

All Adults Eligible for COVID Vaccine on April 7 + Some COVID Restrictions Relaxed



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COVID-19 (CORONAVIRUS) NC UPDATE

March 26, 2021

All of Group 4 Eligible for COVID Vaccine March 31; All Adults Eligible April 7



North Carolina has announced an [accelerated timeline](#) for moving to Groups 4 and 5 for COVID-19 vaccine eligibility.

The rest of Group 4 will be eligible beginning March 31. This includes additional essential workers and people living in other congregate settings such as student dormitories. Essential workers include frontline workers and workers who do not have to be in-person for work in an expanded range of sectors such as construction, energy, financial services and public works. A complete list is available [here](#). **All North Carolinians age 16 and older will be eligible to be vaccinated beginning on April 7.**

The accelerated timeline will allow the state to double down on its "fast and fair" approach to getting shots into arms. [Healthier Together](#), a new public private partnership with the NC Counts Coalition, will help increase the number of individuals from historically marginalized populations that receive COVID-19 vaccinations and provide a foundation for a longer-term framework for health equity.

When it's your spot to get your shot, you can find participating vaccine providers at [MySpot.nc.gov](#). Previously eligible groups – health care workers, long-term care staff and residents, people 65 and older, frontline essential workers, and higher risk people – will continue to be prioritized. Some vaccine providers may not be ready to open to people in Groups 4 and 5 on March 31 and April 7, respectively, if they are still experiencing high demand for vaccines for previously eligible groups.

Visit [YourShotYourSpot.nc.gov](#) (English) or [Vacunate.nc.gov](#) (Spanish) for more information about the vaccines, including answers to [frequently asked questions](#).

Not sure what vaccine group you're in? Visit [FindMyGroup.nc.gov](https://www.findmygroup.nc.gov). You can also contact the COVID-19 Vaccine Help Center toll-free at **1-888-675-4567**.

Some COVID-19 Restrictions Relaxed as Trends Improve; Mask Mandate Remains



As [COVID-19 trends](#) continue to show improvement and vaccine distribution increases, Governor Roy Cooper [announced](#) this week that the state will continue to ease some COVID-19 restrictions beginning at 5 p.m. March 26.

What is staying the same?

The mask mandate remains in effect. Everyone must wear a mask indoors and in all public settings. Businesses must also maintain the appropriate 6 feet of distance requirement and continue to implement other safety protocols.

What is changing?

While continuing to require masks and social distancing, lower risk settings will be allowed to open based on their risk:

- Lower risk settings that can now open up to full capacity include retail businesses, child care, camps, outdoor playgrounds, personal care businesses and museums.
- Medium risk settings that can open up to full capacity outdoors and up to 75% indoors include restaurants, breweries, wineries, gyms, pools and amusement parks.
- Higher risk settings that can open up to 50% capacity include stadiums and arenas, conference spaces, reception spaces, movie theaters, gaming and bars.

Settings and activities are lower risk when they involve interacting with fewer people, being outside, keeping masks on the entire time, keeping interactions with people short (under 15 minutes), staying physically distant, and avoiding singing, yelling and cheering.

Mass gathering limits are also increasing to 50 people indoors and 100 outdoors, and the restriction on the late-night sale and service of alcoholic beverages on bars, restaurants, and other establishments is lifted. [See a complete list of the changes.](#)

NCDHHS also updated guidance for schools. Schools should return to in-person instruction to the fullest extent possible while following all public health protocols in the [StrongSchoolsNC Toolkit](#), including wearing masks all the time and cleaning of high traffic areas.

"We are in a promising place. With North Carolina's COVID-19 key metrics improving and vaccinations increasing, we can responsibly use our dimmer switch approach to easing restrictions guided by science and data," said NCDHHS Secretary Mandy K. Cohen, M.D.

[Video: Trust in Vaccines](#)



Listen to African American leaders in North Carolina [talk about](#) the historical reasons for vaccine hesitancy in the African American community and the reasons why we should trust in vaccines and all find our spot to take our shot.

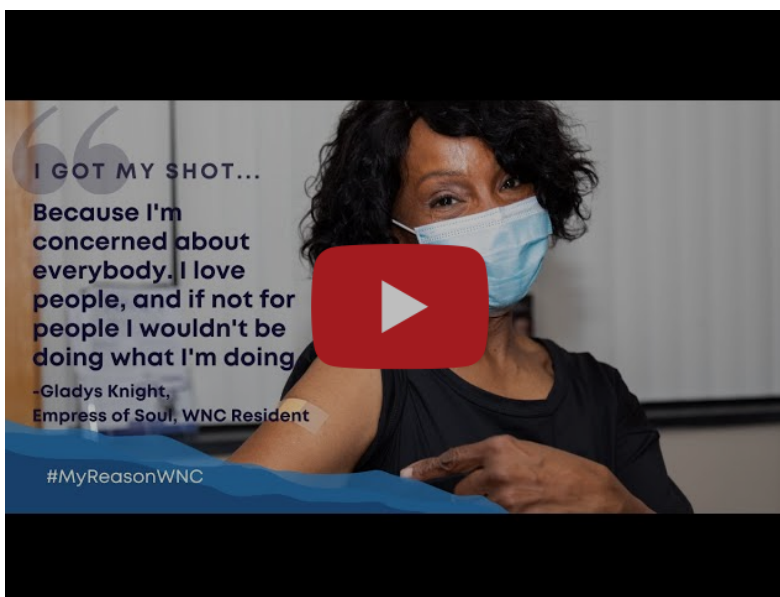
[COVID-19 Testing](#)

Testing is just as important as ever to curb the spread of COVID-19. Anyone who has symptoms of COVID-19, has been around people outside of their household or thinks they have been exposed to the virus should get [tested](#).

Getting a test has never been easier! North Carolina has upcoming no-cost community testing events scheduled throughout the state, including sites that offer rapid testing. 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.

[Gladys Knight Gets Her COVID-19 Vaccine](#)



Listen to the "Empress of Soul," Gladys Knight, [talk about](#) her reasons for getting vaccinated against COVID-19.

Vaccine Data Expanded to Include Federal Programs

NCDHHS has [expanded](#) its [vaccine data dashboard](#) to provide information on people who have been partially or fully vaccinated through the federal long-term care and retail pharmacy programs. Users will be able to view information about who has been vaccinated through these federal pharmacy programs by county, race, ethnicity, gender and age group, and by week.

As of Thursday, the data show that 33% of adult North Carolinians have been at least partially vaccinated and 19.6% of adult North Carolinians have been fully vaccinated against COVID-19.

Federal pharmacy program data include vaccine doses distributed through the [Pharmacy Partnership for Long-Term Care Program](#) and [Federal Retail Pharmacy Program for COVID-19 Vaccination](#). The long-term care program is a partnership between the federal government and CVS and Walgreens to vaccinate individuals in North Carolina's long-term care facilities, and the federal retail program provides doses to be administered through national and independent pharmacy partners.

Vaccine for federal pharmacy programs is provided directly from the federal government and does not come out of states' weekly allocation of doses.

Get the Latest Information

- Visit the [NCDHHS COVID-19 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](#).
- Check out [YourSpotYourShot.nc.gov](#) to learn more about [finding your spot](#) when it's time to get your COVID-19 vaccine, how to find your [vaccine group](#) and a [vaccine location](#), [videos](#) about the COVID-19 vaccine, and other resources.
- Follow NCDHHS on [social media](#) for advance notice of press briefings and a recap.



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