

Suggested Talking Points

You can use the talking points below to share important information about slowing the spread of COVID-19 in your community. You can use these points when speaking to your congregation, to share on your website, and more.

- Faith calls us to protect our loved ones. Faith calls us to love and protect our neighbors. Faith calls us to protect and strengthen our communities. And faith calls us to action. Some days faith calls us to march in the streets. Some days faith calls us to help a neighbor cleanup and rebuild after a natural disaster like a hurricane or flood.
- Today, in this time of pandemic, our faith is calling upon us to do everything we can to protect our loved ones, our neighbors, our community from the spread of COVID-19, including taking precautions like wearing a cloth mask, getting tested if you think you could have been exposed to the virus, and working with contact tracers when they call.
- We see the pain and uncertainty being caused by this virus across our state. Loved ones falling ill, neighbors out of work, small businesses struggling, and community gatherings and family reunions postponed. This virus is impacting us all in one form or another.
- Across our state, it is impacting our biggest cities and smallest towns. It is impacting our construction workers, our nurses, our farmworkers, our factory workers, our restaurant workers – it is impacting families working hard to keep their heads above water in these uncertain times.
- Our Black communities and our Hispanic communities are being hit especially hard. COVID-19 didn't create these longstanding and pervasive disparities, it just made them acutely visible for all to see.
- Contracting COVID-19 is not inevitable or a matter of fate. It is a preventable virus that can be stopped by following public health guidelines and precautions. The simplest thing each of us can do is wear a mask when we are around people who we don't live with.
- We will make it through this pandemic. We have to rely on faith – but wisdom, as well. According to one sacred text, faith without works is dead, therefore we must all do our part to stop the spread and protect ourselves, our families, and our communities. Make sure you are protecting yourself and work with the medical experts and professionals working around the clock to help us in this fight against this pandemic.
- NCDHHS officials reached out to me and other community leaders to let us know that we continue to see communities impacted by COVID-19 across North Carolina. And the message from the health experts was clear: Together, we can – and we will – beat this virus. I want to share a few things we can all do to protect ourselves, our loved ones, and our community:
 - Practice the 3 Ws (Wear. Wait. Wash.). When you leave home, be sure to:
 - Wear a cloth mask over your mouth and nose. Get behind the mask.
 - Wait 6 feet apart. Avoid close contact.
 - Wash your hands or use hand sanitizer.

- Go get tested. If you have symptoms or think you may have been exposed to COVID-19, please go get tested. NCDHHS, the Local Health Department, and community partners are working around the clock to make sure our community has access to testing. If you come into contact with a lot of people – maybe you or someone you live with works at a restaurant or a factory – please go get tested.
- It is far better to be cautious with an eye towards preventing the spread of this virus, than to tough it out in denial. But for many of us, we may ignore symptoms because we fear missing work and jeopardizing the very food on our family table or the roof over our children’s heads. Know that NCDHHS, the Local Health Department, and countless community organizations are here to help. If you test positive, know that there are support systems and resources to keep you on your feet while helping you protect your family and community. Be sure to ask about community supports when you get tested or call 2-1-1 at any time.
- Answer the call. If you get a call from NC OUTREACH or the Local Health Department, please answer the call. It is critical that our families and neighbors get the information and support they need to protect themselves and their loved ones from the spread of this virus. They will work to make sure that everyone – no matter the language spoken -- gets the support and information they need.
- Answer the call. But also be vigilant. A legitimate contact tracer will never ask you for financial information, for a credit card number, or your social security number. If someone does, hang up. That wasn’t the call.
- I know many of us have very real reasons to be skeptical of increased testing and be fearful of giving our information to the Local Health Department. That skepticism and fear is real. When we are marching in the streets for justice and equality and neighbors are fearful of how their information will be used and people fearful of being arrested or deported, there is reason to be skeptical. **But there is surely a way forward. Faith calls on us to protect our loved ones; faith calls on us to love and protect our neighbors; and, today, that means working alongside our health experts.** So, please: Practice your 3Ws (Wear. Wait. Wash.). Find your local COVID-19 testing place. And, together, will we beat this virus.