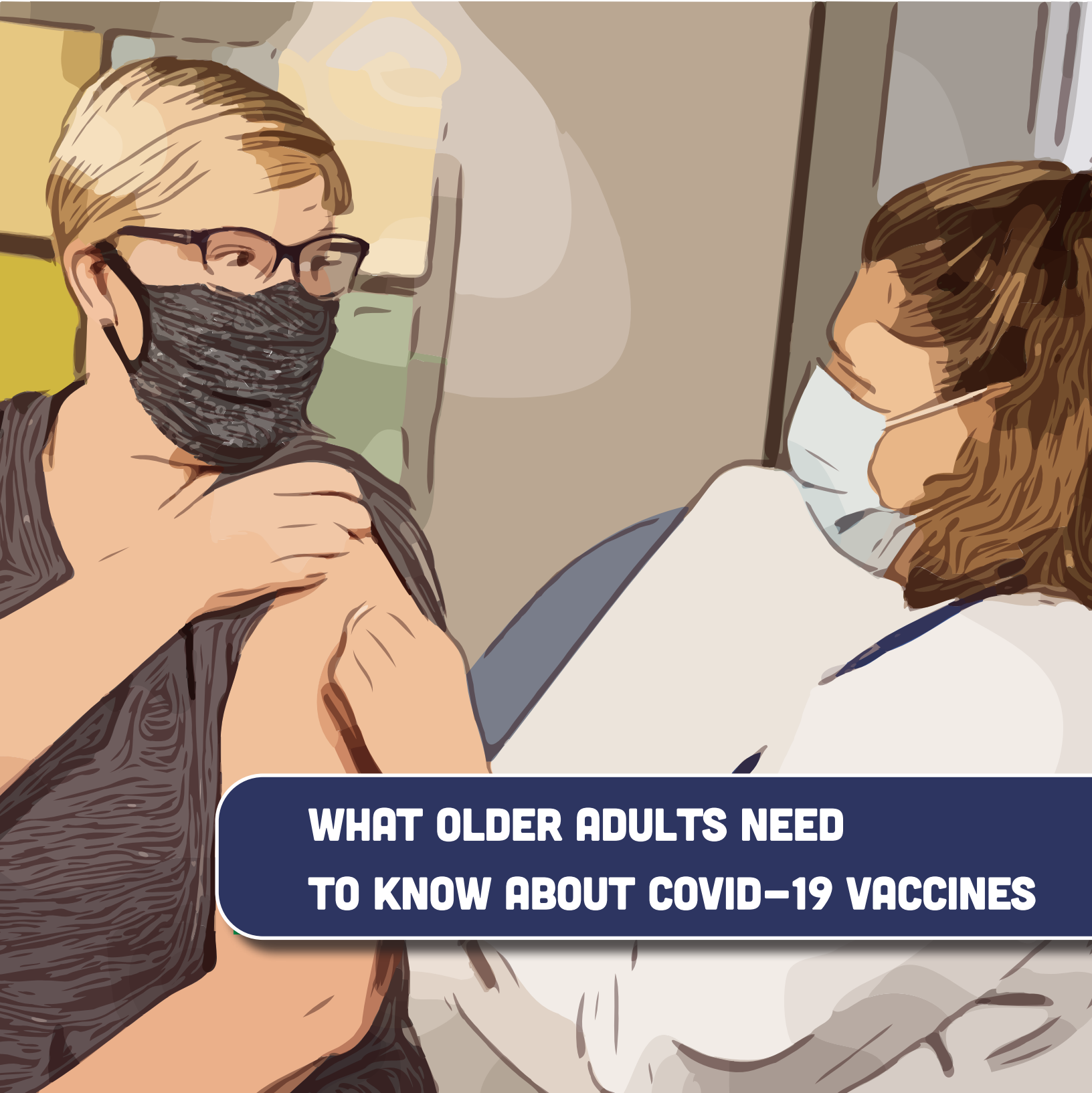


American  
HOME HEALTH 

# Newsletter

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**WHAT OLDER ADULTS NEED  
TO KNOW ABOUT COVID-19 VACCINES**



# WHAT OLDER ADULTS NEED TO KNOW ABOUT COVID-19 VACCINES

The risk of severe illness from COVID-19 increases with age. This is why **CDC recommends that adults 65 years and older are one of the first groups to receive COVID-19 vaccines.** Getting a COVID-19 vaccine is an important step to help prevent getting sick from COVID-19. That said, it might take time before enough vaccines are made for everyone who wants to be vaccinated.

## Tips for how to get a COVID-19 Vaccine

- Contact your state or local health department for more information.
- Ask a family member or friend to help with scheduling an appointment.
- Ask your doctor, pharmacist, or community health center if they plan to provide vaccines and ask them to let you know when vaccines are available.

## Information about COVID-19 Vaccines for Older Adults

**You can help protect yourself and the people around you by getting the vaccine when it is available.**

- Studies show that **COVID-19 vaccines are safe and effective** in preventing severe illness from COVID-19.

- You can't get COVID-19 from the vaccine.
- Depending on the kind of COVID-19 vaccine you get, you might need a second shot 3 or 4 weeks after your first shot.

**After getting the vaccine, some people have side effects. Common side effects include:**

- pain where the shot is given,
- fever,
- chills,
- tiredness,
- or a headache for 1-2 days.

These are normal signs that your body is building protection against COVID-19. Learn more about [what to expect after getting your COVID-19 vaccine](#).

**Even after getting the COVID-19 vaccine, you should still:**

- wear a well-fitting mask that covers your nose and mouth when around others
- stay at least 6 feet away from others
- avoid crowds
- avoid poorly ventilated spaces
- wash your hands often

We still have more to learn about [how COVID-19 vaccines work in real-world conditions](#), so it is important to continue to follow [all safety recommendations](#) to help stop the pandemic.

**The vaccine is free of charge** to people living in the United States. However, your vaccination provider may bill your insurance for administering the vaccine. No one can be denied a vaccine if they are unable to pay this cost.

**Scam Alert:** If anyone asks you to pay for access to vaccine, you can bet it's a scam. Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for an extra fee.

## Additional Resources

- [Key Things to Know About COVID-19 Vaccines](#)
- [Information about Medicare and COVID-19 vaccine](#)

Source: CDC

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/older-adults.html>

# Older Adults and COVID-19 Vaccines

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