

COVID-19 VACCINE UPDATE

Immunities for our Communities



COVID-19 vaccines are on their way. 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

When will the vaccines be available?

The U.S. government is managing the initial vaccine distribution. Once available, each state will use its own plan to distribute the vaccines.

Vaccine administration will take place in phases. The Centers for Disease Control and Prevention (CDC) recommends vaccinations start with health care workers and long-term care facility residents, followed by essential workers (emergency workers, police, firefighters, teachers), and then adults with high-risk medical conditions and people over age 65. Vaccines are expected to be available to the majority of the people over age 18 by mid-2021.

Which COVID-19 vaccine will be available to me?

There are several vaccines available now and others now in clinical trials.

The recommendation is to take the vaccine that's first available to you. 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?

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?

We will waive costs for the vaccine and administration of the vaccine for all members.

Once they're widely available, you'll be able to get the vaccines at various in-network and out-of-network retail pharmacies, doctor's offices and hospitals.

Will all Americans be required to be vaccinated?

While we don't expect a vaccine mandate, people over age 18 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.

Flu vaccines are important every year, but especially this year. Staying up-to-date with immunizations will help you protect yourself, your family and your community.

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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