## Modified Stay at Home Order
People must stay at home between 10 p.m. and 5 a.m. Travel to and from work; to obtain food, medical care, fuel or social services; or to take care of a family member is exempted. Certain businesses are required to close to the public from 10 p.m. until 5 a.m. each night. Read the FAQs.

### Face Coverings
Required in all indoor settings if there are non-household members present, regardless of the distance away. Required in public outdoor settings if individuals are unable to maintain 6 feet of social distance with non-household members. Exceptions include children 5 years and under and those with a medical or behavioral condition or disability who would be unable to put on or remove a face mask without assistance. Read Executive Order 169, Section 2.4, for full details.

For full requirements, see [Face Coverings Guidance](https://covid19.ncdhhs.gov/guidance).

### Alcohol Sales
No sale of alcohol for onsite consumption after 9 p.m.

### Mass Gatherings
- **10-person limit indoors, 50-person limit outdoors**

### Very Large Venues
- **7% occupancy outdoor only. Includes venues with an outdoor seating capacity of more than 10,000.**

### Small and Medium Venues
- **Indoor: 25-person occupancy and 30% occupancy outdoor, whichever is less. Includes:**
  - Auditoriums, amphitheaters, arenas, and other venues for live performances
  - Music halls, night clubs, or dance halls
  - Adult entertainment facilities
  - Spectator stands and viewing areas at a sporting facility, stadium, sporting complex, or speedway

### Businesses
- **Child Care**
- **Day and Overnight Camps**
- **Outdoor Playgrounds**
- **Places of Worship**
- **Parks and Recreation**
- **Private and Critical Infrastructure**

### Open, but must adhere adhering to the early closure requirements, unless an exception applies.

### Museums and Aquariums – Open subject to reduced occupancy, 25 individuals per room. Must adhere to early closure requirements.

### Pools – outdoor and indoor

### Restaurants – Face covering exception for patrons when actively eating or drinking. The sale and service of alcoholic beverages is prohibited between 9 p.m. and 7 a.m. Delivery or carry-out of mixed beverages is permitted.

### Retail Businesses – Certain retail businesses are exempt from early closure requirements

### Salons, Personal Care and Tattoo

### Gym and Indoor Exercise – Includes yoga studios, dance studios, martial arts, indoor trampoline and rock climbing facilities, indoor fitness (basketball courts, volleyball courts, racquetball courts, squash courts, tennis courts), health clubs and fitness centers, skating rinks, bowling alleys.

### Amusement Parks – Outdoor only

### Bars – Outdoor only, 30% occupancy or a 100-person cap, whichever is less. Face covering exception for patrons when actively eating or drinking. The sale and service of alcoholic beverages is prohibited between 9 p.m. and 7 a.m. Delivery or carry-out of mixed beverages is permitted.

### Meeting and Event Spaces – 30% occupancy or a 100-person cap, whichever is less.

### Movie Theaters and Gaming – 30% occupancy or a 100-person cap, whichever is less. Includes video poker, bingo parlors, sweepstakes, and other gaming settings.

*NOTES: Different settings may have specific requirements and recommendations.*

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