

Don't Wait – Vaccinate!

Vaccines are one of the safest ways to protect your health.

Many infectious diseases that used to routinely kill or harm infants, children, and adults have been greatly reduced or eliminated because of routine vaccination. Since the viruses and bacteria that cause these diseases still exist, it is important to protect yourself and those who cannot get vaccinated by keeping updated on your vaccines.



Vaccines are very safe – they go through rigorous testing before the FDA (Food and Drug Administration) will authorize or approve them. Both the FDA and the CDC (Centers for Disease Control & Prevention) continue to monitor the safety of all vaccines in use in the United States.

Side effects from getting a vaccine are generally mild (examples include soreness at the injection site and low fever) and go away within a few days. Severe side effects are very rare.

In addition to the recommended childhood vaccines, adults should get the flu vaccine annually, tetanus-diphtheria every 10 years, shingles (for adults over 50) and HPV (human papillomavirus).

As COVID-19 continues to threaten the health of our communities, especially the unvaccinated population, all people should consider getting vaccinated and boosted when eligible to reduce the risk of severe illness or death. Visit [vaccines.gov](https://www.vaccines.gov) to find COVID-19 vaccination sites near you.

The best way to stay updated on what vaccines you need is to talk with your doctor. Vaccines are covered in full by insurance.*

* Vaccines are covered in full, subject to your plan's benefits and exclusions, if they are FDA authorized or approved and you are eligible.



Sources:

Centers for Disease Control and Prevention, Vaccines & Immunizations, <https://www.cdc.gov/vaccines/index.html>

US Department of Health and Human Services, My Health Finder, <https://health.gov/myhealthfinder/topics/doctor-visits/vaccines-shots>

Our Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-547-7710 (TTY: 1-800-662-1220). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-547-7710 (TTY: 1-800-662-1220)。

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