

NCDHHS Issue Secretarial Directive Amid Alarming COVID-19 Metrics + COVID-19 Vaccine Information



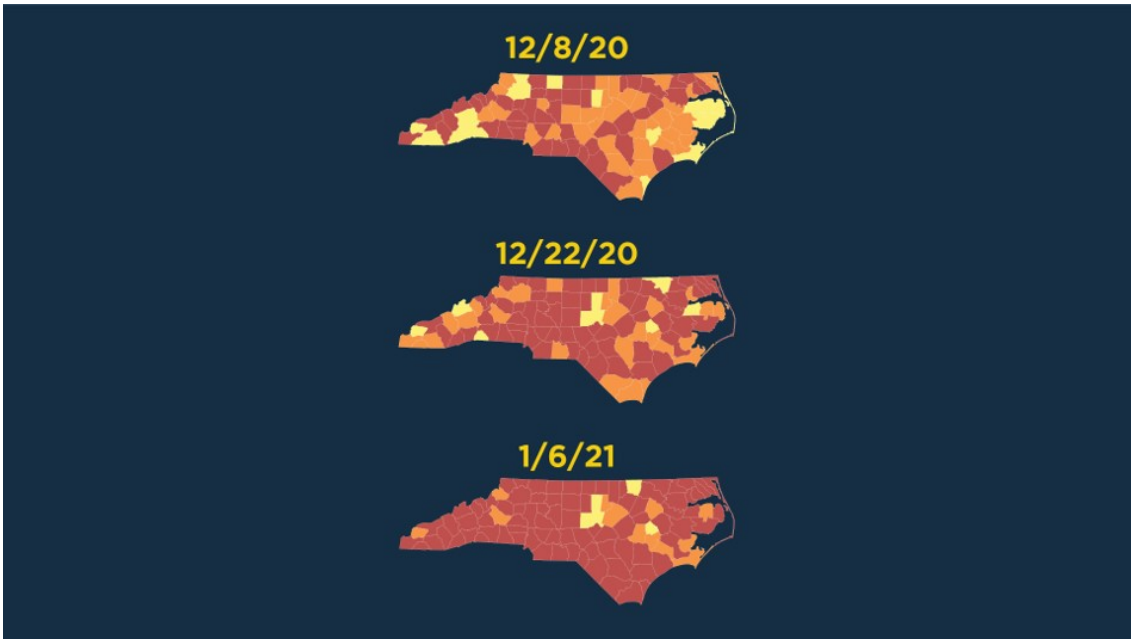
From NCDHHS Communications <news@dhhs.nc.gov>
To <sjohnston@tuesdayforumcharlotte.org>
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COVID-19 (CORONAVIRUS) NC UPDATE

Jan. 8, 2021

NCDHHS Issues Secretarial Directive as COVID-19 Metrics Rise



NCDHHS is reporting 84 counties are red in the latest [COVID-19 County Alert System](#), meaning most of the state has critical levels of viral spread.

To protect North Carolinians amid rising and alarming [COVID-19 metrics](#), NCDHHS has [issued](#) a [Secretarial Directive](#) instructing North Carolinians to stay home except for essential activities and avoid gathering, especially indoors, with people who do not live with you.

Additionally, Governor Cooper [extended](#) North Carolina's [Modified Stay at Home Order](#) that requires people to be at home from 10 pm – 5 am to last through at least Jan. 29.

Together we can save lives and protect hospital capacity so anyone who gets sick for any reason can get the care they need.

1. **Wear a mask at all times and maintain physical distance** (at least 6 feet) from people when you leave your home.
2. **Stay home. Only go out for essential activities** like work, school, health care or caring for family or buying food.
3. **Avoid gathering with people that you do not live with.** If you cannot avoid being with other people, stay outside and keep it very small. Do not do things where you need to take off your mask, like eating or drinking.
4. **If you were with people that you do not live with**, you should assume you may have become infected and get [tested](#).

[COVID-19 Vaccine Information](#)



YOU HAVE A
SPOT. | TAKE YOUR
SHOT.

NCDHHS recently [updated](#) its COVID-19 vaccination plan to align with new [federal recommendations](#).

The changes simplify the vaccine process and continue the state's commitment to first protect health care workers caring for patients with COVID-19, people who are at the highest risk of being hospitalized or dying, and those at high risk of exposure to COVID-19.

Because COVID-19 vaccine supplies are currently limited, states must make vaccines available in [phases](#). Vaccines are now available to people [75 and older](#). Those who are 75 and older may have to wait, but they have one of the first spots to take their shot.

For more information about the COVID-19 vaccine rollout in NC, go to the [Your Spot, Your Shot website](#).

Former Gov. Hunt, Other Area Leaders, Receive COVID-19 Vaccines



On Jan. 6, former Governor Jim Hunt, Mrs. Carolyn Hunt, Washington County Commissioner Julius Walker, Jr., and Rep. Shelly Willingham (D-23) were among North Carolina's 75 and older population to [receive](#) the first of the two-part COVID-19 vaccine at the Wilson County Health Department.

As Walker, Jr., Willingham and others note, North Carolinians should continue to practice the [3 Ws](#) - wear, wait, wash - until everyone has their shot at fighting COVID-19. [Read more](#) about what these North Carolina leaders had to say about taking their shot. Photos and footage from the vaccination clinic are available [online](#).

[Download SlowCOVIDNC to Slow the Spread of COVID-19](#)



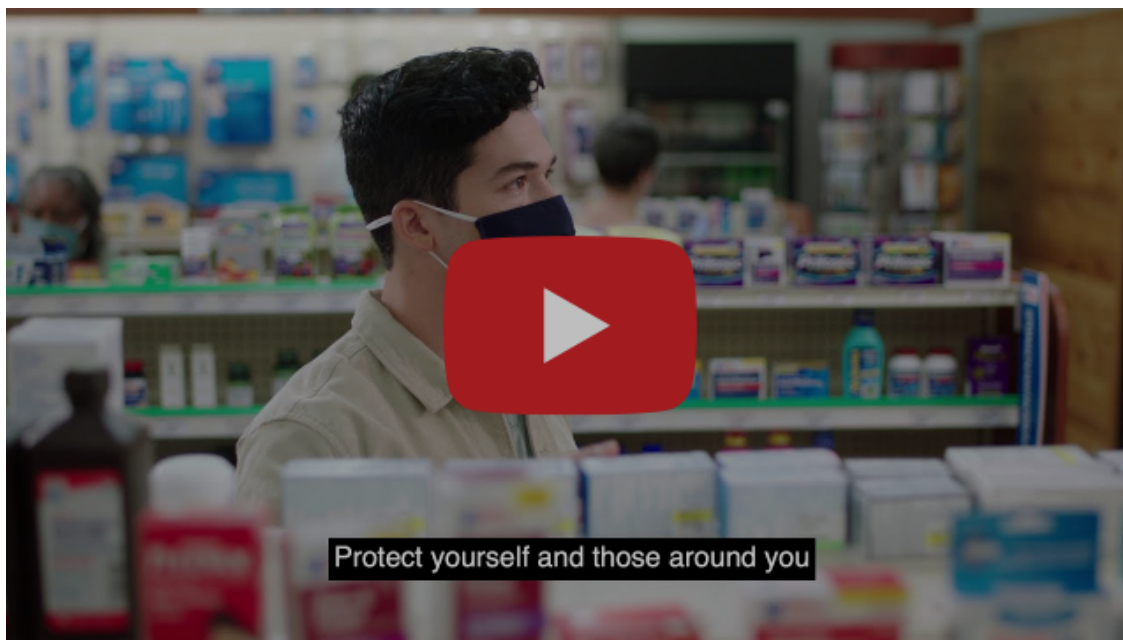
Our [COVID-19 metrics](#) are at record highs and we need your help to slow the spread. In addition to practicing the 3 Ws: Wearing a mask, waiting 6 ft part, and washing your hands often, you can download [SlowCOVIDNC](#).

More than 625,000 people have already downloaded [SlowCOVIDNC](#), the official exposure

notification app of North Carolina. SlowCOVIDNC alerts users when they may have been exposed to someone who has tested positive for COVID-19. The more people who download and use the app, the more we can slow the spread of the virus.

The app is completely anonymous and does not collect, store or share personal information or location data. Download for free on the [Apple App Store](#) and the [Google Play Store](#). Learn more about the SlowCOVIDNC app in these [frequently asked questions](#), and share [resources and materials](#) about the app.

[Get Your Flu Vaccine](#)



Protect yourself and those around you during flu season and get your flu vaccine. COVID-19 cases and hospitalizations continue to rise in North Carolina, so it's more important than ever to get your flu shot to reduce hospitalizations and prevent co-infections of both COVID-19 and flu.

The CDC recommends flu vaccination every year for everyone 6 months and older. Vaccination is the best way to prevent infection with the flu. The flu vaccine is available in nearly every pharmacy, doctor's office, and even curbside. Plus, you can often get it at little to no cost.

Don't wait. Get your flu vaccine. Got it? Good. Learn more at flu.nc.gov. To find a flu vaccine near you, visit VaccineFinder.org.

[Other COVID-19 News](#)

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- On Jan. 7, 2021, North Carolina [reported](#) its highest one-day number of COVID-19 cases with 10,398 new cases reported. The percent of tests that are positive and hospitalizations have also been steadily increasing.
 - Governor Roy Cooper [signed](#) an [executive order](#), extending North Carolina's evictions moratorium through Jan. 31, 2021, helping to prevent the spread of COVID-19.
 - NCDHHS [announced](#) a new partnership with North Carolina Central University to enhance COVID-19 outreach efforts among underserved communities.
 - NCDHHS recently [added](#) data on the number of people who have been vaccinated statewide and by each county to the [NC COVID-19 Dashboard](#).

COVID-19 Testing

Anyone who has symptoms of COVID-19 or thinks they have been exposed to the virus should get [tested](#). If you are sick, use the [Check My Symptoms](#) tool to help you determine if you need a COVID-19 test.

North Carolina has upcoming no-cost community testing events scheduled throughout the state. For an up-to-date list of events, visit the [No-Cost Testing Events](#) webpage. For more details about a specific event, call ahead before you go for a test.

COVID-19 testing is also provided at some local health departments, doctor and clinician offices, hospitals and clinics, many pharmacy sites and retail outlets, and other community locations. You can find testing sites by using the [Find My Testing Place](#) tool online.

Get the Latest Information

- Visit the [NCDHHS COVID-19 Response website](#) for information, a [data dashboard](#), [updates](#), [live briefings](#) and more.
- Go to [North Carolina's COVID-19 Information Hub](#) for resources, information and assistance across state government, including the latest [news releases](#).
- Follow NCDHHS on [social media](#) for advance notice of press briefings and a recap.



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