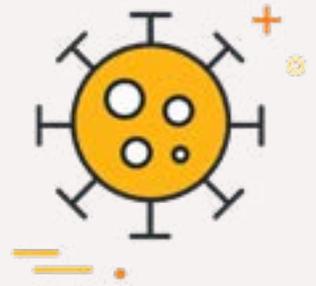


# COVID-19 vaccine update

## Immunities for our communities



Have questions about vaccine coverage and availability?  
We can help you stay informed with answers to some frequently asked questions.

## Vaccine coverage + availability

Which COVID-19 vaccine will be available to me?

Vaccines for COVID-19 are widely available and Medica members age 6 months+ are encouraged to get scheduled to receive their vaccine. Most vaccines consist of a series of two shots, about one month apart. You need to get both shots to receive full protection from COVID-19.

Vaccines available in the United States include:

- Pfizer-BioNTech
- Moderna
- Johnson & Johnson

Do I need the COVID-19 booster?

COVID-19 vaccine boosters are now available to help prevent COVID-19. Everyone age 5+ are encouraged to get a booster at least 5 months after completing their COVID 19 vaccine series.\* A fourth shot may be needed for people who are moderately or severely immunosuppressed.

Adults (age 18+): preferred booster options include Pfizer-BioNTech or Moderna. You may get the Johnson & Johnson's vaccine booster in some situations.

Children (ages 5 - 17): may only get the Pfizer-BioNTech COVID-19 vaccine booster.

People who are pregnant should receive a COVID-19 vaccine booster shot when it's time to get one.

\*Adults who received the Johnson and Johnson vaccine can receive a booster as early as two months after the last dose of their vaccine series.

I'm healthy and at low-risk for COVID-19. Do I need the vaccine?

Yes. Even young, healthy people can catch the virus and struggle with severe complications. Getting more people vaccinated will offer everyone the greatest protection.

Are the vaccines safe and effective?

Yes. The vaccines went through many safety and clinical trials, and were reviewed by the Food and Drug Administration (FDA) and the Centers for Disease Control and Prevention (CDC). Numerous vaccine trials also have taken place around the world that included voluntary participants from a variety of races, ages and ethnicities. The vaccines are safe and effective, with up to a 95% success rate in offering protection from COVID-19.

Are there side effects from the vaccines?

Some people may feel mild to moderate side effects, including body aches, fatigue, fever, chills, or feeling sore where you got the shot. These symptoms may last 1-2 days.

How will the cost of the vaccines — including booster shots — be covered?

There is no cost for the vaccine or administration of the vaccine.

Where do I go to get my COVID-19 vaccine?

You can get your vaccines at many in-network and out-of-network retail pharmacies and doctor's offices.

What can I do to reduce my risk for COVID-19?

Wear a mask, wash your hands, and practice social distancing.

Once I'm vaccinated, should I still wear a mask and practice social distancing?

Yes. Until we know more about how long the vaccines offer protection, and until we're no longer under a national pandemic, you should keep wearing a face mask and social distancing.

How long does immunity last if you recover from COVID-19?

Doctors and scientists don't know how long immunity lasts once you get better. The research is always changing. So even if you're feeling better, you should still get vaccinated.

Where can I get more information about where I can get a vaccine?

Every state has its own vaccine distribution plan.

For the most up-to-date information, stay connected through your state's health department website:

- Iowa: <https://idph.iowa.gov/Emerging-Health-Issues/Novel-Coronavirus/Vaccine/Information-for-the-Public>
- Kansas: <https://www.coronavirus.kdheks.gov/284/COVID-19-Vaccine>
- Minnesota: <https://www.health.state.mn.us/diseases/coronavirus/vaccine.html>
- Missouri: <https://covidvaccine.mo.gov/residents/>
- Nebraska: <http://dhhs.ne.gov/Pages/COVID-19-Vaccine-Information.aspx>
- North Dakota: <https://www.health.nd.gov/immunization-guidance-public>
- Oklahoma: <https://vaccinate.oklahoma.gov/>
- South Dakota: <https://doh.sd.gov/Covid/Vaccine/Public.aspx>
- Wisconsin: <https://www.dhs.wisconsin.gov/covid-19/vaccine.htm>



## Resources

Check out up-to-date COVID-19 information:

[CDC.gov/COVID-19](https://www.cdc.gov/COVID-19)