This deck offers detailed information related to COVID-19, vaccines and other preventions, testing, treatments, and more. It’s designed for use with audiences with varying knowledge. It’s ready to use but will require a few simple tweaks to help make your presentation impactful.

Don’t use every slide in this deck. A few days before you present, select no more than 20 slides that are most relevant to your audience.

Delete the rest of the slides, including this cover slide. Make sure your slides are organized so that your presentation moves smoothly without awkward transitions.

Pull in additional resources and data points. Fill in gaps, if needed, that provide illustrations, examples or other details.
COVID-19
Vaccines, Boosters, Testing, Treatments & More
Important Things to Know
What comments, concerns or questions do you have about COVID-19, vaccines, boosters, testing, treatment and/or more today?
State of COVID-19
North Carolina
COVID-19 is most often spread in the air by coughs, sneezes, close personal contact or touching your nose, mouth, or eyes.

Symptoms may appear two to 14 days after being exposed to the virus.

Viruses always change (or mutate), and new variants (or strains) of a virus are expected. The Omicron variant – and its subvariants – is the most common strain of the virus in the United States right now.
State of COVID-19 in North Carolina

North Carolina has had over 3.2 million COVID-19 cases and over 27,000 deaths.

Millions of North Carolinians have taken their shot. Everyone 6 months and older should get the vaccine and booster, when eligible.

COVID-19 cases and hospitalization rates are low.

Don't wait to vaccinate.
People 12 and older who get the vaccine and booster are almost 15x less likely to die from COVID-19.

Unvaccinated people 18+ and older are 5.2x more likely to be hospitalized by COVID-19 than those who are vaccinated and boosted.

Rates of COVID-19 cases and deaths are higher in areas where fewer people are vaccinated.

Unvaccinated individuals who experience mild cases of COVID-19 can suffer from long COVID several months after infection.
If you are exposed to COVID-19, watch for symptoms and wear a face mask around other people for 10 days. Test 5 days after exposure, or as soon as you feel sick.

If you test positive for COVID-19, speak with a health care provider about treatment. Check the CDC’s isolation guidance calculator at www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html. Wear a mask OR get 2 negative rapid test results. Avoid people who are high risk.

Visit MySpot.nc.gov for additional guidance and resources.
Use **layers of protection** to protect you, your family and friends:

- Get vaccinated and boosted when eligible.
- **Wear a mask when needed.**
- Use social distancing in public.
COVID-19 General Overview
### Coronavirus

A large family of viruses. Some are common and cause mild colds. Others cause serious respiratory diseases, such as COVID-19, which stands for coronavirus infectious disease 2019. The coronavirus that causes COVID-19 is named "SARS-CoV-2."

### Antibodies

Proteins created and released by the body’s immune system to fight specific infections.

### Antiviral

Pills taken to fight an infection. They must be started within 5 days of your first COVID-19 symptoms and require a prescription.
<table>
<thead>
<tr>
<th><strong>COVID-19 Terms You Should Know</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CDC (Centers for Disease Control and Prevention)</strong></td>
</tr>
<tr>
<td><strong>FDA (Food and Drug Administration)</strong></td>
</tr>
<tr>
<td><strong>EUA (Emergency Use Authorization)</strong></td>
</tr>
</tbody>
</table>
## COVID-19 Terms You Should Know

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Quarantine</strong></td>
<td>Keeps <a href="#">people who have been in close contact</a> with someone with COVID-19 apart from others during the time period in which they may become sick and contagious.</td>
</tr>
<tr>
<td><strong>Isolation</strong></td>
<td>Separates <a href="#">people who are contagious</a> with confirmed or suspected COVID-19 from those without COVID-19.</td>
</tr>
<tr>
<td><strong>Up to Date</strong></td>
<td>Someone is up to date on their COVID-19 shots when they have been given <a href="#">all of the shots that are recommended</a> for them based on their age and current health. They are considered “boosted” and up to date right after getting their booster shot.</td>
</tr>
</tbody>
</table>
The Omicron variant spreads more easily than the original virus that causes COVID-19 and the Delta variant.

Evidence suggests that the Omicron variant is two to three times as contagious as the Delta variant, making it four to six times as contagious as the original COVID-19 virus.

The CDC and the NCDHHS urge people to get vaccinated and to get the updated booster as soon as they are eligible to help prevent serious illness, hospitalization, and death.

If you haven’t been vaccinated and you’re worried about variants like Omicron, get your shot today.
COVID-19 symptoms can change quickly from mild to severe.

Get tested if you have symptoms or have been exposed. If you test positive and have symptoms, ask a health care provider about the best treatment option for you.

<table>
<thead>
<tr>
<th>Mild COVID-19</th>
<th>Moderate COVID-19</th>
<th>Severe COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>• fever</td>
<td>Mild symptoms plus:</td>
<td>Moderate symptoms plus:</td>
</tr>
<tr>
<td>• cough</td>
<td>• shortness of breath</td>
<td>• trouble breathing</td>
</tr>
<tr>
<td>• sore throat</td>
<td>• signs of pneumonia</td>
<td>• chest pain</td>
</tr>
<tr>
<td>• tiredness</td>
<td>• in addition to mild symptoms</td>
<td>• confusion</td>
</tr>
<tr>
<td>• muscle pain</td>
<td></td>
<td>• inability to stay awake</td>
</tr>
<tr>
<td>• nausea</td>
<td></td>
<td>• pale or blue-colored lips or skin</td>
</tr>
<tr>
<td>• diarrhea</td>
<td></td>
<td>• and mild or moderate symptoms</td>
</tr>
<tr>
<td>• headache</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• loss of taste or smell</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Long COVID, also called post-COVID conditions, is when symptoms last 4+ weeks after infection and sometimes after recovery from initial symptoms.

Even those with mild COVID-19 can have post-COVID conditions.

Long COVID symptoms include fatigue, brain fog, headaches, heart palpitations, fever, and muscle pain.

Heart Complications from COVID-19 Infection

Heart complications are more likely to come from COVID-19 infection than from COVID-19 mRNA vaccines.* These include myocarditis, pericarditis, and multisystem inflammatory syndrome (MIS-C).

Boys ages 12 to 17 are at 2 to 6X greater risk of heart complications after infection compared to after vaccination.

Men ages 18 to 29 are at 7 to 8X greater risk of heart complications after infection compared to after vaccination.


This slide last updated on 8/18/22
COVID-19 vaccines are tested, safe, and effective, and the FDA continues to monitor vaccine safety.

COVID-19 vaccines are free everywhere throughout North Carolina.

Hundreds of millions of Americans have gotten their vaccine. They are safe and effective, even against variants like Omicron.

All available vaccines work extremely well at lowering the chance of being hospitalized or dying from COVID-19.

Recommended Vaccines Available in the U.S. for ages 6 months+ Include:

- Pfizer
- Moderna
- Novavax (Currently 12+ only)
Scientists had a head start in making COVID-19 vaccines, which are built on decades of research on vaccines for similar viruses.
COVID-19 vaccines are tested, safe and effective.

Why You Should Get Your COVID-19 Vaccine

MySpot.nc.gov

Visit MySpot.nc.gov.
How Vaccines Work to Protect You

1. Vaccines give your body a recipe to fight COVID-19 without giving you the actual virus.

2. The vaccine gives your body instructions to make a protein that safely teaches it to make antibodies.

3. Your body then destroys the instructions and protein from the vaccine.

4. The antibodies that your body keeps can fight off the COVID-19 virus if it tries to attack you.
After a while, the protection you have against the virus from your COVID-19 shot decreases. Boosters help your body strengthen and renew its defense system.

**Do I have to get a booster forever?**

Many common vaccines require a booster after a certain amount of time to extend immunity.

**Why should I get a booster if I can still get COVID-19 after vaccination?**

Vaccines and boosters protect against severe illness, hospitalization, death, and possible long-term effects from COVID-19.
Bivalent COVID-19 boosters are now available for everyone 5 and older.

This vaccine provides the most up-to-date protection against COVID-19 variants and helps renew your body’s defense against severe illness, hospitalization and death from COVID-19.

What is a bivalent booster?
The updated booster is considered a bivalent vaccine as it targets both the original coronavirus strain and omicron subvariants.

Who is eligible for the bivalent booster?
Anyone 5 years and older can get a Pfizer bivalent booster.

Anyone 6 years or older can get a Moderna bivalent booster.
To strengthen protections against COVID-19, updated boosters are available for everyone 5+ TWO months after your last dose or booster.
## Vaccine Schedule for Most People 12 and Older

This slide last updated on 11/29/22

<table>
<thead>
<tr>
<th>Which vaccine did you get?</th>
<th>VACCINATION SCHEDULE for most people.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pfizer 12 years+ schedule</td>
<td>1st dose 3-8 weeks 2nd dose 2+ months Updated booster</td>
</tr>
<tr>
<td>Moderna 12 years+ schedule</td>
<td>1st dose 4-8 weeks 2nd dose 2+ months Updated booster</td>
</tr>
<tr>
<td>Novavax 12 years+ schedule</td>
<td>1st dose 3-8 weeks 2nd dose 2+ months Updated booster</td>
</tr>
<tr>
<td>Johnson &amp; Johnson: 18 years+ schedule</td>
<td>1st dose 2+ months Updated booster</td>
</tr>
</tbody>
</table>
### Vaccine Schedule for Immune Compromised People 12 and Older

<table>
<thead>
<tr>
<th>Which vaccine did you get?</th>
<th>VACCINATION SCHEDULE for moderately or severely immunocompromised people ONLY.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pfizer 12 years+ schedule</td>
<td>1st dose 3-8 weeks → 2nd dose 4+ weeks → 3rd dose 2+ months → Updated booster</td>
</tr>
<tr>
<td>Moderna 12 years+ schedule</td>
<td>1st dose 4 weeks → 2nd dose 4+ weeks → 3rd dose 2+ months → Updated booster</td>
</tr>
<tr>
<td>Novavax 12 years+ schedule</td>
<td>1st dose 3 weeks → 2nd dose 2+ months → Updated booster</td>
</tr>
<tr>
<td>Johnson &amp; Johnson: 18 years+ schedule</td>
<td>1st dose 4+ weeks → Addtl. dose of Pfizer or Moderna → 2+ months → Updated booster</td>
</tr>
</tbody>
</table>
Once you're up to date with your vaccines, you can get back to the activities you enjoyed before the pandemic, but for some activities you should still wear a mask.

If you are up to date with your vaccines, you should:

- **Wear a mask** if you are at high risk for severe illness, are at a high-risk setting, are in an area with high levels of the virus or have been exposed to the virus.
- **Wear a mask** in all health care or long-term care settings. Surgical masks, like a KN95 or an N95, offer the best protection.
- **Get tested** if you have any symptoms of COVID-19.
Getting Your COVID-19 Shot
To find a vaccine location near you:

Call 800-CDC-INFO
(800-232-4636)
(TTY 888-232-6348)
Monday-Friday (8am-8pm)
Saturday-Sunday (8am-5pm)

Agents can support in multiple languages, including English and Spanish.

You can also text your ZIP code to 438829 (GETVAX).

Use The Find A Vaccine Location Tool
MySpot.nc.gov
What You Will Get at Your Vaccine Appointment

• A fact sheet on the specific COVID-19 vaccine you receive.

• A vaccination card with the date, location and type of shot you received. Take a picture of the card and keep it safe. You may also be able to view your vaccine record through the NC COVID-19 Vaccine Portal at MySpot.nc.gov/Vaccines/Your-Vaccine-Information.

• Ask your vaccine provider about v-safe. It’s a free tool that uses text messages and online surveys to provide check-ins after you receive your vaccine.

• The vaccine is free to everyone. No government ID or insurance is required.
Temporary Reactions After Your Vaccine

• You could have temporary reactions, like a sore arm, fever, headache, or feeling tired and achy for a day or two.

• These temporary reactions are a good sign the vaccine is working and should go away within a few days.

• Serious side effects from COVID-19 vaccines are extremely rare, temporary, and treatable.

• You can take over-the-counter medicines, such as ibuprofen or acetaminophen, to help with the temporary reactions.
COVID-19 Vaccines & Boosters for Children and Teens

This slide last updated on 9/2/22
• Children, including infants, can get COVID-19 just like everyone else, and some infected children experience long-term side effects.

• Get babies, toddlers and school-age kids vaccinated to protect them as they spend time with family and friends.

• The vaccine is free, safe, and effective.
Vaccines for Kids Under 6

- Last winter, children younger than 5 were hospitalized with COVID-19 at five times the rate of the pandemic peak, according to the CDC.

- Pfizer’s clinical trials included a study with 1,678 children 6 months to 4 years.

- Moderna’s clinical trials included more than 6,600 children ages 6 months through 5 years.
Where To Get Vaccines for Kids Under 6

Young kids should get:

- Three lower-dose Pfizer shots if they are 6 months through 4 years

OR

- Two lower-dose Moderna shots if they are 6 months through 5 years

Kids 3 to 11 years old can get vaccinated at any location that has the children’s dose available, including at the doctor’s office, local pharmacies and grocery stories.

Babies and toddlers 6 months to 2 years can get vaccinated at any doctor’s office or local health center that has the children’s dose for their age group.
# Pfizer and Moderna for Kids Under 6

<table>
<thead>
<tr>
<th>Moderna: 6 Mths to &lt;6 Yrs</th>
<th>Pfizer: 6 Mths to &lt;5 Yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doses: 2</td>
<td>Doses: 3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How much is in each dose?</th>
<th>25 micrograms (1/4 of adult dose of 100 mcg)</th>
<th>3 micrograms (1/10 of adult dose of 30 mcg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>What is the current timeline?</td>
<td>The second dose is given 4 to 8+ weeks after the first dose.</td>
<td>The second dose is given 3 to 8+ weeks after the first dose. The third dose is given 8+ weeks after the second dose</td>
</tr>
<tr>
<td>When does protection start?</td>
<td>6 weeks after 1st dose</td>
<td>13 weeks after 1st dose</td>
</tr>
<tr>
<td>How many kids took part in the clinical trials?</td>
<td>6,000 children</td>
<td>1,500 children</td>
</tr>
<tr>
<td>Are there side effects?</td>
<td>Fever, temporary sore arm, feeling achy for a day or two, headaches</td>
<td>Fatigue, temporary sore arm, feeling achy for a day or two, headaches, mild fever</td>
</tr>
</tbody>
</table>
• Results from clinical trials and ongoing studies show the COVID-19 vaccine is safe and effective with no serious safety concerns or serious side effects.

• Temporary side effects for kids 6 months to 11 years were similar as for people 16 to 25.

• More than 15,000 children ages 6 months to 11 years participated in trials. This is comparable to the number included in many similar clinical trials with children.

• Trial participants included parent volunteers with children of different races and ethnicities.

• Children’s doses are smaller than those for ages 12 and up.
# Vaccine Schedule for Most Kids Under 12

<table>
<thead>
<tr>
<th>Which vaccine did you get?</th>
<th>Vaccination schedule for most kids under 12.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pfizer</strong></td>
<td></td>
</tr>
<tr>
<td>6 months - 4 years</td>
<td>1st dose <strong>3 - 8 weeks</strong> 2nd dose 8+ weeks 3rd dose</td>
</tr>
<tr>
<td><strong>Moderna</strong></td>
<td></td>
</tr>
<tr>
<td>6 months - 4 years</td>
<td>1st dose <strong>4 - 8 weeks</strong> 2nd dose</td>
</tr>
<tr>
<td><strong>Pfizer</strong></td>
<td></td>
</tr>
<tr>
<td>5 years - 11 years</td>
<td>1st dose <strong>3 - 8 weeks</strong> 2nd dose <strong>2+ months</strong> Updated Booster</td>
</tr>
<tr>
<td><strong>Moderna</strong></td>
<td></td>
</tr>
<tr>
<td>5 years - 11 years</td>
<td>1st dose <strong>4 - 8 weeks</strong> 2nd dose <strong>2+ months</strong> Updated Booster</td>
</tr>
</tbody>
</table>
# Vaccine Schedule for Immune Compromised Kids Under 12

<table>
<thead>
<tr>
<th>Which vaccine did you get?</th>
<th>Vaccination schedule for moderately or severely immunocompromised kids under 12 ONLY.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pfizer 6 months - 4 years</td>
<td>1st dose 3 weeks → 2nd dose 8+ weeks → 3rd dose</td>
</tr>
<tr>
<td>Moderna 6 months - 4 years</td>
<td>1st dose 4 weeks → 2nd dose 4+ weeks → 3rd dose</td>
</tr>
<tr>
<td>Pfizer 5 years - 11 years</td>
<td>1st dose 3 weeks → 2nd dose 4+ weeks → 3rd dose 2+ months Updated Booster</td>
</tr>
<tr>
<td>Moderna 5 years - 11 years</td>
<td>1st dose 4 weeks → 2nd dose 4+ weeks → 3rd dose 2+ months Updated Booster</td>
</tr>
</tbody>
</table>

This slide last updated on 11/29/22
Everyone 5 and up, including teens, should get vaccinated and boosted.

Tens of millions of kids and teens ages 5 through 17 have received a first dose of the COVID-19 vaccine.

The dose for these adolescent vaccines (12+) is the same as the adult dose and includes two doses that are given 3+ weeks apart for Pfizer or Novavax or 4+ weeks apart for Moderna.
How the Vaccines Protect Your Child

- **Vaccines give the body a recipe to fight COVID-19** without giving your child the actual virus.

- **After your child gets the vaccine**, the vaccine gives their body instructions to make a protein that safely teaches it to make germ-fighting antibodies.

- **Their body then destroys the instructions and protein** from the vaccine.

- **The antibodies that your child’s body keeps** can fight off the real virus if it tries to attack them.

- **The updated booster** gives your child the most up-to-date protection that targets COVID-19 variants.
Temporary Side Effects

• Your child may temporarily experience a sore arm, headache and being tired or achy for a day or so after their COVID-19 shot. The temporary side effects for kids ages 6 months to 11 years are like those for people 16 to 25.

• COVID-19 vaccines protect your child from serious illness. The risks of serious side effects from the vaccine are far less than the risk of serious illness from COVID-19.

• There have been rare reports of heart muscle inflammation, or myocarditis, in teens and young adults (not with young children) after vaccination. It is an extremely rare side effect that is often mild and gets better without any treatment.
Smaller dose vaccines are available for kids 6 months to 11 years.

Updated boosters that target COVID-19 variants are available for kids 5 and older.

COVID vaccines are always free, even if you don't have insurance and regardless of citizenship or immigration status.

Babies and toddlers 6 months to 2 years must get their vaccine at a doctor’s office or local health center. Kids 3 to 11 years can get vaccinated anywhere that has the correct dose. Currently, anyone under 18 needs written consent for a vaccine under EUA.

The upper arm is the recommended muscle for kids 6 months to 11, but the thigh can be used.

COVID-19 vaccines and boosters can be given at the same time as some other vaccines, like the flu shot.

Visit MySpot.nc.gov or call 1-800-CDC-INFO (1-800-232-4636) to find a vaccine location near you.
Testing and Treatment
Find COVID-19 Tests

Anyone who has symptoms of COVID-19 or has been exposed to COVID-19 should get tested.

If you need a test, you can:

- Find on-site testing
- Get free home tests at a local pharmacy, in your community or mailed to you
- Go to a Test to Treat site
- Call a health care provider

For more information about testing options, visit MySpot.nc.gov/FindTests. To access to testing & treatment fact sheets visit covid19.ncdhhs.gov/materials-and-resources or for social media graphics visit thesocialpresskit.com/covid-19-social-media-toolkit
COVID-19 at-home tests are currently available for free by mail:

1. Get a **PCR home collection kit** through Labcorp. Tests are shipped overnight, and samples must be mailed back to get results.

2. Visit [www.accesscovidtests.org](http://www.accesscovidtests.org) to enter your zip code and see if you are eligible to get five rapid home tests through **Project Access COVID Tests (ACT)**.
1. You may be able to pick up **10 free home tests**, per visit, at a local organization. NCDHHS is currently partnering with community organizations for test distribution. Visit [MySpot.nc.gov/FindTests](http://MySpot.nc.gov/FindTests) to find a nearby Community Access Point.

2. Check with your **local pharmacy for home tests**. You may be able to buy rapid tests using insurance (including Medicaid) or get reimbursed. Tests may be free with insurance.
# Difference Between Antigen and PCR Tests

<table>
<thead>
<tr>
<th><strong>Antigen Tests</strong></th>
<th><strong>Molecular or PCR</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><em>(in-clinic or at-home)</em></td>
<td><em>(in a laboratory)</em></td>
</tr>
<tr>
<td>A <strong>nose swab</strong> is collected, and the test does not need to go to a lab for results</td>
<td>A <strong>nose or saliva swab</strong> sample is collected and sent to a lab for analysis</td>
</tr>
<tr>
<td>Usually give <strong>results rapidly</strong> (20 minutes)</td>
<td>Usually <strong>give results in 8 hours to 3 days</strong></td>
</tr>
<tr>
<td><strong>Less sensitive</strong> (might miss some infections) especially in people without symptoms</td>
<td><strong>More sensitive</strong> (can detect small amounts of the virus, especially if you don’t have any symptoms)</td>
</tr>
</tbody>
</table>

This slide last updated on 8/18/22
COVID-19 Treatments Can Decrease Your Risk of Hospitalization and Death

- You must start treatments within 5 days from when symptoms start.

- Medicare & Medicaid will cover 100% of treatments. Private insurance costs will vary.

- If you do not have health insurance or a doctor, visit covid19.ncdhhs.gov/FindTreatment to find Test-to-Treat locations where you can get tested and treated in one visit.

The following option is available to treat people who are likely to get very sick from COVID-19:

Antivirals, which are pills, must be started within 5 days of your first COVID-19 symptoms. They require a prescription.

Other treatments may be available and must be taken shortly after COVID-19 symptoms begin. If you have symptoms, don’t wait, seek testing right away and talk to a health care provider.
Antiviral pills (Paxlovid for 12+ and Molnupiravir for 18+) are for treatment of mild to moderate COVID-19.

- Readily available
- Highly effective
- May help in reducing long COVID symptoms

Antivirals are available by prescription only and should be given within five days of the start of symptoms.

Certain high-risk adults and youth ages 12+ who weigh at least 88 pounds may be eligible for treatment.

For more information: MySpot.nc.gov/treatments
Paxlovid Screening Tool for providers: fda.gov/media/158165/download.
Everyone can get COVID-19 tests and treatment, regardless of immigration status. An ID is not required and personal information is not shared with ICE.

Visit MySpot.nc.gov or call 800-232-0233 for support.

Federal Test-to-Treat locations must give you antiviral pills at no cost, though you may be charged for testing and evaluation.

If you do not have insurance, CVS stories with Minute Clinic may cover the cost of in-person testing, evaluation, and treatment.
Frequently Asked Questions
Why should I get the COVID-19 shot if there are treatments?

Preventing COVID-19 is much safer than treating it. Vaccines may protect you from getting infected, can help keep you from getting very sick, and help protect those around you.

• Treatments for COVID-19 are for people who have tested positive for COVID-19 and have symptoms. Treatments can help stop you from getting very sick by helping your body fight the virus. They can also shorten the time that you are sick. **Speak with a health care provider to see if treatments are right for you.**

• Treatments **do not stop you from catching COVID-19 again later.**

• Treatments **do not stop you from spreading COVID-19 to others.** Getting vaccinated can help keep your loved ones safe, including those who can’t be vaccinated.
• Yes, COVID-19 vaccines and boosters are recommended for women who are pregnant, breastfeeding, trying to get pregnant or might get pregnant in the future.

• Pregnant women with COVID-19 have a higher risk of hospitalization, the need for intensive care, and problems for the baby.

• Women who breastfeed can receive any of the available vaccines. This allows them to safely pass protective antibodies to their babies.

Doctors across North Carolina on COVID-19 vaccines and their choice to get vaccinated while pregnant.
Should I be concerned about the impact of the vaccine on my fertility?

• If you plan to become pregnant, you can receive a COVID-19 vaccine and booster. You do not need to be concerned about the impact of the vaccine on your fertility.

• The CDC and the American College of Obstetricians and Gynecologists recommends vaccination for all eligible women, including those who may want to get pregnant.

• Women in clinical trials successfully became pregnant following vaccination, and there is no safety data to suggest that the vaccines impact the ability of a woman to get pregnant.

• Similarly, the Society for Male Reproduction and Urology recommends men who want to be fathers get vaccinated.

• COVID-19 increases the risk of developing erectile dysfunction (ED) by nearly six times, according to recent studies.
How do I access my vaccine records or proof of COVID-19 vaccination?


• If you received your COVID-19 vaccine or booster in North Carolina from a pharmacy, grocery store, doctor's office, hospital, health department, or community event, your vaccination information may be in the COVID-19 Vaccine Portal.

• If you were vaccinated outside of North Carolina, in a military setting, or at a tribal or urban Indian health facility you will need to get your vaccine information directly from that provider. It is not available in the North Carolina COVID-19 Vaccine Portal.

Remember to provide your email address when you get your COVID-19 vaccine.
Do people who have had COVID-19 still need to be vaccinated?

- **Yes**, you should **get any authorized vaccine** if you already had COVID-19. The vaccine works to protect you against a future infection.

- Studies show that among people infected with COVID-19, **those unvaccinated were more likely to get COVID-19 again** than those who were up to date with their vaccines.

- **Have COVID-19 now?** Wait until you’re feeling better and can’t spread it. **Then get your shot.**

Cavanaugh AM, Spicer KB, Thoroughman D, Glick C, Winter K. Reduced Risk of Reinfection with SARS-CoV-2 After COVID-19 Vaccination — Kentucky, May-June 2021. MMWR Morb Mortal Wkly Rep 2021;70:1081-1083. DOI: [http://dx.doi.org/10.15585/mmwr.mm7032e1external icon](http://dx.doi.org/10.15585/mmwr.mm7032e1external icon).
Will I be able to choose which vaccine I get?

- If you are 6 months or older, you should get a **COVID-19 vaccine**.

- The Johnson & Johnson vaccine is only available to those who are allergic to the other vaccines, can’t access the other vaccines, or who would not get vaccinated if they are unable to get Johnson & Johnson.

- If you got the Johnson & Johnson vaccine, **you should get the Pfizer or Moderna booster**.

- **People with a history of thrombosis with thrombocytopenia (TTS)**, a condition defined as blood clotting with low platelets, **should not get the Johnson & Johnson vaccine**.

- Kids ages 6 months to 11 years should get the lower-dose vaccine and booster, depending on the shots approved for their age. People ages 12 to 17 should get the regular vaccine and booster.
Pastor, civil rights leader and former president of the North Carolina NAACP Reverend Doctor William J. Barber, II receives the Johnson & Johnson vaccine.
The best way to protect your friends and family and yourself is a layered approach: get vaccinated and boosted when eligible, wear a mask when needed, and use social distancing in public.

We recommend a well-fitting, high-quality mask with multiple layers: a surgical or procedure mask, a KN95, or an N95. For more information on mask guidance, visit MySpot.nc.gov/about-covid-19.

Vaccine Location Finder and General Information
MySpot.nc.gov

COVID-19 Test Finder
MySpot.nc.gov/FindTests

COVID-19 Treatments
MySpot.nc.gov/Treatment

NCDHHS Video Library
https://covid19.ncdhhs.gov/video-library

Materials about Vaccines and Boosters
myspot.nc.gov/materials-and-resources/materials-about-vaccines-and-boosters

For Presenter: Remember to log COVID Essentials presentation.