

YOU HAVE A  
**SPOT.** | TAKE YOUR  
**SHOT.**



## North Carolinians 75 and Over: You have a spot to take your shot against COVID-19.

There's good news for North Carolinians 75 years and older. A tested, safe and effective COVID-19 vaccination is ready for you. Supplies are limited—and you may have to wait. But you have one of the first spots to take your shot.

Your local health department or hospital can help you get your shot.

You can find participating health departments and local hospitals by going to [YourSpotYourShot.nc.gov](https://YourSpotYourShot.nc.gov). You can also call the COVID-19 Line 1-877-490-6642. It's a free call. If you need transportation to your vaccine appointment call 919-681-7356.

### Vaccine timeline

Adults 75 years or older and frontline essential workers.

1b

NOW

As we move into **Group 1** of Phase 1b, anyone **75** years or older are eligible to receive their shot. **Group 2 and 3** of this phase will comprise Health Care Workers and Essential Workers.

Adults at high risk for exposure and at increased risk of severe illness.

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When we reach Phase 2, **Group 1** will once again prioritize older individuals, anyone age **65-74** will be eligible at this time. **Group 2** is for anyone age **16-64** who has a high-risk condition such as Cancer, heart disease, or Type 2 diabetes among others.

We will keep you updated as we reach Phase 3 and 4, and any changes that may happen to this timeline.

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## COVID-19 Vaccines: Your best shot against COVID-19.

### Tested, Safe and Effective

More than **70,000 people volunteered** in clinical trials for the Pfizer and Moderna vaccines. The volunteers included Black/African Americans, Hispanic LatinX, Asians and others. To date, the vaccines are 95% effective in preventing COVID-19 with no serious safety concerns noted in the clinical trials. The U.S. Food and Drug Administration (FDA) makes sure the vaccines are safe and can prevent people from getting COVID-19. Like all drugs, vaccine safety continues to be monitored after they are in use.

### You cannot get COVID-19 from the vaccine.

The vaccine teaches your body to make an antibody to the virus. You are NOT getting COVID-19 by receiving this vaccine. You may have temporary reactions like a sore arm, headache or feeling tired and achy for a day or two after receiving the vaccine. These side effects are similar to receiving a Shingles Vaccine.

### Take your shot at no cost.

The COVID-19 vaccine will be available to everyone for free, whether or not you have health insurance.

### You'll need two shots to build up your immunity.

After a person gets a first dose, they will need to come back 3 to 4 weeks later for a second dose. You will get a printed card and email reminder of when to get your second dose.

### Continue the 3 W's

Whether you have been vaccinated or not, please continue to remember the 3 W's,

**Wash** your hands, **Wear** a mask and **Wait** 6 feet apart!