

All Adults in NC Now Eligible for COVID Vaccine + NC's Vaccine Equity Work Recognized as National Model



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COVID-19 (CORONAVIRUS) NC UPDATE

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All Adults in NC Now Eligible for COVID Vaccine



Everyone in North Carolina age 16 and older is [now eligible](#) for a COVID-19 vaccine. If you haven't already received your shot, you can find participating vaccine providers at [MySpot.nc.gov](https://www.myspot.nc.gov) to schedule your vaccine appointment.

What you should know:

- The vaccine is free everywhere in North Carolina.
- No photo ID or insurance is needed.
- Depending on where you get your vaccine, you may need to make an appointment.
- Everyone can be vaccinated, regardless of their immigration status. Getting vaccinated will not affect your immigration status.

Currently, there are three vaccines available. The Johnson & Johnson vaccine requires one shot and both the Pfizer and Moderna vaccines require two shots. Please note that only the two-shot Pfizer vaccine is authorized for people 16 and 17 years old.

Already received your COVID-19 vaccine? Encourage your family and friends to get their shot, and help them schedule an appointment or provide transportation.

Visit YourShotYourSpot.nc.gov (English) or Vacunate.nc.gov (Spanish) for more information about the vaccines, including answers to [frequently asked questions](#). You can also contact the COVID-19 Vaccine Help Center toll-free at **1-888-675-4567**.

Governor Cooper and Legislative Leaders: The Vaccine is Our Best Shot to Beat COVID-19



Listen to Governor Roy Cooper, along with bipartisan legislative leaders, [talk about](#) why they got their shot and why all North Carolinians should get their shot now that all adults are eligible for COVID vaccinations.

North Carolina's Vaccine Equity Work Featured as a National Model

North Carolina's work to reach underserved and historically marginalized populations and deliver equitable access to COVID-19 vaccines is a [model approach](#) for the country, according to a [new report](#) released this week by the Duke-Margolis Center for Health Policy and the National Governors Association Center for Best Practices (NGA).

The report highlights promising actions states can take to promote equitable vaccination within historically marginalized communities, reduce systemic barriers to vaccine access, and improve race and ethnicity data to inform vaccine distribution. North Carolina's approach to vaccines has been "fast and fair" with equity built into [every aspect](#) of vaccine distribution.

"Our commitment to equitable vaccine distribution is one piece of our continued work to address and dismantle systemic and structural barriers to health equity," said NC Department of Health and Human Services Secretary Mandy K. Cohen, M.D. "By embedding equity into all aspects of our COVID-19 response and maximizing the speed and efficiency of vaccine distribution, we've consistently been a national leader in equitably getting shots into arms."

North Carolina has been nationally recognized for its vaccine efforts prior to the Duke-Margolis Center and NGA report. The CDC ranked the state in the top 10 for equitable vaccine coverage, and Bloomberg News reported on North Carolina's data-driven approach to reducing disparities in vaccination rates.

Last month, Governor Roy Cooper and NCDHHS continued vaccine and health equity efforts by launching [Healthier Together](#) with the NC Counts Coalition. This new public private partnership will increase the number of individuals from historically marginalized populations who receive COVID-19 vaccinations and will provide a foundation for a longer-term framework for health equity.

Secretary Cohen Recognizes National Public Health Week



To commemorate National Public Health Week (April 5 - 11), Secretary Cohen [thanks all public health workers](#) for the incredible work they have done during the COVID-19 pandemic to protect North Carolinians and save lives.

YOU HAVE A **SPOT.** | TAKE YOUR **SHOT.**

How to protect yourself and everyone else AFTER you've been fully vaccinated

Tested, safe and effective COVID-19 vaccines are helping us gain control of our lives and get back to the people and places we love. It is important to know when you are fully vaccinated and the steps we all need to take to keep protecting each other after you're vaccinated.

You are fully vaccinated two weeks after your final dose of a COVID-19 vaccine. This

means:

- For two-dose vaccines, such as the Pfizer or Moderna vaccines, you are considered fully vaccinated two weeks after your second dose.
- For a single-dose vaccine, such as the Johnson & Johnson vaccine, you are considered fully vaccinated two weeks after your dose.

If it has been less than two weeks since your final shot for the vaccine, then you are not fully protected yet.

Once you are fully vaccinated:

- You can gather with other fully vaccinated people indoors without wearing a mask.
- You can gather with people who are not vaccinated from one other household without wearing a mask, but only if no one from the other household is at high-risk for severe COVID-19 illness.
- You do not need to quarantine or get tested if you have been around someone who has COVID-19, unless you develop COVID-19 symptoms. If you develop symptoms, you will need to get tested and isolate as soon as possible.

Until enough of us are protected by the vaccines, we need to keep protecting each other. That's why we all need to keep practicing the [3 Ws - wear a mask, wait 6 feet apart and wash your hands](#).

For more information, and to share materials and resources, go to the [NCDHHS COVID-19 website](#).

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.

[Other COVID News](#)

- NCDHHS [released](#) new [data](#) on COVID-19 vaccine adoption and public perception, which show positive trends for key benchmarks.
- The most recent [COVID-19 County Alert System](#) now includes five tiers. From least to most severe they include: low (green), moderate (light yellow), significant (yellow), substantial (orange) and critical (red). See the latest map [here](#).
- On March 30, Governor Cooper [extended Executive Orders](#) for the [evictions moratorium](#) and [to-go cocktails](#), and expedited the processing of [unemployment insurance claims](#) to provide relief to families and economic support amid the pandemic.

[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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