

COVID-19 VACCINE UPDATE

Immunities for our Communities



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

COVID-19 VACCINE COVERAGE AND AVAILABILITY

Which COVID-19 vaccine will be available to me?

Vaccines for COVID-19 are widely available now and Medica members age 12+ 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.

I'm healthy and at low-risk for COVID-19.

Do I need the vaccine?

Yes. COVID-19 doesn't discriminate. Even young, healthy people can catch the virus and struggle with severe complications.

Getting more people vaccinated will offer the greatest protection for all.

Are the vaccines safe and effective?

Yes. The vaccines went through rigorous safety and clinical trials, and were reviewed by the Food and Drug Administration (FDA) and the 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 experience mild to moderate side effects, including body aches, fatigue, fever, chills or injection site soreness. These symptoms may last 1-2 days.

How will the cost of the vaccines be covered?

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

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

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

Will all Americans be required to be vaccinated?

While we don't expect a vaccine mandate, people over age 12 are strongly encouraged to get vaccinated. Vaccines are the best way to protect yourself and the people you come into contact with.

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

Wear a mask, wash your hands and adhere to social distancing guidelines.

Once I'm vaccinated, do I still need to wear a mask and observe social distance guidelines?

Yes. Until we know more about how long the vaccines offer protection, and until we're no longer under a national pandemic, the recommendation is to continue to use face masks and continue social distancing.

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

The medical and scientific communities don't know how long immunity lasts once you recover. The research is still evolving. So even if you've recovered, the recommendation is to get vaccinated.

Where can I get more information about vaccine availability?

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>



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

[CDC.Gov/Covid19](https://www.cdc.gov/covid19)

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