

Governor Cooper and State Health Officials Update Mask Recommendations + CDC Updates Vaccine Recommendations for People Who Are Immunocompromised



From NCDHHS Communications <news@dhhs.nc.gov>
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COVID-19 (CORONAVIRUS) NC UPDATE

Feb. 18, 2022

Governor Cooper and State Health Officials Update Mask Recommendations

Yesterday, Governor Roy Cooper and NCDHHS Secretary Kody H. Kinsley [provided an update](#) on the state's [COVID-19 metrics and trends](#). The state's COVID-19 trends are decreasing, lowering the risk of infection, and improving hospital capacity.

Governor Cooper encouraged schools and local governments to end their mask mandates starting **March 7** if our trends continue to improve.

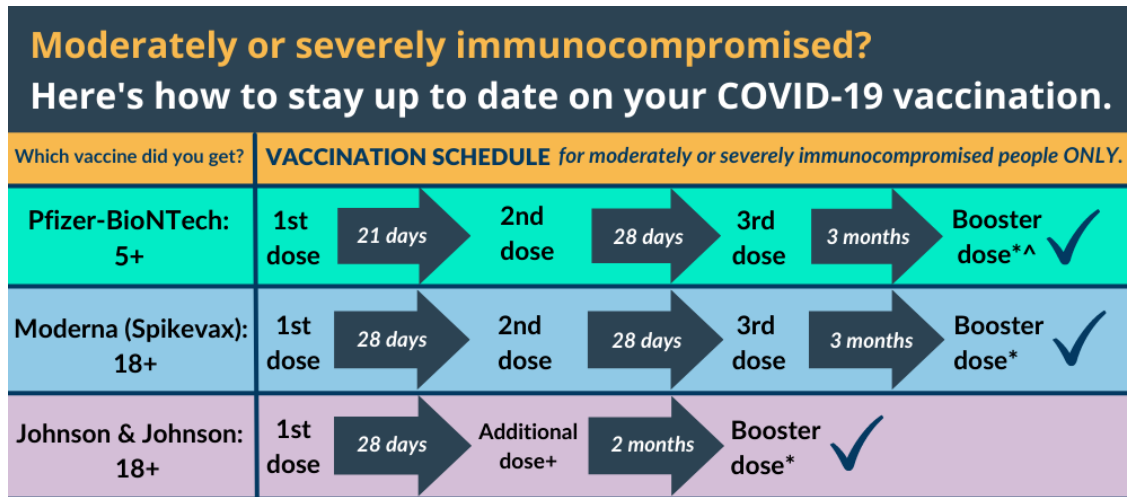
As it has throughout the pandemic, North Carolina is [adapting its response](#) based on the data and for the current stage of the pandemic. [Vaccines](#) and [boosters](#) are widely available and have protected millions of people against severe illness, hospitalization, and death. [Treatment](#) is available for those at higher risk of severe disease.

To date, North Carolina has [administered](#) over 15.7 million doses of the COVID-19 vaccine, with 71 percent of the adult population fully vaccinated. About 75 percent of

adults have received at least one dose of the vaccine, including 96 percent of North Carolinians 65 and over. About 51 percent of eligible adults have received their booster shot.

To find a spot to take your shot or booster, go to myspot.nc.gov (English) or [Vacunate.nc.gov](https://vacunate.nc.gov) (Spanish).

[CDC Updates COVID-19 Vaccine Recommendations for People Who Are Immunocompromised](#)



*Any COVID-19 vaccine can be used for a booster in people 18+, Pfizer or Moderna is recommended. People 12-17 can only receive a Pfizer vaccine series.
 **Kids ages 5-11 should NOT receive a booster dose.
 +Only an mRNA vaccine (Pfizer or Moderna) should be used as an additional dose

The Centers for Disease Control and Prevention (CDC) recently [updated its recommendations](#) for COVID-19 vaccination for people who are moderately or severely immunocompromised.

For people ages 12 and older who are immunocompromised and who received the Pfizer-BioNTech vaccine or ages 18 and older who received the Moderna vaccine, the CDC recommends they receive three initial doses plus a booster dose at least three months after their third dose. This shortens the length of time between an individual's third dose and their booster, which was previously recommended at least five months after their third dose.

For people ages 18 and older who are immunocompromised and who received a single Johnson & Johnson vaccine, the CDC now recommends they receive a total of three vaccine doses, including:

- The initial dose of the Johnson & Johnson primary vaccine;
- One additional dose of an mRNA vaccine (Pfizer or Moderna); and
- One booster dose (preferably of an mRNA vaccine) at least two months after their second dose.

For more information about boosters and additional doses for people who are immunocompromised and where you can find a vaccination appointment nearby, visit [MySpot.nc.gov](https://www.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.

[Tele-Town Hall on COVID-19 Vaccines, Boosters and Health Equity](#)

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES

COVID-19 Fireside Chat & Tele-town Hall: Vaccines, Boosters, Health Equity and More

Wed., Feb. 16, 2022, 6 to 7 p.m.

Join us live on [f](#) [t](#) [v](#) to discuss:

- Ways to protect your mental health during the pandemic
- The importance of staying up-to-date on COVID-19 boosters
- Recognizing that the longstanding inequities in our system create distrust
- Steps NCDHHS is taking to improve equitable access to information and vaccines

Featuring:

 Kody Kinsley Secretary NCDHHS	 Victor Armstrong Chief Health Equity Officer NCDHHS	 Dawn Gibson, PhD Executive Director Peletah Ministries	 Brian Shackelford, MD Old North State Medical Society
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Submit questions during the live event via social media or dial (855) 756-7520 Ext. 79189#.

[MySpot.nc.gov](https://www.myspot.nc.gov)

NCDHHS hosted a [fireside chat and tele-town hall](#) on Feb. 16 to discuss COVID-19 vaccines, boosters and more. In recognition of Black History Month, the event honed in on health disparities and initiatives to advance health equity.

[Mental Health Support Available Amid Ongoing Pandemic](#)

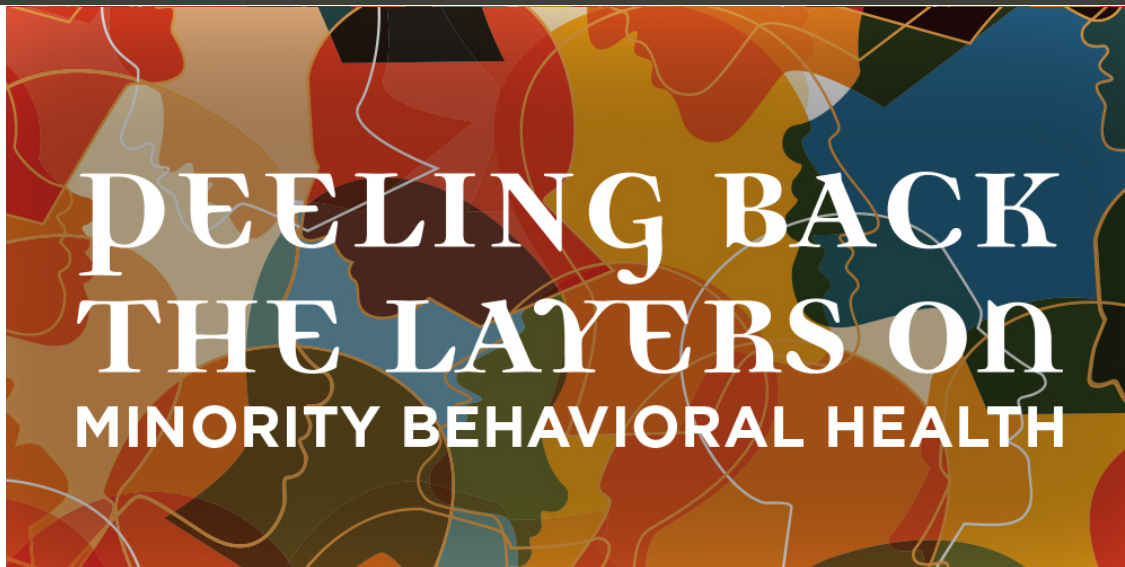


NCDHHS encourages North Carolinians to [seek mental health support](#) through the [Hope4NC helpline](#) (1-855-587-3463) available 24/7 via call, text or chat.

The Hope4NC helpline provides free and confidential emotional support and connects people with counseling referrals and community resources. Hope4NC can also help people who do not have insurance find behavioral health, mental health and substance use services.

The Hope4NC helpline offers emotional support and resources for all, including underserved populations as part of these overall efforts. Spanish-language assistance is also available. The Hope4NC Helpline (1-855-587-3463) responds to texts and calls day or night, 24 hours a day, seven days a week. Online chat is also available via the [Hope4NC website](#). [Read more](#).

[HBCUs Mental Health Summit](#)



NCDHHS, in partnership with North Carolina's Historically Black College and Universities (HBCUs), is [hosting](#) a [mental health summit](#) to assess the mental health needs of minority students on campus, and the effects of the impacts from the COVID-19 pandemic. **The summit, *Peeling Back the Layers on Minority Mental Health*, will be held on Wednesday, Feb. 23, from noon to 3 p.m.**

This discussion panel, featuring students and representatives from North Carolina HBCUs, will address the issues faced on HBCU campuses and how administrators are addressing the mental health impacts of the pandemic on students and faculty.

To register, go [here](#). To see the flyer about the summit, go [here](#).

COVID-19 Testing

You should get tested for COVID-19 as soon as possible if you have symptoms, and after five days if you are exposed to someone with COVID-19. 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.

- NC Medicaid beneficiaries can [receive free at-home COVID-19 tests](#) from their local pharmacies. Beneficiaries should select an at-home test at their preferred pharmacy and present their NC Medicaid ID card to the pharmacy for no out-of-pocket cost. The pharmacist will be able to bill Medicaid on the patient's behalf.
- Every home in the U.S. is eligible to order four, free at-home COVID-19 tests. Order your tests now so you have them when you need them at [covidtests.gov](#).
- To find a PCR testing sites near you, visit [ncdhhs.gov/GetTested](#). With increased demand for testing, try a different community-based site if your normal one is busy.
- For an up-to-date list of no-cost community testing events, visit the [No-Cost Testing Events](#) webpage.

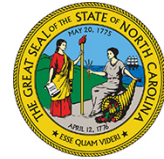
[Get the Latest Information](#)

- 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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NC DEPARTMENT OF
**HEALTH AND
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Roy Cooper, Governor | Kody H. Kinsley, Secretary

Our mailing address is: NCDHHS, 2001 Mail Service Center, Raleigh, NC 27699

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