

STAYING AHEAD OF THE CURVE

Current COVID-19 Restrictions in NC

Updated
3/23/2021

What Makes Activities Lower Risk?



Interacting with fewer people, especially avoiding large crowds



Keeping your mask on the whole time



Staying physically distant



Being outside and not in an enclosed space



Keeping interactions short



Avoiding yelling, singing, cheering and other forceful exhalation

MASKING AND SOCIAL DISTANCING REQUIREMENTS APPLY TO ALL

- **Face coverings: Wear a mask indoors and in all public settings**
For full requirements and exceptions see [Face Coverings Guidance](#).
- Businesses must maintain the appropriate 6 feet of distance requirement and continue to implement other safety protocols as they expand their capacity.

Mass Gatherings: 50-person limit indoors, 100-person limit outdoors

LOWER RISK	<p>Open</p>	Child Care
		Day and Overnight Camps
		Outdoor Playgrounds
		Parks and Recreation
		Private and Critical Infrastructure
		Retail Businesses
		Salons, Personal Care and Tattoo
MEDIUM RISK	<p>Open 100% outdoors</p> <p>Open 75% indoors</p>	Museums and Aquariums
		Pools – Indoor open up to 75%, outdoor open up to 100%
		Restaurants, breweries and wineries – Face covering exception for patrons when actively eating or drinking. Indoor open up to 75%, outdoor open up to 100%. Delivery or carry-out of mixed beverages is permitted.
		Gym and Indoor Exercise – Indoor open up to 75%, outdoor open up to 100%. Includes yoga studios, dance studios, martial arts, indoor trampoline and rock climbing facilities, indoor fitness (such as basketball courts, volleyball courts, racquetball courts, squash courts and tennis courts), health clubs and fitness centers, skating rinks, and bowling alleys.
HIGHER RISK	<p>Indoor and outdoors open at 50%*</p>	Amusement Parks – Indoor open up to 75%, outdoor open up to 100%.
		Stadiums and Arenas – Indoor and outdoor occupancy open up to 50% . Includes: <ul style="list-style-type: none"> • Auditoriums, amphitheaters and other venues for live performances • Music halls, night clubs or dance halls • Spectator stands and viewing areas at a sporting facility, stadium, sporting complex or speedway
		Meeting/Reception/Conference Spaces – Indoor and outdoor occupancy up to 50%
		Bars – Face covering exception for patrons when actively eating or drinking. Delivery or carry-out of mixed beverages is permitted. Indoor and outdoor spaces can operate at up to 50%.
		*Movie Theaters and Gaming – Indoor spaces can operate at up to 50% occupancy, and outdoor spaces can operate at up to 75% occupancy.

NOTES: Different settings may have specific requirements and recommendations. See full [Executive Order](#).

NC Department of Health and Human Services • www.ncdhhs.gov • NCDHHS is an equal opportunity employer and provider. • 3/21