

Access to Care Members: Do you know that vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic?

To stop this pandemic, we need to use all of our prevention tools. **Vaccines are one of the most effective tools to protect your health and prevent disease.** Vaccines work with your body's natural defenses so your body will be ready to fight the virus if you are exposed (also called immunity). Other steps, like wearing a mask and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A national system is in place that lets CDC watch for issues and make sure the vaccines stay safe.



Different types of COVID-19 vaccines are available. Most of these vaccines are given in 2 shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least 3 weeks later to make sure you have full protection. **If you are told you need 2 shots, make sure that you get both of them.** The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two. **Having these types of side effects does NOT mean that you have COVID-19.** If you have questions about your health after your shot, call your doctor.

Do we have your email address?

If not, email us at info@accessocare.org and include your name & member ID number. We will add your email address to your member file.

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When you get the vaccine, you and your healthcare worker will both need to wear masks. CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving a vaccine.

Even after you get your vaccine, keep wearing a mask that covers your nose and mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. **We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**

From "What to Expect" www.cdc.gov/coronavirus/vaccines



If you've had COVID-19, someone from the Cook County Department of Public Health may call to offer support and answer questions. Answer the Call! www.cookcountypublichealth.org; COVID-19 Hotline: 708-633-2599.



Contact the ATC Resource Desk

- Call us at 708-531-0680. We are here Monday-Friday, 9am to 5pm
- Email us at info@accesstocare.org.

Our bilingual staff can help with questions about your member benefits, COVID-19, or non-medical needs. *Our network of services and support is here to help!*



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