking our health care co-workers to put their lives on the line without adequate protection – as a country, we would never do this for our military soldiers.

The risk in caring for patients with COVID-19 for our health care co-workers is thought to be acceptable, but only with adequate PPE. We will be good with supplies of PPE for the next couple of weeks. But as the pandemic continues, we and others will try to extend our PPE supplies by reusing them and many other novel ways to extend usage by making new ones with homemade supplies. We would never send our troops into action with homemade guns or other artillery. We are being told as a last resort to use bandannas; we would never send our troops to battle with a BB gun.

On behalf of nurses, physicians, respiratory therapists and so many other health care co-workers everywhere, we are asking for a true national response to this lack of PPE. If mobilized appropriately the supply could be replenished in 2-3 weeks and save thousands of health care co-workers.

Wesley Burks, M.D.

Bondurant Distinguished Professor

CEO, UNC Health

Dean, University of North Carolina School of Medicine

Chapel Hill, NC

COVID 19

CORONAVIRUS
DISEASE

SYMPTOMS OF CORONAVIRUS DISEASE 2019

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COUGH



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OF BREATH**



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For more information: www.cdc.gov/COVID19-symptoms



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South Caldwell Christian Ministry	5 Quarry Rd	Granite Falls	NC	28630	Caldwell	828.396.4000	Tu & Th: 9a - 5p; W: 9a - 2p
Caldwell County Yokefellow	1602 Harper Ave NW	Lenoir	NC	28645	Caldwell	828.754.7088	M - Th: 9a - 3:30p
First Baptist Church Whitnel	1201 Connelly Springs Rd SW	Lenoir	NC	28645	Caldwell	828.754.3240	Th: 8a - 12p (2nd and 4th Thursday of Jan., Mar., May, July, Sept., Nov. and Dec.); Sa: 9a - 12p (3rd Saturday of Jan., Mar., May, July, Sept., Nov. and Dec.)
Dulatown Presbyterian	1537 Miller Hill Rd	Lenoir	NC	28645	Caldwell	828.758.5826	W: 2:30p - 4p (1st and 3rd Wednesday of each month)
Mountain Grove Baptist Church	2485 Connelly Springs Road	Granite Falls	NC	28630	Caldwell	828.728.9557	Tu: 5p - 7p (2nd and 4th Tuesday of each month)
Mt Olivet UMC Community Food Pantry	3282 Collettsville Rd	Lenoir	NC	28645	Caldwell	828.989.4221	Sa: 9a - 12p (3rd Saturday of each month)
Pay It Forward Food Pantry	2058 Harper Avenue NW	Lenoir	NC	28645	Caldwell	828.729.2581	Th: 9a - 12p (2nd and 4th Thursday of each month); Sa: 9a - 12p (3rd Saturday of each month)

Please call the site prior to your visit to ensure that the operational hours posted above are still in effect.

COVID-19: What to Do If You Feel Sick

March 23, 2020



1. Stay home and call your doctor, if needed.

Most people who get COVID-19 will recover without needing medical care. The Centers for Disease Control and Prevention (CDC) recommends that you stay home if you have mild symptoms – such as fever and cough without shortness of breath or difficulty breathing. You can call your doctor to see if you need medical care.

Some people are at **higher risk** of getting very sick with COVID-19. People at higher risk should call their doctor if they develop symptoms of fever or cough. You are at higher risk if you:

- Are 65 years and older
- Live in a nursing home or long-term care facility
- Have a high-risk condition that includes:
 - Chronic lung disease or moderate to severe asthma
 - Heart disease with complications
 - Compromised immune system
 - Severe obesity — body mass index (BMI) of 40 or higher
 - Other underlying medical conditions, particularly if not well controlled, such as diabetes, renal failure or liver disease

People who are pregnant should be monitored since they are known to be at risk for severe viral illness. However, to date, data on COVID-19 has not shown increased risk for severe illness.

Call your doctor or 911 right away if you have:

- Shortness of breath
- Difficulty breathing
- Chest pain or pressure
- Confusion
- Blue lips

Most people do not need a test.

When you leave your home to get tested, you could expose yourself to COVID-19 if you do not already have it. If you do have COVID-19, you can give it to someone else, including people who are high risk.

Your doctor can help you decide if you need a test. There is no treatment for COVID-19. For people with mild symptoms who don't need medical care, getting a test will not change what you or your doctor do.

Testing is most important for people who are seriously ill, in the hospital, people in high-risk settings like nursing homes or long-term care facilities, and healthcare workers and other first responders who are caring for those with COVID-19.

2. Isolate yourself.

If you are sick with COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible.



When can I go back to my normal activities?

You can stop isolating yourself when you answer YES to ALL three questions:

- ✓ 1. Has it been at least 7 days since you first had symptoms?
- ✓ 2. Have you been without fever for three days (72 hours) without any medicine for fever?
- ✓ 3. Are your other symptoms improved?

Call your doctor if your symptoms are getting worse or you have any concerns about your health.

What if I'm not sure if I have COVID-19?

If you have fever and cough and other symptoms of respiratory illness, even if it is not from COVID-19, you should isolate yourself as if you have COVID-19. This will reduce the risk of making the people around you sick.

What should my family members do?

Anyone in your household or others who have been in close contact with you should stay home for 14 days as much as possible and monitor themselves for symptoms. Close contact means within six feet for at least 10 minutes. If they start having symptoms of COVID-19, they should take the same steps to prevent spreading it.

Family members who are healthcare workers, first responders, or others who are needed to respond to the COVID-19 pandemic should review [CDC guidance](#) and check with their employers about when to return to work.

3. Stay informed.

- Visit ncdhhs.gov/coronavirus for information from the NC Department of Health and Human Services.
- Text COVIDNC to 898-211 to get text updates.
- Found out more information on what to do if you are sick at cdc.gov/coronavirus.



NC Department of Health and Human Services
www.ncdhhs.gov | NCDHHS is an equal opportunity employer and provider. | 3/20

KNOW THE SYMPTOMS

CORONAVIRUS

- Fever or feeling feverish
- Cough
- Shortness of breath

FLU

- Fever
- Cough
- Runny or stuffy nose
- Sore throat
- Body aches
- Headaches
- Fatigue

ALLERGIES

- Sneezing
- Runny or stuffy nose
- Watery eyes
- Itchy nose, eyes or roof of mouth

Source: CDC



CALDWELL COUNTY
North Carolina



HEALTH DEPARTMENT
(828) 426-8525

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