

All Adults 18+ Eligible for COVID-19 Booster



From NCDHHS Communications <news@dhhs.nc.gov>

To <sjohnston@tuesdayforumcharlotte.org>

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COVID-19 (CORONAVIRUS) NC UPDATE

Nov. 20, 2021

COVID-19 Booster Access Expands



The Food and Drug Administration (FDA) has authorized and the Centers for Disease Control (CDC) has recommended [booster vaccine shots](#) for all adults 18 and older to help strengthen and extend protections against COVID-19.

If you received the Pfizer or Moderna COVID-19 vaccine, you can get your booster six months after your second shot. If you received the Johnson & Johnson vaccine, you can get your booster two months after your shot. **Anyone over 50 or at high risk should get a booster dose now.**

You can choose any brand of COVID-19 vaccine for your booster shot. Limited preliminary evidence suggests that booster doses of one of the two mRNA vaccines—Moderna or Pfizer-BioNTech—more effectively raise antibody levels than a booster dose of the Johnson & Johnson vaccine.

To learn more about boosters and to find a spot to take your shot, go [here](#).

Kids Have a Spot to Take Their Shot



NCDHHS Secretary Mandy K. Cohen, M.D. discusses the importance of getting children ages 5-11 vaccinated against COVID-19. Visit myspot.nc.gov to find your kids' spot today.

Family COVID Vaccination Sites in Nine Counties Offering \$25 Cards to Offset Expenses



NCDHHS has partnered with community groups to create nine walk-in [Family Vaccination Sites](#) across the state to help families get vaccinated against COVID-19.

From Nov. 13 until Nov. 25, any adult who brings someone to a Family Vaccination Site for their first dose will receive a \$25 prepaid Mastercard to offset the time and transportation costs of getting vaccinated.

Sites are located in the following counties: Buncombe, Burke, Forsyth, Lenoir, Pasquotank, Robeson, Sampson, Vance and Wilson. A full list of participating sites with operating days and hours can be found [here](#). No appointments are necessary, and all vaccines are free, regardless of insurance or vaccination status.

For more information about how vaccines for children work and where you can find a vaccination appointment nearby, visit [MySpot.nc.gov](#). The North Carolina Vaccine Help Center at 888-675-4567 can also help you make an appointment. It is open 7 a.m.–7 p.m. on weekdays and 8 a.m.–4 p.m. on weekends.



To protect yourself and others, NCDHHS recommends delaying your travel plans until you are fully vaccinated. If you do travel and are NOT fully vaccinated:

- Get tested 1-3 days before and 3-5 days after you travel; AND

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- Stay home and self-quarantine for a full 7 days after you travel, even if you test negative at 3-5 days.

For holiday and social gatherings, your safest option continues to be attending events virtually or celebrating outdoors, or with a small group of people. If you do gather:

- Get your COVID-19 vaccine and encourage everyone else to get vaccinated.
- Have all guests who are not fully vaccinated wear a face covering and maintain 6 feet physical distance from others, especially when they are indoors.
- It is recommended that everyone, regardless of vaccine status, wear a mask in indoor settings and crowded outdoor gatherings in counties of [high or substantial levels of transmission, as defined by the CDC](#).
- If you are sick or have symptoms, do not host, or attend a gathering.

For detailed holiday guidance, please see the [Winter Holidays Guidance Flyer](#).

[Layer Your Protection and Get Your Flu Shot](#)



Layer up this winter and protect yourself, your family and those around you by [getting your flu shot](#). 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., and are available at little to no cost. COVID-19 vaccines can be administered at the same time as other vaccines, including the flu vaccine.

Learn more about the [similarities and differences between the flu and COVID-19](#) from the

CDC, and visit covid19.ncdhhs.gov/flu for more information about the flu and where to get your flu and COVID-19 vaccines.

COVID-19 Testing

Anyone who has symptoms of COVID-19 or has been exposed to the virus should get tested as soon as possible. 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.

- To find a testing site near you, visit ncdhhs.gov/GetTested.
 - 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](#).
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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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Our mailing address is: NCDHHS, 2001 Mail Service Center, Raleigh, NC 27699

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