

5.4.20

If you receive the CCTF newsletter, chances are you have taken advantage of the recent opening of vaccinations to everyone, and either have had your shots or have an appointment for one. Once fully vaccinated (2 shots plus 2 weeks waiting after the second shot), many people experience a wonderful sense of possibility: the vaccination significantly reduces the risk from COVID-19. Fully vaccinated friends and families can begin to gather together again and enjoy the interactions we have all been missing for too long.

But you may have a few friends or family members that are still not vaccinated, which may limit your willingness to get together with them. How can you talk to them about the importance of getting the vaccine? Here are a few talking points to help you overcome the most common objections to the vaccine.

I don't have time to wait in line.

Vaccines are becoming very widely available now and everyone over 16 should be able to find a place and time that works for them. North Carolina's [Find Your Spot](#) app will help them find a place and convenient time so they don't have to wait, or take much time away from work.

In Pamlico County, you can schedule an appointment with the following vaccine providers:

- Pamlico County Health Department: 252-745-7111
- Pamlico County Community Health Center: 252-745-2070
- CCHC Pamlico Medical Center (for existing patients only): 252-745-3191

I feel anxious and unsure about getting the vaccine.

There's nothing wrong with being anxious about something new, but you don't want your anxiety to drive your decision-making process. Read the research to understand [what the experts know about the vaccine](#), talk to your doctor, and remember that the risks to your health from contracting COVID-19 is likely much greater than any risks from the vaccine.

Everyone else has gotten the vaccine so I don't need to.

When enough people become immune to COVID-19, the likelihood of it mutating and/or spreading is reduced. If we can get to a point where 70 to 80 percent of the population is inoculated, we have a good chance of reaching [herd immunity](#) and stopping the spread of the virus. If we don't reach this level of immunity, the risk of contracting the virus will remain with us indefinitely. Here in Pamlico County, about 41 % have received one dose of vaccine, and 37% have received 2 (as of May 2). So we DO NEED YOU to get vaccinated if we are to reach herd immunity and stop the spread of COVID-19!

People are more likely to listen to a trusted friend than someone they don't know, so **please talk to your friends and encourage them to get the vaccine!**



The COVID-19 Community Task Force (CCTF) is a volunteer organization established to engage the community in responding to the COVID-19 Pandemic and to support and augment the County's efforts. The information shared by the CCTF is not an official communication from Pamlico County, its Health Department or the Pamlico County COVID19 Task Force.