

Carteret County

Special Accommodation Stores

- **Big Lots-** Big Lot stores are reserving the first hour of each day for senior citizens and those most vulnerable. Big Lots also provides ordering online and curbside pickup of items.
- **Dollar General-** Senior only shopping hours are Monday-Sunday 8-9 a.m.
- **Dollar Tree-** Dollar Tree is dedicating the first hour of business in their stores to at-risk customers including senior citizens and individuals with pre-existing health conditions
- **Food Lion-** Food Lion will be providing senior only shopping hours every Monday and Wednesday from 7:00 a.m. to 8:00 a.m. for customers over the age of 60 and those identified as high risk for severe illness.
- **Lowes Food-**Lowes Food will be providing senior only shopping hours every Tuesday and Wednesday morning from 7:00 a.m. to 8:00 a.m.
- **Publix-** Publix is offering senior shopping hours on Tuesdays and Wednesdays from 7:00 a.m. to 8:00 a.m.
- **Walgreens-** Walgreens will be providing senior only shopping hours every Tuesday from 8:00 a.m. to 9:00 a.m. They will also be providing a limited number of items for purchase through their drive thru. Please contact your local Walgreens to verify participation and details.
- **Walmart-** Walmart will be providing senior only shopping every Tuesday starting March 24 through April 28. Walmart stores will open one hour before their regular store hours to host an hour-long shopping opportunity for customers that are 60 years old and older.

Medication Delivery/Services

Additional restrictions and cost may apply.

- **CVS-** CVS provides same day delivery of prescriptions and personal essentials items. CVS can also provide shipment/delivery in 1-2 business days. Call your local CVS for details or visit: <https://www.cvs.com/content/delivery?icid=rxdelivery-tab-rxdelivery>
- **Realo Drugs-** Cape Carteret, 181 Enterprise Ave, Cape Carteret; 252-393-3345

Grocery Pick Up

Additional restrictions and cost may apply.

- **Big Lots-** 2900 Arendell St, Morehead City, 252-222-0917
- **Food Lion**
 - 4917 Arendell St, Morehead City, 252-247-3573
 - 1010 W. Fort Macon Rd, Atlantic Beach, 252-726-9413
 - 1901 Live Oak St, Beaufort, 252-504-2442
- **Harris Teeter-** 5000 US Hwy 70 Governors Station, Morehead City, 252-240-3742
- **Lowes Food**
 - 321 W.B. McLean Dr, Cape Carteret, 252-393-1602
 - 3000 Arendell St, Morehead City, 252-726-2651
- **Publix-** 8800 Crew Dr, Emerald Isle, 252-354-21-04
- **Walmart-** 300 NC HWY 24, Morehead City, 252-333-2726

County Services:

- **Carteret County Department of Social Services:** 252-728-3181, <http://www.carteretcountync.gov/144/Social-Services>
- **Carteret County Health Department:** 252-728-8550
- **Carteret Health Care (Hospital):** 252-499-6000
- **Leon Mann Jr. Enrichment Center:** 252-247-2625

Special Accommodation Stores

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- **Dollar General-** Monday-Sunday 8-9 a.m. are senior only shopping hours.
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- **Food Lion-** Food Lion will be providing senior only shopping hours every Monday and Wednesday from 7:00 a.m. to 8:00 a.m. for customers over the age of 60 and those identified as high risk for severe illness.
- **Publix-** Publix is offering senior shopping hours on Tuesdays and Wednesdays from 7:00 a.m. to 8:00 a.m.
- **Target-** Wednesdays from 8-9 a.m. are senior only shopping hours
 - 3410 Doctor MLK, New Bern
- **Walgreens-** Walgreens will be providing senior only shopping hours every Tuesday from 8:00 a.m. to 9:00 a.m. They will also be providing a limited number of items for purchase through their drive thru. Please contact your local Walgreens to verify participation and details.
- **Walmart-** Walmart will be providing senior only shopping every Tuesday starting March 24 through April 28. Walmart stores will open one hour before their regular store hours to host an hour-long shopping opportunity for customers that are 60 years old and older.

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- **Realo Drug**
 - 502 West Thurman Rd, New Bern, 252-631-5444
 - 1301 Commerce Dr, New Bern, 252-636-1711
 - 2602 MLK Blvd, New Bern, 252-514-0374
- **Trent East Pharmacy-** 937 HWY 70 East, New Bern, 252-638-6500

Grocery Pick Up

Additional restrictions and cost may apply.

- **Big Lots-** 520 Berne Sq., New Bern, 252-634-9725
- **Food Lion-** 3301 Doctor MLK Jr Blvd, New Bern, 252-635-3388
- **Harris Teeter**
 - 3301 Doctor MLK Jr. Blvd, New Bern, 252-635-3388
 - 2032 Waterscape Way, New Bern, 252-631-5226
- **Publix-** 2004 S Glenburnie Rd, New Bern, 252-634-1646
- **Target-** 3410 Doctor MLK Jr, New Bern, 252-638-2954

Grocery Pick Up-Continued

- **Walmart**
 - Havelock-566 US HWY 70 W, Havelock, 252-333-2750
 - New Bern
 - 2915 Neuse Blvd, New Bern, 252-671-6131
 - 3105 Doctor MLK, New Bern, 252-637-6699

County Services:

- **Carolina East Medical Center:** 252-633-81111
- **Craven County Department of Social Services:** 252-636-4900,
<https://www.cravencountync.gov/275/Social-Services>
- **Craven County Health Department:** 252-636-4920
- **Havelock Senior Center:** 252-444-6423
- **New Bern Senior Center:** 252-638-1790

Duplin County

Special Accommodation Stores

- **Dollar Tree**- Dollar Tree is dedicating the first hour of business in their stores to at-risk customers including senior citizens and individuals with pre-existing health conditions.
- **Dollar General**- Monday-Sunday 8-9 a.m. are senior only shopping hours.
- **Food Lion**- Food Lion will be providing senior only shopping hours every Monday and Wednesday from 7:00 a.m. to 8:00 a.m. for customers over the age of 60 and those identified as high risk for severe illness.
- **Walgreens**- Walgreens will be providing senior only shopping hours every Tuesday from 8:00 a.m. to 9:00 a.m. They will also be providing a limited number of items for purchase through their drive thru. Please contact your local Walgreens to verify participation and details.
- **Walmart**- Walmart will be providing senior only shopping every Tuesday starting March 24 through April 28. Walmart stores will open one hour before their regular store hours to host an hour-long shopping opportunity for customers that are 60 years old and older.
- **Beyond These Walls, Pathway Church Outreach Ministry**- Senior food pick up will be available on Fridays at 9:00 a.m. to 11:00 a.m.
 - 275 N NC 41 HWY, Beulaville, 910-524-2906

Medication Delivery/Services

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- **Kenansville Pharmacy**-Kenansville Pharmacy is offering curbside pick up services. Call to schedule your pickup at 910-296-0500.

Grocery Pick Up

Additional restrictions and cost may apply.

- **Walmart**- 5625 S NC 41 HWY, Wallace

County Services:

- **Duplin County Department of Social Services:** 910-296-2200, <https://www.duplincountync.com/social-services/>
- **Duplin County Health Department:** 252-636-4920
- **Duplin County Services for Aged:** 910-296-2140
- **Vidant Duplin Hospital:** 910-296-0941

WI-FI availability

- **Drive-In free wi-fi-Eastern Carolina Broadband**- Eastern Carolina Broadband has created a Drive-In with FREE wi-fi in Duplin County from 6:00 a.m. till 10:00 p.m. Individuals may register at website at <http://www.ecbroadband.com/free-wifi/>
 - **Flea Market**-Corner of Garner Chapel and Bennetts Bridge
 - **Beulaville Town Hall**-Chinquanin Rd. and Main Street

Greene County

Special Accommodation Stores

- **Dollar General-** Monday-Sunday 8-9 a.m. are senior only shopping hours.
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- **Food Lion-** Food Lion will be providing senior only shopping hours every Monday and Wednesday from 7:00 a.m. to 8:00 a.m. for customers over the age of 60 and those identified as high risk for severe illness.
- **Walgreens-** Walgreens will be providing senior only shopping hours every Tuesday from 8:00 a.m. to 9:00 a.m. They will also be providing a limited number of items for purchase through their drive thru. Please contact your local Walgreens to verify participation and details.
- **Walmart-** Walmart will be providing senior only shopping every Tuesday starting March 24 through April 28. Walmart stores will open one hour before their regular store hours to host an hour-long shopping opportunity for customers that are 60 years old and older.

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- **Realo Discount Drug-** 104 Parkwood Dr, Snow Hill, 252-747-7004

Grocery Pick Up

Additional restrictions and cost may apply.

- **Food Lion-** 108 Greenwood Sq., Snow Hill, 252-747-2490

County Services:

- **Greene County Department of Social Services:** 252-747-5932, <https://www.greenecountync.gov/social-services>
- **Greene County Healthcare:** 252-747-8162
- **Greene County Health Department:** 252-747-8183
- **Greene County Senior Center and Services:** 252-747-5436
- **Snow Hill Medical Center:** 252-747-2921

Jones County

Special Accommodation Stores

- **Dollar General-** Monday-Sunday 8-9 a.m. are senior only shopping hours.
- **Dollar Tree-** Dollar Tree is dedicating the first hour of business in their stores to at-risk customers including senior citizens and individuals with pre-existing health conditions.
- **Walgreens-** Walgreens will be providing senior only shopping hours every Tuesday from 8:00 a.m. to 9:00 a.m. They will also be providing a limited number of items for purchase through their drive thru. Please contact your local Walgreens to verify participation and details.

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County Services:

- **Jones County Department of Social Services:** 252-448-2582, https://www.jonescountync.gov/index.asp?SEC=85047BC0-1720-4EC5-BB94-CB2DCB972F69&Type=B_BASIC
- **Jones County Health Department:** 252-448-9111
- **Jones County Senior Center:** 252-448-1001

WI-FI availability

- **Drive-In free wi-fi-Eastern Carolina Broadband-** Eastern Carolina Broadband has created a Drive-In with FREE wi-fi in Jones County from 6:00 a.m. till 10:00 p.m. Individuals may register on their website at <http://www.ecbroadband.com/free-wifi/>
 - **Jones County Court House-** 101 Market St, Trenton

Lenoir County

Special Accommodation Stores

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- **MedSource Pharmacy**
 - 505 W. Vernon Ave, Kinston, 252-522-0353
 - 2202 US-258, Kinston, 252-522-2200
- **Realo Discount Drug**
 - 300 N Queen St, Kinston, 252-527-6929
 - 1302 W Vernon Ave, Kinston, 252-523-6069

Grocery Pick Up

Additional restrictions and cost may apply.

- **Walmart-** 4101 W Vernon Ave, Kinston, 252-450-0842
- **Big Lots-** 2407 N Heritage St, Ste E, Kinston, 252-208-2638

County Services:

- **Lenoir County Council on Aging:** 910-296-2200
- **Lenoir County Department of Social Services:** 252-559-6400, <http://www.co.lenoir.nc.us/dss.html>
- **Lenoir County Health Department:** 252-526-4200
- **UNC Lenoir Health Care:** 252-522-7000

WI-FI availability

- **Drive-In free wi-fi-Eastern Carolina Broadband-** Eastern Carolina Broadband has created a Drive-In with FREE wi-fi in Lenoir County from 6:00 a.m. till 10:00 p.m. Individuals may register on their website at <http://www.ecbroadband.com/free-wifi/>
 - **PH Wellness Center-** 301 S. Pine St, Pink Hill (on the backside of the building)
 - **Snow Hill Free Will Baptist Church-**1224 Red Hill Rd, Mount Olive

Onslow County

Special Accommodation Stores

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- **Dollar Tree**- Dollar Tree is dedicating the first hour of business in their stores to at-risk customers including senior citizens and individuals with pre-existing health conditions.
- **Food Lion**-Food Lion will be providing senior only shopping hours every Monday and Wednesday from 7:00 a.m. to 8:00 a.m. for customers over the age of 60 and those identified as high risk for severe illness.
- **Lowe's Food**- Lowe's Food will be providing senior only shopping hours every Tuesday and Wednesday morning from 7:00 a.m. to 8:00 a.m.
- **Ollie's Outlet**- Ollie's Outlet stores are offering senior shopping hours Monday to Saturday from 9:00 a.m. to 10:00 a.m. and on Sundays from 10:00 a.m. to 11:00 a.m.
- **Publix**- Publix is offering senior shopping hours on Tuesdays and Wednesdays from 7:00 a.m. to 8:00 a.m.
- **Sam's Club**- Sam's Club is offering senior shopping hours on Tuesdays and Thursdays from 7:00 a.m. to 9:00 a.m.
- **Target**- Wednesdays from 8-9 a.m. are senior only shopping hours, 1395D Western Blvd, Jacksonville.
- **Walgreens**- Walgreens will be providing senior only shopping hours every Tuesday from 8:00 a.m. to 9:00 a.m. They will also be providing a limited number of items for purchase through their drive thru. Please contact your local Walgreens to verify participation and details.
- **Walmart**- Walmart will be providing senior only shopping every Tuesday starting March 24 through April 28. Walmart stores will open one hour before their regular store hours to host an hour-long shopping opportunity for customers that are 60 years old and older.

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- **Realo Drug**
 - 2680 Henderson Dr, Unit 1, Jacksonville, 910-455-9982
 - 423 Yopp Rd, Suite 200, Jacksonville, 910-347-9684
 - 835 Piney Green Rd, Jacksonville, 910-219-3550
 - 461 Western Blvd, Jacksonville, 910-915-4771
 - 2040 Wilmington HWY Ste 13, Jacksonville, 910-347-7311
 - 1409 West Corbett Ave, Swansboro, 910-326-3534

Grocery Pick Up

Additional restrictions and cost may apply.

- **Big Lots-** 1110 Western Blvd., Jacksonville, 910-335-0242
- **Food Lion**
 - 2200 Gum Branch Rd, Jacksonville, 910-938-1689
 - 861 Piney Green Rd, Jacksonville, 910-938-3775
- **Lowes Food-** 2421 Gum Branch Rd, Jacksonville, 910-939-4358
- **Publix-** 2001 Marlin Dr Unit 100, Jacksonville, 910-353-0433
- **Walmart**
 - 1109 W Carbett Ave, Swansboro, 910-916-0135
 - 2025 N Marine Blvd, Jacksonville, 910-824-2535
 - 4205 Western Blvd, Jacksonville, 910-467-0977
 - 349 Kinston Hwy, Richlands, 910-324-6580

County Services:

- **Onslow County Department of Social Services:** 910-219-1247, <http://www.onslowcountync.gov/155/Social-Services>
- **Onslow County Health Department:** 910-347-2154
- **Onslow County Senior Services:** 910-455-2747
- **Onslow Memorial Hospital:** 910-577-2345

Pamlico County

Special Accommodation Stores

- **Dollar General**- Monday-Sunday 8-9 a.m. are senior only shopping hours
- **Dollar Tree**- Dollar Tree is dedicating the first hour of business in their stores to at-risk customers including senior citizens and individuals with pre-existing health conditions.
- **Food Lion**-Food Lion will be providing senior only shopping hours every Monday and Wednesday from 7:00 a.m. to 8:00 a.m. for customers over the age of 60 and those identified as high risk for severe illness.
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<https://www.cvs.com/content/delivery?icid=rxdelivery-tab-rxdelivery>

Grocery Pick Up

Additional restrictions and cost may apply.

- **Walmart**- 11233 B NC 55 HWY, Grantsboro, 252-201-9005

County Services:

- **Pamlico County Department of Social Services:** 252-745-4086, <https://www.pamlicocounty.org/social-services.aspx>
- **Pamlico County Health Department:** 252-745-5111
- **Pamlico County Senior Services:** 252-745-3488

Wayne County

Special Accommodation Stores

- **Dollar General**- Monday-Sunday 8-9 a.m. are senior only shopping hours.
- **Dollar Tree**- Dollar Tree is dedicating the first hour of business in their stores to at-risk customers including senior citizens and individuals with pre-existing health conditions.
- **Food Lion**- Food Lion will be providing senior only shopping hours every Monday and Wednesday from 7:00 a.m. to 8:00 a.m. for customers over the age of 60 and those identified as high risk for severe illness.
- **Sam's Club**- Sam's Club is offering senior shopping hours on Tuesdays and Thursdays from 7:00 a.m. to 9:00 a.m.
- **Target**- Wednesdays from 8-9 a.m. are senior only shopping hours, 1204 Sunburst Dr, Goldsboro
- **Walgreens**- Walgreens will be providing senior only shopping hours every Tuesday from 8:00 a.m. to 9:00 a.m. They will also be providing a limited number of items for purchase through their drive thru. Please contact your local Walgreens to verify participation and details.
- **Walmart**- Walmart will be providing senior only shopping every Tuesday starting March 24 through April 28. Walmart stores will open one hour before their regular store hours to host an hour-long shopping opportunity for customers that are 60 years old and older.

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- **Downtown Pharmacy**- 151 N Center St, Goldsboro, 919-583-5599
- **Marmac Pharmacy**- 110 Five Points Rd, Dudley, 919-734-0880
- **Realo Discount Drugs**- 919-778-8701
- **Wayne's Pharmacy**- 2302 Wayne Memorial Dr, Goldsboro, 919-735-4034

Grocery Pick Up

Additional restrictions and cost may apply.

- **Harris Teeter**- 2120 Wayne Memorial Dr, Goldsboro, 919-734-3534
- **Walmart**
 - 1002 N Spence Ave, Goldsboro, 919-636-8287
 - 2908 US HWY 70 W, Goldsboro, 919-736-7332
 - 1144 Tommys Rd, Goldsboro, 919-988-6003

County Services:

- **Peggy M. Seegars Senior Center:** 919-731-1591
- **Wayne County Department of Social Services:** 919-580-4034, <https://www.waynegov.com/418/Social-Services>
- **Wayne County Health Department:** 919-731-1000
- **Wayne UNC Health Care:** 919-736-1110

Military Instillation Resources

USMC Cherry Point Instillation (Craven County): <https://www.cherrypoint.marines.mil/>

- **USMC Cherry Point Instillation**
 - By order of the Commanding General, Marine Corps Installation East: Effective at 8:00 a.m., April 10, all individuals aboard the installations will carry a face covering to conduct business during occasions where you cannot maintain at least six feet of social distancing. Examples of activities include the commissary, medical clinic, MCX, and any financial institution. Any person not adhering to this order will be denied access to services and provided the opportunity to return once a cloth face covering is obtained.
- **Cherry Point Pharmacy**
 - Beginning Monday, April 6 all new or initial prescriptions from network doctors in town that are dropped off at the NHCCP pharmacy will be available for pick up at the drive-thru pharmacy the following business day. Patrons will still have to enter the clinic to begin the process for filling a prescription. Upon return, for pick-up service, follow the signs for the clinic's drive-thru pharmacy (old ambulance bay). Drive-thru pharmacy hours are 8:30 a.m. to 4 p.m., Monday through Friday. Routine refills will still require three business days to fill, and will also be picked up at the drive-thru pharmacy. Patrons will not need to enter the clinic to obtain medications; follow the signs for the clinic's drive-thru pharmacy. Refills can be picked up during drive-thru pharmacy hours.

USMC Camp Lejeune (Onslow County): <https://www.lejeune.marines.mil/>

- **COVID-19 HELP LINE: 910-450-2956**
- **USMC Camp Lejeune Instillation:**
 - BY ORDER OF THE COMMANDING GENERAL, MCIEAST-MCB CAMP LEJEUNE: Effective 8:00 a.m., Friday, April 10, all individuals aboard MCIEAST installations will carry a face covering when entering any base activity. Wear appropriate face covering to conduct business during occasions where you cannot maintain at least six feet of social distancing. Examples of activities include: the Commissary, Marine Corps Exchange, Provost Marshal Office, Contractor Vetting Office, Visitor Center, IPAC, Postal, Mess Halls, Marine Marts, Barber Shops, etc. Face coverings will be required during any activity or service where the CDC recommended 6-feet of social distancing cannot be applied. Examples include financial transactions, signing of documents, getting a haircut, serving/receiving food, exchanging supplies, etc.
- **Medical Clinic: <https://www.med.navy.mil/sites/nhcl/News/Pages/COVID-19.aspx>**
 - **Tricare Nurse Advice line: 1-800-874-2273**
 - Upon entry to NMCCCL, patients and visitors should expect screening for respiratory symptoms.
 - Appointments will focus on same-day urgent care or essential care. Limited outpatient services. Call the appointment line for same-day urgent care or telemedicine at 910-450-4357 (option1.) Hours: Monday-Friday, 8:00 a.m. – 4:00 p.m.
 - Acute Respiratory Clinic will see patients with respiratory illness symptoms (fever, cough, congestion, ear pain, sore throat, shortness of breath) on Monday – Friday from 8:00 a.m. to 4:00 p.m. Call COVID-19 Help Line before visiting at 910-450-2956.
 - The Emergency/Trauma Department is open 7 days a week, 24 hours a day for emergency and life-threatening evaluations.

Military Instillation Resources- Continued

- **Pharmacy**

- Refill pickup sites
 - Main Exchange: Monday-Friday (9:00 a.m. – 7:00 p.m.), Saturday (9:00 a.m. – 5:00 p.m.)
 - Building NH-200, refill drive-thru window: Monday thru Friday (8:00 a.m. – 4:00 p.m.)
 - Marine Centered Medical Home Port New River: Monday thru Friday (8:00 a.m -12:15 p.m., 12:45 p.m. – 4:40 p.m.)

USAF Seymour Jonson (Wayne County): <https://www.facebook.com/SeymourJohnsonAirForceBase/>

- **Wayne County COVID-19 Public Information Line: 919-705-1800**

- **USAF Seymour Johnson Instillation**

- Beginning tomorrow April 7th, customers and employees of front-facing support services will be required to wear a face cover at Seymour Johnson AFB. This includes, but is not limited to, the Commissary, Exchange, Express Shoppette, Pharmacy, and all appointments associated with the 4th Medical Group, Military Personnel Flight, Finance, and ID Cards and DEERs.

- **Medical Clinic**

- **Tricare Nurse Advice line: 1-800-874-2273**
- The 4th Medical Group, including Dentistry and Pharmacy, will continue to support with appointments and prescriptions. Prior to the appointment, people need to verify with their provider that the medical appointment is still scheduled by either calling 919-722-1802 or logging onto TricareOnline.com. They should also arrive at least a half hour prior to the appointment to complete additional screening through the clinic's single point of entry station.

Other Resources

Home Delivered Meal Service

- **Meals on Wheels America:** <https://www.mealsonwheelsamerica.org/>
- **Moms Meals:** 1-877-508-6667, <https://www.momsmeals.com>
- **Silver Cuisine:** 1-844-404-3663,
https://www.silvercuisine.com/?gclid=CjwKCAjwsMzzBRACEiwAx4ILG5FIAV-19twqcmBFNylc6Us0YIzcOiGCrkMUDM0xykknqdErs5AFxxoC0UUQAvD_BwE

Medication Home Delivery

- **Amazon Pill Pack:** <https://www.pillpack.com/>
- **CVS:** <https://www.cvs.com>
- **Express Scripts:** <https://www.express-scripts.com/>
- **NowRX:** <https://nowrx.com/>
- **Simple Meds:** 1-877-512-4654,
https://try.simplemeds.com/?gclid=CjwKCAjwsMzzBRACEiwAx4ILG30uTQna8m3-cvi0LhpMGf8ljn_Ct6GE0qqb_jkpZ5DSqbcIPvOCrRoC33IQAvD_BwE
- **Tricare Home Medication Delivery:** <https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp>
- **Walgreens:** <https://www.walgreens.com/topic/pharmacy/prescription-delivery.jsp>

Coronavirus Resources

- **Coronavirus (COVID-19) North Carolina Updates:** www.ncdhhs.gov/coronavirus
- **Center for Disease Control and Prevention (CDC):** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
- **NC 211:** 211, 1-888-892-1162, <https://www.nc211.org/coronavirus-covid-19>

Eastern Carolina Council Area Agency on Aging

- Servicing Carteret, Craven, Duplin, Greene, Jones, Lenoir, Onslow, Pamlico, and Wayne County): 252-638-3185, www.eccog.org
 - **Director:** Tonya Cedars, ext. 3009
 - **Family Caregiver Specialist:** January Brown, jbrown@eccog.org, ext. 3011
 - **Long-Term Care Ombudsmen:** Angelia Pridgen, apridgen@eccog.org, ext. 3007 or Colby Smith, csmith@eccog.org, ext. 3010

Alzheimer's Resources

- **Alzheimer's Association 24/7 Helpline:** 1-800-272-3900
- **Alzheimer's Foundation:** 1-866-232-8484
- **Dementia Alliance of North Carolina: Caregiver assistance line:** 1-800-228-8738, www.dementianc.org
- **Project C.A.R.E-Caregivers Alternatives to Running on Empty:** Amanda Biggs, 252-414-3230

Support & Resource Hotlines – Continued

Chronic Disease Resources

- **American Cancer Society:** 1-800-227-2345, <https://www.cancer.org/>
- **American Diabetes Association:** 1-800-342-2383
- **American Heart Association:** 1-877-242-4277
- **American Parkinson Disease Association (NC):** 1-800-223-2732
- **Cancer Care:** 1-800-813-4673
- **Cancer Support Community Helpline:** 1-888-793-9355
- **International Hearing Society (Hearing Aid Helpline):** 1-800-521-5247
- **Kidney Helpline:** 1-855-653-2273
- **Lung Helpline:** 1-800-586-4872
- **National Cancer Institute:** 1-800-422-6237, <https://www.cancer.gov/>
- **North Carolina Deaf-Blind Services:** <https://www.ncdhhs.gov/divisions/dsb/deaf-blind-services>
- **Parkinson's Foundation:** 1-800-473-4636, <https://www.parkinson.org/>
- **Stroke Family Warmline:** 1-888-478-7653

Crisis Resources

- **National Alliance on Mental Illness:** 1-800-950-6264
- **National Crisis Line:** 1-800-273-8255
- **National Distress Hotline:** 1-800-985-5990
- **National Suicide Prevention Lifeline:** 1-800-273-8255
- **Trillium Health Resources (24-hour access to care):** 1-877-685-2415

General Resources

- **Aging and Adult Services (NC):** <https://www.ncdhhs.gov/assistance/aging-and-adult-services>
- **Caregiver Alliance 24/7 Helpline:** 1-800-272-3900
- **Caregiver Connection Assistance Line:** 1-866-211-3380
- **Caregiver Help Desk:** 1-855-227-3640
- **Caregiver.com:** 1-800-829-2734
- **Children of Aging Parents:** 1-800-227-7294
- **Disaster Helpline:** 1-800-985-990, www.disasterdistress.samhsa.gov
- **Eldercare Locator:** 1-800-677-116
- **Exercise and Physical Activity, National Institute on Aging:** <https://www.nia.nih.gov/health/exercise-physical-activity>
- **Hospice Foundation of America:** 1-800-854-3402
- **Legal Aid of NC:** 1-866-219-5262, www.legalaidnc.org
- **Long Term Care Regional Ombudsman:** Colby Smith, 252-638-3185 or 1-800-824-4648
- **Medicare:** 1-800-633-4227, www.medicare.gov
- **National Hospice & Palliative Care:** 1-800-658-8898, 1-877-658-8896 (multi-language)
- **National Institute on Aging:** 1-800-222-2225, <https://www.nia.nih.gov/>
- **NC 211:** 211 or 1-888-892-1162, www.nc211.org

General Resources, Continued

- **North Carolina Assistive Technology:** 919-859-8360, www.ncdhhs.gov
- **North Carolina Baptist Aging Ministry (NCBAM):** 1-877-506-2226, 1-866-758-4673, www.ncbam.org
- **North Carolina Division of Health & Human Services:** 1-800-662-7030, www.ncdhhs.gov
- **North Carolina Independent Living Program:** 1-877-699-7578
- **North Carolina Lions Foundation (visually and hearing-Impaired assistance):** 1-800-521-5247
- **Nursing Home Complaint Hotline:** 1-800-624-3004
- **Senior Health Insurance Information Program (SHIIP):** 1-855-408-1212, www.ncdoi.com/SHIIP
- **Social Security Administration:** 1-800-772-1213
- **United Way NC211 Helpline:** 211, www.nc211.org

Veteran Services Resources

- **U.S. Department of Veterans Affairs:** 1-844-698-2311, www.va.gov
- **Veteran Caregiver Support Line:** 1-855-260-3274,
- **Veterans Crisis Line:** 1-800-273-8255, www.va.gov

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