

# Stay Up-to-Date on Vaccines to Fight Omicron + More COVID Tests and Testing Sites Secured



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## COVID-19 (CORONAVIRUS) NC UPDATE

*Jan. 14, 2022*

### Stay Up-to-Date on Vaccines to Fight Omicron

#### Which COVID-19 vaccine booster should I receive, and when?

Which vaccine did you get?	Pfizer-BioNTech		Moderna	Johnson & Johnson
You can get your booster if:	It's been 5+ months since you got your 2nd shot AND you are:		It's been 5+ months since you got your 2nd shot AND you are:	It's been 2+ months since you got your vaccine AND you are:
If eligible, you can get a booster if:	Ages 12-17	Age 18+	Age 18+	Age 18+
	Pfizer-BioNTech Only	Moderna or Pfizer Recommended, Johnson & Johnson	Moderna or Pfizer Recommended, Johnson and Johnson	Moderna or Pfizer Recommended, Johnson & Johnson

Visit [MySpot.nc.gov](https://MySpot.nc.gov) to learn more and locate a provider near you.



NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES

YOU HAVE A  
SPOT.

TAKE YOUR  
SHOT.

Vaccines and boosters continue to provide the strongest protection against serious illness, hospitalization and death from COVID-19. **Unvaccinated individuals make up 77% of hospitalizations and 87% of COVID-19-related intensive care unit (ICU) admissions.**

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This week, North Carolina broke a record for number of patients hospitalized with COVID-19 with 4,381. NCDHHS Secretary Kinsley sent a [letter](#) to hospital leaders thanking them for their hard work and highlighting emergency measures, flexibilities and tools that the Department has put in place to help manage capacity. Those tools give broader latitude for staffing, waive state regulations at health care facilities and coordinate patient transfer for overcrowded hospitals.

NCDHHS [recently added](#) the number of North Carolinians who have been boosted to its [COVID-19 Dashboard](#) to better show how many people in North Carolina are up to date with current [COVID-19 vaccination recommendations](#). For more information on boosters, go [here](#). To find a location to get your vaccine or booster go [here](#).

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### **More COVID Tests and Testing Sites Secured**

In the face of nationwide competition for testing supplies and shortages of testing staff, [NCDHHS is pulling all available levers](#) to support existing testing sites, to open more sites across the state and to increase access to at-home collection kits.

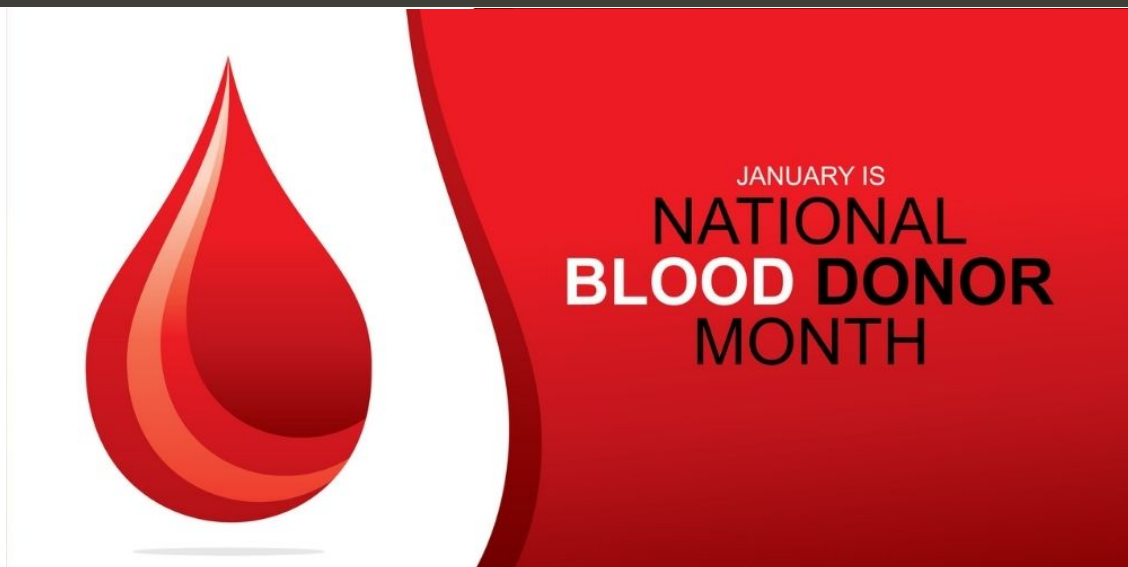
NCDHHS has expanded local testing options and expanded the footprint of the existing 12 vendors to cover hundreds of [no-cost testing sites](#) across the state. Ten counties have opened new sites or will open them in the coming weeks. Counties stretch from west to east and include Caldwell, Forsyth, Franklin, Halifax, Mecklenburg, Sampson, Transylvania, Wake, Wilson and Guilford, with others soon to join the list.

With the surge, NCDHHS has ordered an additional 700,000 professional and at-home rapid test kits, bringing the total on their way to the state to more than 1 million. Tests have begun to arrive and are being distributed. Priority groups for test distribution in addition to schools, health departments, long-term care facilities and health centers include farmworker camps, tribal health clinics and free and charitable clinics. In addition to the tests, NCDHHS has delivered more than 250,000 swabs, antigen kits and other testing supplies to testing partners statewide.

Hundreds of community-based events, testing locations and home kit options are listed at [ncdhhs.gov/GetTested](https://ncdhhs.gov/GetTested). If you know you need an appointment, book one in advance. Explore additional locations if your preferred location is busy. Please do not visit a hospital emergency department for a COVID-19 test.

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### **Give Blood to Help During the Blood Shortage**



Governor Cooper has [proclaimed](#) January as [Blood Donation Month](#) in North Carolina, encouraging people who are healthy and eligible to sign up to donate blood during the severe blood shortage.

The American Red Cross is facing a severe blood shortage as COVID-19 surges, and the Governor encourages eligible North Carolinians to make an appointment to donate blood. Every two seconds, someone in the United States needs blood. An estimated one in every seven patients will need a blood transfusion in a hospital. All types of blood are needed, especially types O positive and O negative.

Visit [redcrossblood.org](https://redcrossblood.org) or [thebloodconnection.org](https://thebloodconnection.org) to learn more and schedule an appointment to donate blood.

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## **COVID-19 Fireside Chat on Jan. 20**

Join us live on Jan. 20 from 6 to 7 p.m. for a COVID-19 Fireside Chat and Tele-Town Hall on our Facebook, Twitter and YouTube channels. Topics include:

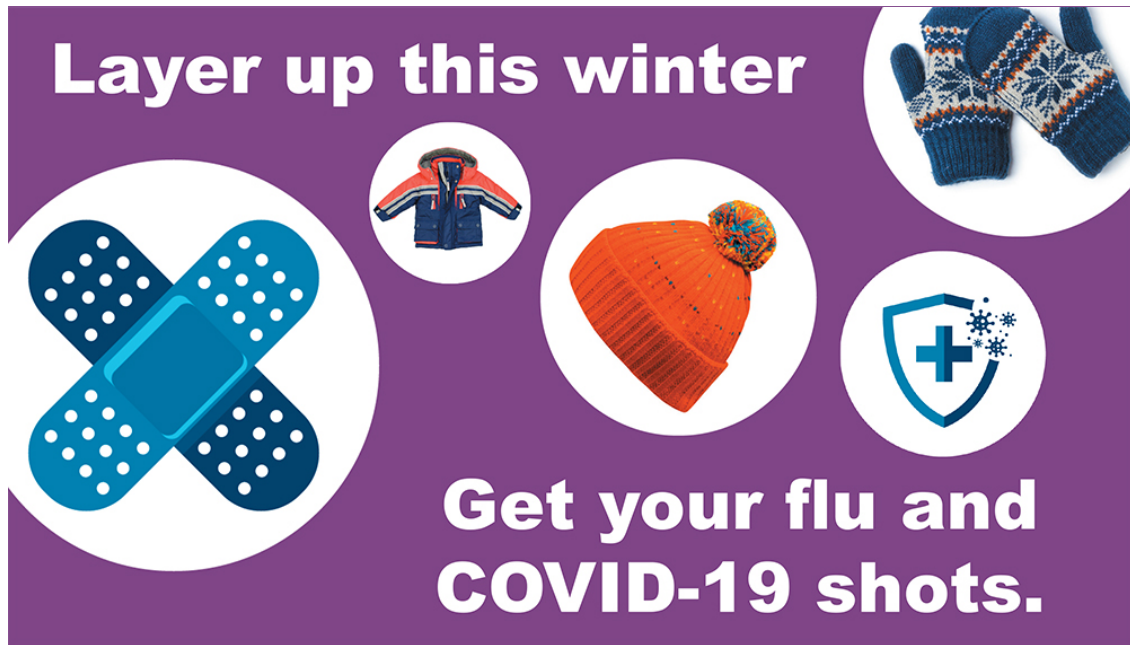
- The recent surge in COVID-19 cases and hospitalizations.
- Steps to protect yourself and your household by masking, testing and more.
- New guidance on vaccines and boosters for kids ages 5 to 11, teens and adults.
- When to isolate and quarantine and how the two differ.

The town hall will feature NCDHHS Secretary, Kody Kinsley, NCDHHS State Health Director and Chief Medical Officer, Elizabeth Cuervo Tilson, MD, and Medical Director at Primary Care Pediatrics and WakeMed Physician Practices, Rasheeda T. Monroe, MD, FAA.

You can submit questions during the live event from the NCDHHS social media accounts or call 855-756-7520 Ext. 76808#.

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## Get Your Flu and COVID Vaccines



Make sure to layer up your protection this winter and get both your flu and COVID-19 vaccines. COVID-19 vaccines can be administered at the same time as other vaccines, including the flu vaccine.

The CDC recommends flu vaccination every year for everyone 6 months and older. Vaccination is the best way to prevent infection with the flu. Vaccination can also make illness milder for those who do get the flu, making it especially important for those at higher risk of more serious outcomes. This includes people over 65 years old, children younger than five, pregnant women and those with certain medical conditions such as asthma, diabetes, heart disease and obesity.

Learn more about the [similarities and differences between the flu and COVID-19](#) from the CDC, and visit [covid19.ncdhhs.gov/flu](https://covid19.ncdhhs.gov/flu) for more information about the flu and where to get your flu and COVID-19 vaccines.

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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](https://YourSpotYourShot.nc.gov) to learn more about [finding your spot](#) to get your shot, [videos](#) about the COVID-19 vaccine, and other resources.

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- Follow NCDHHS on [social media](#).



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