



CARTERET COUNTY
HEALTH & HUMAN SERVICES

Building Stronger Lives Together

NEWS RELEASE

For Immediate Release

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Updated COVID-19 vaccine now available

CARTERET COUNTY, NC (October 13, 2023) – The Carteret County Health Department is now offering the updated COVID-19 vaccine. The vaccine is covered by most health insurance carriers and is available at no cost to people without health insurance.

Supplies of the updated COVID-19 vaccine are limited, so appointments are required. Community members should call (252) 728-8550, option 2 to schedule an appointment at the health department clinic located at 3820-A Bridges St., Morehead City.

The Centers for Disease Control and Prevention (CDC) recommends that everyone aged 6 months and older get an updated COVID-19 vaccine to protect against the potentially serious outcomes of COVID-19 this fall and winter. Anyone who has not received a COVID-19 vaccine in the past 2 months is encouraged to get an updated COVID-19 vaccine.

The updated vaccine is especially recommended for older adults and persons with weakened immune systems who may become severely ill from COVID-19. Those same populations are at risk of severe illness from influenza (flu) as well. The updated COVID-19 vaccine can be administered at the same time as the flu vaccine. Studies show that receiving both vaccines at once is safe and effective, and people who get both vaccines at once are no more likely to experience side effects than those who get them separately.

Infants and younger children, 6 months through 4 years of age, who have previously been vaccinated against COVID-19 are eligible to receive one or two doses of the updated vaccine. The timing and number of doses depends on the previous COVID-19 vaccine received. Parents or caregivers should consult the child's healthcare provider.

Along with the vaccine, people can take a number of individual actions to protect themselves and limit the spread of COVID-19. These include:

- Stay home if you are sick.
- Seeking treatment from your doctor immediately after testing positive. Paxlovid and other treatments are effective and work best if started promptly.
- Consider wearing a high-quality mask or respirator (N95) in public places, especially in crowded or poorly ventilated spaces.
- Wash your hands and practice good hygiene.
- Cover your cough or sneeze.

COVID-19 vaccinations and flu vaccinations are also available at retail pharmacies and other healthcare providers throughout Carteret County. Vaccination providers are listed on the CDC's [vaccines.gov](https://www.cdc.gov/vaccines.gov) website.

For more information on updated COVID-19 vaccines visit: [Coronavirus Disease 2019 \(COVID-19\) | CDC](https://www.cdc.gov/coronavirus/2019-ncov/) or call the health department at (252) 728-8550.

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