

## Important: COVID-19 Vaccine Information

We want to ensure that you stay informed about the developments surrounding the COVID-19 vaccine. Below you will find the latest information (as of 11/29/2021) provided by the Centers for Disease Control and Prevention (CDC), including answers to some of the most frequently asked questions (FAQs). If you have additional questions or concerns, don't hesitate to reach out to us at **800.648.7563**.



### Key Things to Know About COVID-19 Vaccines

#### What You Need to Know

**-COVID-19 vaccines are effective at helping protect against severe disease and death from** the virus that causes COVID-19, including known variants currently circulating.

**-If you are fully vaccinated** you can resume many activities that you did before the pandemic, but you should wear a mask indoors in public if you are in an area of **substantial or high transmission**

**-Everyone ages 5 and older** can get vaccinated against COVID-19.

**Learn how to find a COVID-19 vaccine** so you can get it as soon as you can.

**-The benefits of COVID-19 vaccination** outweigh the **known and potential risks**, which are rare.

**-As with other vaccines**, **side effects** may occur after vaccination. These are normal and should go away within a few days.

**-People who are moderately to severely immunocompromised** are recommended to get an additional primary dose of an mRNA COVID-19 vaccine (i.e., Pfizer-BioNTech or Moderna).

**-Unlike many medications**, COVID-19 vaccine dosage does not vary by patient weight but by age on the day of vaccination.

**-People can get a COVID-19 vaccine and other vaccines at the same time.**

#### Availability of Vaccines

Vaccines are widely accessible in the United States and are **available for everyone at no cost**. Learn more about **how COVID-19 vaccines get to you**.

Many doctors' offices, retail pharmacies, hospitals, and clinics offer COVID-19 vaccinations. Parents, check with your child's healthcare provider about whether they offer COVID-19 vaccination.

**Find a COVID-19 Vaccine:** search [vaccines.gov](https://www.vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.

#### Cost of Vaccines

The federal government is providing the vaccine **free of charge** to all people living in the United States, regardless of their immigration or health insurance status.

**COVID-19 Vaccines Are Free**

#### Effectiveness

Studies show that COVID-19 vaccines are effective at keeping you from getting COVID-19. Getting a COVID-19 vaccine will also help keep you from getting seriously ill even if you do get COVID-19. Learn more about the **benefits of getting vaccinated**.

COVID-19 vaccines teach our immune systems how to recognize and fight the virus that causes COVID-19. It typically takes 2 weeks after vaccination for the body to build protection (immunity) against the virus that causes COVID-19. That means it is possible a person could still get COVID-19 before or just after vaccination and then get sick because the vaccine did not have enough time to provide protection. People are considered fully vaccinated 2 weeks after their second dose of the Pfizer-BioNTech or Moderna vaccine, or 2 weeks after the single-dose Johnson & Johnson Janssen vaccine.

We are still learning how well COVID-19 vaccines protect people with weakened immune systems, including people who take medicines that suppress the immune system. We're also still learning how long COVID-19 vaccines protect people.

If you have a medical condition or are taking medicines that weaken your immune system, you should talk to your health care provider. You may need to keep taking all **precautions** to prevent COVID-19 disease.

#### Safety

Millions of people in the US have received COVID-19 vaccines, and these vaccines have undergone the most intensive safety monitoring in US history. This monitoring includes both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe. COVID-19 vaccines cannot give you COVID-19. Learn more to **bust myths and learn facts about COVID-19 vaccines**.

CDC has developed a new tool, **v-safe**, to help us quickly find any safety issues with COVID-19 vaccines. **V-safe** is a smartphone-based, after vaccination health checker for people who receive COVID-19 vaccines. Learn how the federal government is working to ensure the safety of COVID-19 vaccines.

#### Variants and Vaccines

FDA-authorized COVID-19 vaccines protect against Delta and other known variants. These vaccines are effective at keeping people from getting COVID-19, getting very sick, and dying. People who are vaccinated are also less likely to spread COVID-19. We don't know how effective the vaccines will be against new variants that may arise.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>



### Additional COVID-19 Vaccine FAQs

#### How much will the COVID-19 vaccine cost?

There will be no cost to members for the COVID-19 vaccine.

#### How many doses of the COVID-19 vaccine do I need?

The Moderna and Pfizer/BioNTech vaccines, which are mRNA vaccines, require a series of 2 doses. The Johnson & Johnson vaccine, which is a viral vector vaccine, is a single dose vaccine.

Currently the CDC recommends that moderately to severely immunocompromised people receive an additional dose. **Click here to see who is included**.

**Booster shot recommendations:** For individuals who received the Pfizer-BioNTech or Moderna COVID-19 vaccine, the CDC recommends those 50 and older, anyone age 18+ who lives in a long-term care setting, **SHOULD** receive a booster shot. You **MAY** get a booster if your age 18 or older. For individuals who received the Johnson&Johnson COVID-19 vaccine, booster shots are recommended for those who are 18 and older and who were vaccinated two or more months ago. Click **here** for more information.

#### How long do I need to wait after getting a flu vaccine or another vaccine before getting a COVID-19 vaccine?

You can get a COVID-19 vaccine and other vaccines, including a flu vaccine, at the same visit. Experience with other vaccines has shown that the way our bodies develop protection, known as immune response, and possible side effects after getting vaccinated are generally the same when given alone or with other vaccines.

#### If I am pregnant, can I get a COVID-19 vaccine?

Yes, COVID-19 vaccination is recommended for all people 12 years and older, including **people who are pregnant**, breastfeeding, trying to get pregnant now, or might become pregnant in the future. You may want to have a conversation with your healthcare provider about COVID-19 vaccination. Learn more about **vaccination considerations for people who are pregnant or breastfeeding**.

#### Is it safe for my child to get a COVID-19 vaccine?

Yes. Studies show that COVID-19 vaccines are safe and effective. Like adults, children may have some side effects, but they should go away within a few days. Although fewer children have been sick with COVID-19 compared to adults, children **can be infected with the virus that causes COVID-19**, can get sick from COVID-19, and can spread the virus that causes COVID-19 to others.

#### What can I do to help protect myself from getting COVID-19?

If you have not been fully vaccinated, continue to wear a mask, stay 6 feet apart from others who don't live with you, avoid crowds, and wash your hands often. If you are fully vaccinated, visit the CDC's website to see recommendations on what **activities are safe to resume**.

**\*\*This information is for educational purposes only and is not a substitute for professional medical diagnosis or treatment. Secure Health is not involved in vaccine administration decision making or allocation planning. Please contact your local or state public health department for the latest information on the COVID-19 vaccine.**

#### For more FAQs relating to the COVID-19 vaccine, please visit:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

[https://www.who.int/news-room/q-a-detail/coronavirus-disease-\(covid-19\)-vaccines](https://www.who.int/news-room/q-a-detail/coronavirus-disease-(covid-19)-vaccines)

#### For more information on COVID-19 visit:

[www.cdc.gov](https://www.cdc.gov)

[coronavirus.gov](https://www.coronavirus.gov)

<https://www.who.int/>