

Pfizer Boosters Available for High-Risk Groups + Get Your Flu Shot



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COVID-19 (CORONAVIRUS) NC UPDATE

Oct. 1, 2021

Pfizer COVID-19 Booster Shots Available for High-Risk Groups

The Food and Drug Administration (FDA) and Centers for Disease Control (CDC) have authorized and recommended ["booster" vaccine shots for high-risk groups](#) who received the Pfizer vaccine. Boosters strengthen and extend protections against severe illness from COVID-19. There is ample supply of boosters across the state.

You can get a booster if it has been at least six months since your second Pfizer shot, and one of the following is true:

1. You are 65 or older.
2. You are 18 and older and:
 - You live or work in a nursing home or other long-term care residential facility.
 - You have a medical condition that puts you at high risk for severe illness, for example obesity, asthma, heart disease, high blood pressure and diabetes.
 - You work in a high-risk profession, meaning you come into contact with a lot of people, and you don't know their vaccination status, for example, health care workers, first responders, teachers, food processing workers, retail and restaurant workers and public transportation workers.
 - You live or work in a place where many people live together, for example, homeless shelters, correctional facilities, migrant farm housing, dormitories

or other group living settings in colleges or universities.

These are just examples and not meant to be a complete list—if you think you fall into one of these groups but aren't sure, NCDHHS encourages you to speak with a doctor, pharmacist, or nurse. People can self-attest that they are in one of these groups. Proof is not needed.

To find a COVID-19 Pfizer booster visit [MySpot.nc.gov](https://mySpot.nc.gov), check "Pfizer-BioNTech (age 12+)" to search locations and ensure Pfizer is available.

NCDHHS encourages everyone 12 and older to get vaccinated against COVID-19 and to continue to practice the 3 Ws—wear a mask, wait six feet apart and wash your hands or use hand sanitizer to protect yourself and others. To find information and resources that promote COVID-19 vaccines, visit our [toolkit today](#).



Protect yourself, your family and those around you by [getting your flu shot](#), as the state enters flu season while continuing to experience high COVID cases.

The Centers for Disease Control and Prevention (CDC) [recommends flu vaccination](#) for everyone 6 months and older with any licensed, age-appropriate flu vaccine. Flu vaccinations are available at hospitals, pharmacies, private medical offices, some federally qualified health care centers and local health departments. COVID-19 vaccines [may now be administered](#) at the same time as other vaccines, including the flu vaccine, for those who need both.

[CDC Strongly Recommends the COVID-19 Vaccination for Pregnant Women](#)

The Centers for Disease Control and Prevention (CDC) recently issued an [urgent health advisory](#) strongly recommending COVID-19 vaccination among people who are pregnant, recently pregnant (including those who are lactating), who are trying to become pregnant now or who might become pregnant in the future to prevent serious illness, deaths, and adverse pregnancy outcomes.

The CDC health advisory [strongly recommends COVID-19 vaccination](#) either before or during pregnancy because the benefits of vaccination for both pregnant persons and their fetus or infant outweigh known or potential risks. Read the full advisory [here](#).

Don't Wait to Vaccinate!



Everyone 12 and older needs to get their COVID-19 shot to protect themselves from serious illness. The virus is increasingly sending younger people to the hospital and leaving them with long lasting symptoms. Find your shot at [MySpot.nc.gov](https://www.myspot.nc.gov).

Studies Show More COVID-19 Cases in Areas Without School Masking Policies

On Sept. 24, the Centers for Disease Control and Prevention (CDC) [released three studies](#)

that highlight the importance of using layered prevention strategies including universal masking to stop the spread and minimize disruptions to school operations for safe in-person education.

These studies found that school districts without a universal masking policy in place were more likely to have COVID-19 outbreaks. Nationwide, counties without masking requirements saw the number of pediatric COVID-19 cases increase nearly twice as quickly during this same period.

Promoting vaccination of eligible persons, mask wearing, and screening testing are all proven methods to continue to work towards the end of the COVID-19 pandemic. [Read more.](#)

For more information about helping to keep our students safe in the classroom, go to the [StrongSchoolsNC website](#).

COVID-19 Support Services Program to Continue with Food Assistance to North Carolinians in 34 Counties

Beginning Oct. 4, NCDHHS' [COVID-19 Support Services Program](#), along with the Food Bank of Central & Eastern North Carolina, will [provide food assistance](#) to North Carolinians in 34 counties who face food insecurity resulting from the need to isolate or quarantine due to COVID-19.

The 34 counties where food assistance through the Support Services Program is now available are: Brunswick, Carteret, Chatham, Columbus, Craven, Duplin, Durham, Edgecombe, Franklin, Granville, Greene, Halifax, Harnett, Johnston, Jones, Lee, Lenoir, Moore, Nash, New Hanover, Onslow, Orange, Pamlico, Pender, Person, Pitt, Richmond, Sampson, Scotland, Vance, Wake, Warren, Wayne and Wilson.

Additionally, NCDHHS is expanding program eligibility to North Carolinians in those counties who are at [high risk](#) for severe illness due to COVID-19, as defined by the CDC.

People who need help beyond food assistance or do not live in one of the 34 counties, may be eligible for support through the [Community Health Worker Program](#) — available in all 100 counties. Assistance is also available through the [NCCARE 360 program](#). [Read more.](#)

Other COVID News

- DHHS was [awarded \\$9 million](#) from the CDC to support the statewide community

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- health worker infrastructure in its COVID response.
- Governor Cooper issued [Executive Order 234](#) extending [proof-of-immunization and health assessment documentation deadlines](#) for school and child-care facilities, to provide more flexibility amid the COVID-19 pandemic.
 - In response to a resource request submitted to FEMA, North Carolina [has received 25 Advanced Life Support \(ALS\) ambulances](#) assigned to assist nine counties that are experiencing greatly increased calls for service during the COVID-19 pandemic.
 - Updates to COVID-19 Dashboard [impact](#) county vaccination rates and statewide counts.

COVID-19 Testing

Anyone who has symptoms of COVID-19 or has been exposed to the virus should get tested as soon as possible. To find a testing site near you, visit ncdhhs.gov/GetTested.

People who are not experiencing serious symptoms should not go to the emergency department for routine COVID-19 testing. People should seek medical attention immediately for serious symptoms such as trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, or bluish lips or face.

For an up-to-date list of no-cost community testing events, visit the [No-Cost Testing Events](#) webpage. Additionally, all North Carolinians can request a free at-home COVID-19 testing kit. [Learn more](#).

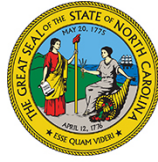
Get the Latest Information

- Visit the [NCDHHS COVID-19 website](#) for information, a [data dashboard](#), [updates](#), [live briefings](#), the [latest guidance](#) 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](#) to get your shot, [videos](#) about the COVID-19 vaccine, and other resources.
- Follow NCDHHS on [social media](#).



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