

# PROTECT YOURSELF FROM COVID-19

There's a lot of information out there about COVID-19 vaccines. There's also a lot of misinformation.

But here's one thing we know: Getting vaccinated is your best protection against the virus. Especially if you're at high risk. Why? Because people who are vaccinated against COVID-19 are five times less likely to get sick compared to those who skip their shot.<sup>1</sup>



## 1. Are the vaccines safe?

Yes, they are. Here are a few reasons why:



**VOLUNTEERS STEPPED UP.** Nearly 120,000 people nationwide volunteered to test the vaccines before they became widely available.<sup>2</sup>



**HUNDREDS OF MILLIONS OF DOSES SAFELY ADMINISTERED.**

Hundreds of millions of Americans have been safely vaccinated with at least one dose, with over 224M fully-vaccinated.<sup>3</sup>



**BILLIONS FUNDED THE FAST TRACK.**

The government and private companies contributed billions of dollars to fund effective and accelerated research and clinical trials.



**SAFETY AT THE CENTER.** In addition to the FDA's Emergency Use Authorization (EUA), the vaccines were evaluated by the Advisory Committee on Immunization Practices (ACIP), which appoints independent reviewers from various fields, like immunology, pediatrics, internal medicine and more to check for safety and effectiveness.<sup>4</sup> The FDA and CDC continue monitoring the vaccines' safety.

## 2. Where can I get the vaccine?

You can find the vaccine at any in-network pharmacy in your area. Availability may vary by state and county. You can find guidelines on how to schedule your vaccine appointment at [express-scripts.com/vaccine](https://express-scripts.com/vaccine).

## 3. How many shots do I need? Do I need a booster?

It depends on the vaccine you receive and a few other things like your age and health. Talk with your doctor to understand more about the vaccine you'll be getting and whether a booster is right for you.

## What if I'm at high risk of serious illness?

If you have certain medical conditions, you could be at a higher risk of contracting COVID-19 and having severe symptoms. In general, if you're older or have other health conditions, it's important to take preventive measures for COVID-19 such as vaccination, wearing a mask, social distancing, and properly washing your hands.<sup>5</sup>

1. Griffin JB, Haddix M, Danza P, et al. (2021). "SARS-CoV-2 Infections and Hospitalizations Among Persons Aged ≥16 Years, by Vaccination Status – Los Angeles County, California, May 1–July 25, 2021." Morbidity and Mortality Report Weekly (MMRW), 70(34):1170–1176. <https://www.cdc.gov/mmwr/volumes/70/wr/mm7034e3.htm>

2. Cassidy, D. (2020, July 20). Over 100,000 people volunteered for Covid-19 vaccine trial in less than two weeks. Retrieved April 12, 2021, from <https://www.forbes.com/sites/danielcassidy/2020/07/20/over-100000-people-volunteered-for-covid-19-vaccine-trial-in-less-than-two-weeks/?sh=31320bf12e87>

3. [covid.cdc.gov/covid-data-tracker/#vaccinations](https://www.cdc.gov/covid-data-tracker/#vaccinations)

4. <https://www.cdc.gov/vaccines/acip/members/index.html>

5. [Certain medical conditions and risk for severe covid-19 illness. \(n.d.\). Retrieved April 12, 2021, from https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html](https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html)