

NORTH CAROLINA CITIZENS FOR PUBLIC HEALTH

ISSUE NO 1 | MARCH 2021 | ENGAGEMENT COMMITTEE



UPCOMING EVENTS

- Next virtual membership meeting:
May 21, 2021 at 10am

MEMBER MESSAGE

"Becoming a member of NCCPH has enhanced my advocacy and networking skills, tremendously. I wish I had joined earlier in my career." – Katrina White

OUR MISSION

North Carolina Citizens for Public Health (NCCPH) is a non-partisan association of citizens of North Carolina who advocate for strong public health policies that have a direct impact on protecting the health of the public of our state.

OUR VISION: Members from all 100 North Carolina counties to affect the impact of advocacy for the public's health.

OUR VALUES:

- Function as a non-partisan organization
- Involve citizens and citizen advocates
- Build community through collaboration
- Strengthen and support all public health services
- Use available evidence-based research to support education and advocacy activities



2021 Leadership Team



President: Shahnee Haire

Years of membership: 5



Vice-President: Elaine Marshall

Years of membership: 6



President-Elect: Wes Gray

Years of membership: 4



Secretary: Dr. Linda O'Boyle

Years of membership: 3



Treasurer: Doranna Anderson

Years of membership: 23



Past-President: Kathleen DeVore

Years of membership: 12

NCCPH Committee Chairs

Audit Committee: Rebecca King

Bylaws Committee: Edna Hensey

Communication Committee: Amy Belflower Thomas

Engagement Committee Co-Chairs: Shahnee Haire and Andrea Freeman

Legislative Committee Co-Chairs: Priscilla Guild and Kathy Johnson

Membership Committee: Gordon Daughtry

Nominating Committee Co-Chairs: Emily Tyler and Priscilla Guild



Sign up to become a NCCPH member here:

<https://www.nccph.com/join-for-free>

DID YOU KNOW?

In 2017, NCCPH received from the Southern Health Association the Howell Special Meritorious Service to Public Health Award. This award is presented to an individual, a group of individuals or organization to honor outstanding and continuous service to, involvement with and support of public health particularly in the field of prevention.



Membership at a Glance!

As of February 1, 2021, which county in North Carolina has the most NCCPH members?



Wake County

Happy Birthday!

Have you had a recent birthday?

If yes, we want to stop and wish you a Happy Birthday, filled with love, light and many blessings!



Community Announcements Corner

We would like to hear from our members. If you are aware of any interesting public health webinars, policies, or events, please let us know! Send announcements here:

andrea.freeman@mtwdh.org



COVID-19 Updates

Know Your 3 Ws!



WEAR
a cloth mask
over your nose
and mouth.



WAIT
6 feet apart.
Avoid close
contact.



WASH
your hands
or use
hand sanitizer.

STOP!

Do not enter if
you have these
symptoms of
COVID-19

SYMPTOMS CAN INCLUDE:

- Congestion or runny nose
- Headache
- Sore throat
- New loss of taste or smell
- Cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Muscle pain
- Fatigue
- Nausea or vomiting
- Diarrhea

Staying apart brings us together.

Learn more at nc.gov/covid19.



Protect your family and neighbors.



Individuals and Families

Carefully easing restrictions

Source: NC Department of Health and Human Services (March 2021)

<https://covid19.ncdhhs.gov/information/individuals-families-and-communities/individuals-and-families>

[Executive Order 195](#) lifted the modified Stay at Home Order.

The order increases the mass gathering limit for indoor gatherings, increases the capacity limits for certain businesses and permits alcohol sales for on-site consumption until 11 p.m. While the order eases certain restrictions, other public health restrictions, including the face covering requirements, remain in effect to continue to protect against the spread of the virus.

Slowing the spread

Vaccinations

Tested, safe and effective, COVID-19 vaccines will help us gain control of our lives and get back to the people and places we love. Learn more about [vaccines](#) and [find your vaccine group and your local vaccination center](#).

Testing and tracing

[Testing](#) and [contact tracing](#) are key components of North Carolina's strategy to responsibly ease restrictions, while continuing to slow the spread of the virus. Through contact tracing, local health department staff and other COVID-19 Community Team members reach out to people who may have recently come into close contact with someone who tests positive for COVID-19 and connect them with the information and support needed to protect themselves and their loved ones.

Know Your Ws: Wear, Wait and Wash

Even with vaccinations, it's important to keep practicing your 3 Ws: [Wear, Wait, Wash](#).

- **Wear** a cloth covering over your nose and mouth.
- **Wait** 6 feet apart. Avoid close contact.
- **Wash** your hands often with soap and water for at least 20 seconds or use hand sanitizer.

Staying healthy

There are some common sense [measures](#) everyone can take to protect themselves and others from the spread of respiratory illnesses like COVID-19.

- Avoid close contact with people who are sick and put distance between yourself and other people.
- Wear a cloth covering over your mouth and nose when you leave your house, especially when you may not be able to keep 6 feet between yourself and other people.
- Wash hands frequently with soap and water for at least 20 seconds at a time.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze.
- Do not reuse tissue after coughing, sneezing or blowing your nose.
- Clean and disinfect surfaces that are frequently touched. Disinfectants should be used by following label instructions.
 - Don't mix chemicals, wear protective gear, use in a well-ventilated area, and store chemicals out of reach of kids. Increases in chemical exposures from disinfectants have been reported. [Learn more](#).
 - Additionally, the [CDC reported](#) serious adverse health issues associated with methanol-contaminated hand sanitizers. [Learn more about these recalls](#).

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ENGAGEMENT COMMITTEE MEMBERS:

Shahnee Haire (Chair), Andrea Freeman (Co-Chair), Julie Gooding Hasty, Kathy Hodge, Katrina White, Connie Mele, and Chester Williams