Best Practices: Preparing for Your Presentation

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

This slide last updated on 5/26/22
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 2.8 million COVID-19 cases and over 25,000 deaths.
- Millions of North Carolinians have taken their shot, but we need more people to get vaccinated.
- COVID-19 cases are decreasing, and hospitalization rates remain low.

Don't wait to vaccinate.
Most everyone hospitalized from COVID-19 is unvaccinated.

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.
# Updated Isolation and Quarantine Guidelines

This slide last updated on 5/26/22

<table>
<thead>
<tr>
<th>If you test positive for COVID-19:</th>
<th>If you test positive for COVID-19 and have symptoms:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limit contact with others for 5 days</td>
<td>Limit contact with others until you are fever-free and your symptoms are improving. (This should be at least 5 days since your symptoms began.)</td>
</tr>
<tr>
<td>THEN</td>
<td>THEN</td>
</tr>
<tr>
<td>Wear a mask for an additional 5 days</td>
<td>You should wear a mask until it has been a total of 10 days after your symptoms began</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>If you are exposed to COVID-19:</th>
<th>UNLESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Limit contact with others for 5 days</td>
<td>If you are up-to-date on vaccines – including boosters if eligible OR have tested positive in the last 90 days THEN wear a mask for 10 days.</td>
</tr>
<tr>
<td>THEN</td>
<td></td>
</tr>
<tr>
<td>Wear a mask for an additional 5 days</td>
<td></td>
</tr>
</tbody>
</table>

Always wear a mask in public places indoors.
Updated Mask Guidance

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.

Wear a mask if you:

- are at high risk for severe illness
- are unvaccinated or not up-to-date on your vaccines
- have COVID-19 or were exposed to the virus
- want an added layer of protection
- are in a high-risk setting
- are in an area where COVID-19 levels are high
COVID-19 General Overview

This slide last updated 05/26/22
**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.

**Monoclonal Antibodies (mAbs)**

Antibodies made in a laboratory to fight an infection—in this case, the virus that causes COVID-19. They are given to patients directly with a shot or through an IV.
## COVID-19 Terms You Should Know

<table>
<thead>
<tr>
<th><strong>CDC (Centers for Disease Control and Prevention)</strong></th>
<th>The CDC provides health information and guidance that protects our nation against dangerous health threats.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>FDA (Food and Drug Administration)</strong></td>
<td>The Food and Drug Administration is responsible for protecting the health of Americans by making sure our medical drugs, products, and food supply are safe.</td>
</tr>
<tr>
<td><strong>EUA (Emergency Use Authorization)</strong></td>
<td>In a public health emergency, manufacturing and approval of vaccines can be streamlined through an Emergency Use Authorization. An EUA does not affect vaccine safety because it does not impact vaccine development, such as research, clinical studies and the studying of side effects and adverse reactions. Instead, it speeds up manufacturing and administrative processes.</td>
</tr>
</tbody>
</table>
Quarantine

Keeps people who have been in close contact with someone with COVID-19 apart from others during the time period in which they may become sick and contagious.

Isolation

Separates people who are contagious with confirmed or suspected COVID-19 from those without COVID-19.

Up to Date

Someone is up to date on their COVID-19 shots when they have been given all of the shots that are recommended for them based on their age and current health. They are considered “boosted” and up to date right after getting their first booster shot.
The Omicron variant, including the BA.4 and BA.5 subvariants, 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 with Pfizer or Moderna and to get a 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 Vary & May Require Treatment

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><em>Mild symptoms plus:</em></td>
<td><em>Moderate symptoms plus:</em></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></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 is when symptoms last 4+ weeks after infection and sometimes after recovery from initial symptoms.

Even those with mild COVID-19 can get long COVID.

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 5/26/22
COVID-19 Vaccines
COVID-19 vaccines are tested, safe, and effective, and the FDA continues to monitor vaccine safety.

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
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.

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 the response in your immune 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.
To strengthen and extend protections against COVID-19, boosters are available to North Carolinians ages 5+.

**NOTE: Children 6 months to 17 years who get the Moderna vaccine are not currently recommended to receive a booster.

You should get a booster now if you are eligible based on the following:

- You are 5 or older, and you received a second dose of the Pfizer vaccine at least 5 months ago.
- You are 18 or older, and
  - you received a second dose of the Moderna vaccine at least 5 months ago, or
  - you received a Johnson & Johnson vaccine at least 2 months ago.
Some people should now get a 2nd booster of either the Pfizer or Moderna vaccine. These people include:

• Adults ages **50 years and older** who got their first booster at least **4** months ago

• People ages **12 and older** with compromised immune systems who got their first booster shot at least **4** months ago (children ages 12-17 should only get the Pfizer booster)

• Adults who got **two shots** of the **Johnson & Johnson** vaccine at least **4** months ago
The Booster That Is Right for You

Which vaccines did you get?

Get your first booster if:

If eligible, get a booster of:

You can get a second booster 4+ months after your first booster of:

Pfizer-BioNTech

- It's been 5+ months since you received your second shot AND you are:
  - Ages 5-17: Pfizer-BioNTech Only
  - Ages 12-49 & immunocompromised: People 12-17 can receive Pfizer BioNTech Only
  - Age 18+: Moderna or Pfizer Recommended, Johnson & Johnson
  - Age 50+: Moderna or Pfizer Recommended, Johnson & Johnson

Moderna

- It's been 5+ months since you received your second shot AND you are:
  - Age 18+
  - Age 50+
  - Moderna or Pfizer Recommended, Johnson & Johnson

Johnson & Johnson

- It's been 2+ months since you received your vaccine AND you are:
  - Age 18+
  - Age 50+

This slide last updated on 6/29/22
If You Are 5+ Years and Moderately or Severely Immunocompromised

Stay up to date on your COVID-19 shot.

<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-BioNTech: 5 years+ schedule</td>
<td>1st dose 21 days</td>
</tr>
<tr>
<td>*Moderna 6 years+ schedule Only 18 years+ for booster</td>
<td>1st dose 28 days</td>
</tr>
<tr>
<td>*Johnson &amp; Johnson: 18 years+ schedule</td>
<td>1st dose 28 days</td>
</tr>
</tbody>
</table>

* People 18+ can get any vaccine as a booster. Pfizer or Moderna is recommended.
** People 5 to 17 years who got the Modema primary series are not currently eligible for any booster.
^ Kids 5-11 can not receive a SECOND booster dose.
+ Only an mRNA vaccine (Pfizer or Moderna) should be used as an additional dose.
If You Are 6 Months to 5 Years and Moderately or Severely Immunocompromised

<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 6 months - 4 years Immune Compromised</td>
<td>1st dose: At least 3 Weeks 2nd dose: 8+ Weeks 3rd dose:</td>
</tr>
<tr>
<td>Moderna 6 months - 5 years Immune Compromised</td>
<td>1st dose: 4+ Weeks 2nd dose: 4+ Weeks 3rd dose:</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
Find Your Spot

To find a vaccine location near you:

Call The COVID-19 Vaccine Help Center

1-888-675-4567
Monday-Friday (7am-7pm)
Saturday-Sunday (9am-4pm)

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

COVID-19 vaccines are available to everyone 6 months and older.

Find a Vaccine or Booster

By Zone

Age
0 months to 4 years

Vaccine Brand (Optional)

Any recommended brand

Find a Vaccine or Booster

Take a quiz

Guardian Services of North Carolina

Get help: 1-888-675-4567

This slide last updated on 7/06/22
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 COVID-19 shot you received. Make sure you keep this card safe! Take a picture of it and keep it in a safe place.

• 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.
• 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 for Children and Teens
Children, including infants ages 6 months+, 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
- 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.

This slide last updated on 6/10/22
# Pfizer and Moderna for Kids Under 6

This slide last updated on 6/10/22

<table>
<thead>
<tr>
<th></th>
<th>Moderna: 6 Mths to &lt;6 Yrs</th>
<th>Pfizer: 6 Mths to &lt;5 Yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doses:</td>
<td>2 doses</td>
<td>3 doses</td>
</tr>
<tr>
<td><strong>How much is in each dose?</strong></td>
<td>25 micrograms (1/4 of adult dose of 100 mcg)</td>
<td>3 micrograms (1/10 of adult dose of 30 mcg)</td>
</tr>
<tr>
<td><strong>What is the current timeline?</strong></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><strong>When does protection start?</strong></td>
<td>6 weeks after 1st dose</td>
<td>13 weeks after 1st dose</td>
</tr>
<tr>
<td><strong>How many kids took part in the clinical trials?</strong></td>
<td>6,000 children</td>
<td>1,500 children</td>
</tr>
<tr>
<td><strong>Are there side effects?</strong></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.
## Vaccines for Immune Compromised Kids

<table>
<thead>
<tr>
<th>Which vaccine did you get?</th>
<th>Vaccination schedule for moderately or severely immunocompromised people ONLY.</th>
</tr>
</thead>
</table>
| **Pfizer**  
6 months - 4 years  
Healthy & Immune Compromised | 1st dose  
At least 3 Weeks  
2nd dose  
8+ Weeks  
3rd dose |
| **Pfizer**  
5 years - 11 years  
Immune Compromised | 1st dose  
3-8+ Weeks  
2nd dose  
4+ Weeks  
3rd dose  
3+ Months  
Booster |
| **Moderna**  
6 months - 5 years  
Immune Compromised | 1st dose  
4+ Weeks  
2nd dose  
4+ Weeks  
3rd dose |
| **Moderna**  
6 years - 11 years  
Immune Compromised | 1st dose  
4+ Weeks  
2nd dose  
4+ Weeks  
3rd dose |
Vaccines for Teens

- Everyone 5 and up, including teens, should get vaccinated.

- 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 3-8 weeks apart for Pfizer or 4-8 weeks apart for Moderna.

- Check out more teen COVID-19 vaccine information at www.teenvaxfacts.com
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.

This slide last updated on 5/26/22
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.
Getting Kids & Teens Vaccinated

- Smaller dose vaccines are available for kids 6 months to 11 years.

- There are many locations in North Carolina that carry vaccines for kids.

- 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. Teens 12+ receive the same vaccine as adults. 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 can be given at the same time as some other vaccines, like the flu shot. Visit MySpot.nc.gov or call 1-800-675-4567 to find a vaccine location near you.
Testing and Treatment
Anyone who has symptoms of COVID-19 or has been exposed to COVID-19 should get tested.

It has never been easier or faster to get tested. If you need a test, you can:

- Visit a no-cost community testing event
- Visit a nearby test site
- Pick up an at-home test at a local pharmacy, where available
- Request a no-cost at-home test kit
- Call a health care provider

For more information about testing options, visit [ncdhhs.gov/GetTested](http://ncdhhs.gov/GetTested).
COVID-19 Treatments Can Decrease Your Risk of Hospitalization and Death

• You must **start treatments within 5-7 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](https://covid19.ncdhhs.gov/FindTreatment) to find Test-to-Treat locations where you can get tested and treated in one visit.

The following options are 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.

- **Monoclonal Antibodies (mAbs)**, which are injections or infusions, must be given **within 7 days** of your first COVID-19 symptoms.

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.
mAbs are made in a laboratory to fight a particular infection, like COVID-19. They are given to patients with an infusion or a shot.

mAbs treatment can reduce the amount of COVID-19 in the body, which may lead to less severe symptoms.

All high-risk adults and high-risk youth ages 12+ who weigh at least 88 pounds may be eligible. You must get treatment within 10 days of your first symptom.

Ask a health care provider about mAbs or call the Combat COVID mAbs Call Center at (877) 332-6585 (English) or (877) 366-0310 (Spanish).
Treatment: Convenient Oral Antiviral Pills

Pfizer’s Paxlovid Antiviral Pill is available for treatment of mild to moderate COVID-19.

- Readily available
- Highly effective (reduced risk of hospitalization or death by 88%)
- May help in reducing long COVID symptoms

Paxlovid is 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: covid19.ncdhhs.gov/treatment
Paxlovid Screening Tool for providers: fda.gov/media/158165/download.
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.

- 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 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. 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.

- A recent study showed 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.mm7032e1](http://dx.doi.org/10.15585/mmwr.mm7032e1).
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.
NCDHHS recommends a layered approach to protect yourself from COVID-19. Get vaccinated and boosted when eligible, wear a mask, and use social distancing in public places.

We recommend a well-fitting, high-quality mask with multiple layers: a surgical or procedure mask, a KN95, or an N95.

• Vaccine Location Finder and Kids 6 months+ details www.MySpot.nc.gov

• At-Home Vaccine Providers https://covid19.ncdhhs.gov/vaccines/home-vaccine-providers

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

• Teen Vaccine Information www.TeenVaxFacts.com

• mAbs Treatment https://covid19.ncdhhs.gov/treatment


For Presenter: Remember to log COVID Essentials presentation.