

## COVID-19 Updates from NCDHHS



**From** Representative Nasif Majeed <majeedla@ncleg.net>  
**To** <sjohnston@tuesdayforumcharlotte.org>  
**Reply-To** <majeedla@ncleg.net>  
**Date** 2022-03-07 13:19

**March 7, 2022**

# COVID-19 (CORONAVIRUS) NC UPDATE

**Masks Become Optional in State Agencies Today**  
*(Some Agencies May Continue to Require Masks in High-Risk Settings Such as Health Care, Corrections)*



Based on improving COVID-19 metrics, masks become optional in most state

agencies and facilities beginning today, March 7th. This coincides with updates to guidance from state health officials based on the emerging science and evidence to best protect North Carolinians.

The Office of State Human Resources has updated policies for face coverings for state government agencies that are part of the Governor's cabinet. Agency heads may require face coverings in settings that they determine to be high-risk, including long term care facilities, correctional facilities, homeless shelters, and health care facilities, and federal regulations continue to require masks in certain facilities.

State employees who are not vaccinated are still required be tested for COVID-19 at least once a week.

Last week, Secretary Kody H. Kinsley and other members of NCDHHS leadership discussed the recent changes in masking and other guidance that will be implemented today, vaccine and testing information. Sign in to watch the recording [here](#).

### **[Key COVID-19 Vaccine Information Now Available in Five Additional Languages](#)**

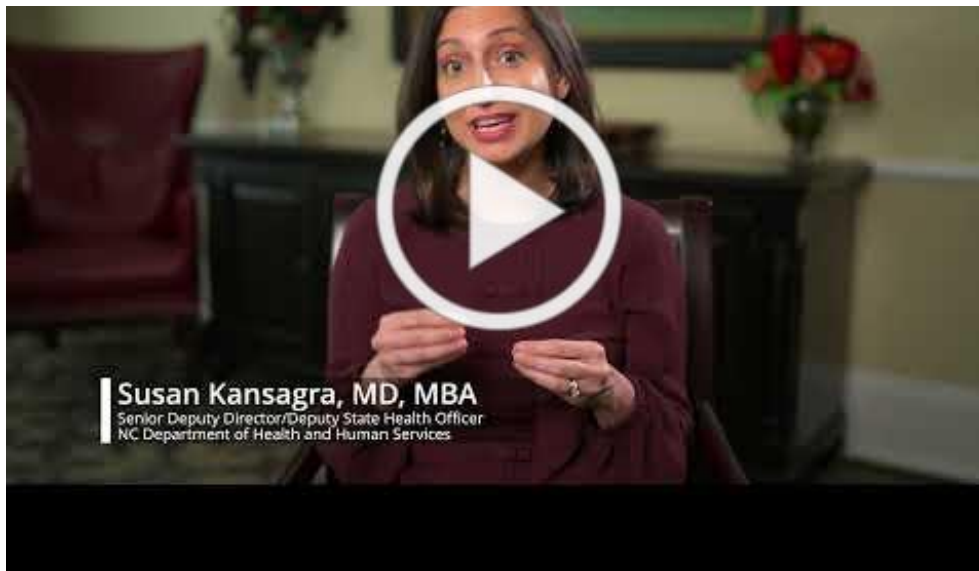
To ensure more North Carolinians have access to the information they need to make decisions about their health and wellbeing, NCDHHS has [made key COVID-19 vaccine information available](#) in the state's most used languages.

Information outlining the safety and effectiveness of COVID-19 vaccines and boosters, the right to receive a free COVID-19 vaccine, and the importance of vaccination for kids and teens was translated into Arabic, Chinese, Korean, Russian and Vietnamese and is available for download in the [COVID-19 Communications Toolkit](#).

NCDHHS has a dedicated Spanish webpage for COVID-19 vaccines, [vacunate.nc.gov](#), as well as materials and videos in English and Spanish. You can use the [COVID-19 Communications Toolkit](#) to share accurate information about COVID-19 with your community.

### **[Reasons Why You Need a COVID-19 Booster](#)**





*Boosters help to strengthen and extend your protection against COVID-19. After a while, the protection you have against COVID-19 starts to decrease. Boosters help your body mount more of a response in your immune system. Don't wait to vaccinate and don't wait to [get your booster](#) when it's time!*

### **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](https://covidtests.gov).
- To find a PCR testing sites near you, visit [ncdhhs.gov/GetTested](https://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](#).

## Join Our Mailing List & Follow Me on Facebook



**It's easy to join our mailing list! Just send your email  
address by text message:**

**Text [MAJEEDN](#) to [22828](#) to get started.**

**Visit our Website**

Representative Nasif Majeed, District 99 | Legislative Building, 16 W. Jones Street, Room 1008, Raleigh,  
NC 27601

[Unsubscribe \[sjohnston@tuesdayforumcharlotte.org\]\(mailto:sjohnston@tuesdayforumcharlotte.org\)](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [majeedla@ncleg.net](mailto:majeedla@ncleg.net) powered by



Try email marketing for free today!