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Frequently Asked Questions about the COVID-19 Vaccine

For the most up-to-date information about how and when you can receive your COVID-19 vaccine, visit mibluecrosscomplete.com/covid-19. For specific health and safety information, talk to your doctor. Or, visit michigan.gov/covidvaccine* or cdc.gov/coronavirus*.

How much does a COVID-19 vaccine cost?

You can receive a vaccine at no cost to you.

When will a COVID-19 vaccine be available?

The CDC says the vaccines currently approved, or authorized for emergency use, are now more widely available.¹

Where can I get a COVID-19 vaccine?

Where you can get a vaccine will vary by community. To find where you can get a COVID-19 vaccine, follow one of these steps:²

- Search vaccines.gov*.
- Text your ZIP code to 438829**.
- Call **1-800-232-0233** to find vaccine facilities near you.

Contact your chosen facility to set up your COVID-19 vaccine appointment.

Talk with your health care provider or pharmacist about getting vaccinated if you choose to get it. You can ask them any questions you have.

You can visit the Michigan Department of Health and Human Services website at michigan.gov/coronavirus* for the most up-to-date information. Some local information may be different from state information, so be sure to call your local public health department or visit their website.

How can I get a COVID-19 vaccine booster shot?

Studies have shown that the COVID-19 vaccines approved, or authorized for emergency use, continue to help protect fully vaccinated people from COVID-19. The vaccines greatly reduce risk of severe illness, hospitalization and death from the COVID-19 virus, including the delta variant.³

If you're fully vaccinated with the Pfizer or Moderna vaccine, and you're immunocompromised, the CDC recommends getting an additional dose of the COVID-19 vaccine you received. You can receive this third dose 28 days or more after your second dose of the vaccine.³ Research is still in progress on an additional dose for people who received the Johnson and Johnson vaccine.



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To learn more about COVID-19 vaccine booster shots and additional doses, you can visit the MDHHS website at **michigan.gov/coronavirus*** for the most up-to-date information. Some local information may be different from state information, so be sure to call your local public health department or visit their website.

I don't have a doctor. How do I get a vaccine?

You can receive a vaccine without seeing your health care provider. To find where you can get a COVID-19 vaccine, follow one of these steps:²

- Search **vaccines.gov***.
- Text your ZIP code to 438829**.
- Call **1-800-232-0233** to find vaccine facilities near you.

Talk with your provider if you have questions about the vaccine. We can help you connect with your assigned primary care provider. Or you can contact MDHHS at **michigan.gov/coronavirus*** for the most up-to-date information. Some local information may be different from state information, so be sure to call your local public health department or visit their website.

How can I get to my COVID-19 vaccine appointment?

Need a ride to your appointment? We can help. Call ModivCare, our transportation provider, at **1-888-803-4947** (TTY: **711**) to schedule a ride.

Can my kids get a COVID-19 vaccine?

Everyone ages 12 and older is eligible to get one of the COVID-19 vaccines.

Currently, three COVID-19 vaccines are approved, or authorized for emergency use, by the U.S. Food and Drug Administration:⁴

- The Pfizer vaccine has full approval for everyone 16 and older. This vaccine is also authorized for emergency use for youth 12 to 15.
- The Moderna and Johnson & Johnson vaccines are currently authorized for emergency use for everyone 18 and older.

You can visit the MDHHS website at **michigan.gov/coronavirus*** for the most up-to-date information. Some local information may be different from state information, so be sure to call your local public health department or visit their website.

What COVID-19 vaccines are available?

Three COVID-19 vaccines are approved, or authorized for emergency, use by the U.S. Food and Drug Administration:¹

- The Pfizer vaccine has full approval for everyone ages 16 and older. This vaccine is also authorized for emergency use for youth 12 to 15.
- The Moderna and Johnson & Johnson vaccines are currently authorized for emergency use for everyone 18 and older.



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The Pfizer and Moderna COVID-19 vaccines need a second dose. If you receive a COVID-19 vaccine that needs a second dose, the Centers for Disease Control and Prevention says you'll need both doses to get the most protection from the COVID-19 vaccine you received.²

If you have questions, contact your health care provider or pharmacist for more information. You can visit the MDHHS website at michigan.gov/coronavirus* for the most up-to-date information. Some local information may be different from state information, so you can also call your local public health department or visit their website.

Need help with getting an appointment for a COVID-19 vaccine shot? Call Blue Cross Complete's Rapid Response Outreach Team at **1-888-288-1722**, Monday through Friday from 8 a.m. to 5:30 p.m. TTY users call **1-888-987-5832**.

How do I know when I am fully vaccinated?

When you're fully vaccinated depends on which COVID-19 vaccine you get. The CDC considers people fully vaccinated:⁵

- Two weeks after their second dose of a COVID-19 vaccine that comes in two doses. The Pfizer and Moderna vaccines are examples of vaccines that come in two doses.
- Two weeks after they get a dose of a COVID-19 vaccine that comes in one dose. The Johnson & Johnson vaccine is a vaccine that is only one dose.

Why are some COVID-19 vaccines given in one dose and some given in two doses?

You can learn more about COVID-19 vaccines on the CDC website.

I am pregnant. Should I get a vaccine?

Talk with your health care provider about this decision.⁶

Will vaccination sites have interpreters or translated materials?

The available services may vary by site. Once you know where you can be vaccinated, contact that site for more information on their services.

Or, you can get interpretation services through Blue Cross Complete at no cost to you by calling Customer Service at **1-800-228-8554**, 24 hours a day, seven days a week. TTY users call **1-888-987-5832**.

Are there side effects to getting a COVID-19 vaccine?

The CDC says that you may have some side effects from getting a vaccine. These are normally signs that your body is building protection against the COVID-19 virus. The side effects should go away in a few days.¹ Connect with your health care provider or pharmacist for more information on vaccine side effects. You can also learn more on the CDC website.



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I'm afraid of needles. What can I do?

Getting a vaccine by needle can cause stress at any age. If you worry about getting a vaccine shot, you are not alone.⁷

The CDC says that up to one-quarter of adults may have a fear of needles.⁷ A fear of needles can affect a person's health care over the long term. If you feel that you want to avoid getting a COVID-19 vaccine because of a fear of needles, try:

- Seeking the help of a therapist to work with you on reducing needle fear.⁸
- Talking about your fears with trusted friends or family.
- Focusing on the benefits of getting the vaccine.
- Distracting yourself with a video or song during your appointment.
- Discuss your concerns with your health care provider.

What is herd immunity and have we reached it?

The Association of American Medical Colleges says that herd immunity happens when a disease no longer spreads because enough people have become immune to the disease.⁹

COVID-19 is a new disease. No one yet knows how many people would need to reach immunity to COVID-19 for us to have reached herd immunity. The number has been estimated to be as high as 85% of people.⁹ As long as we haven't reached herd immunity, the virus may continue to pass between people.

If I already have gotten the flu shot, does that protect me from COVID-19?

The CDC says that getting a flu shot helps protect you from getting the flu. It doesn't protect you from COVID-19.¹⁰

Can I get a COVID-19 vaccine when I get another vaccine?

Yes. The CDC says that we no longer need to wait 14 days between the COVID-19 vaccination and other vaccinations, like the flu vaccine. If your COVID-19 vaccine facility gives another vaccine for which you are eligible, you may receive it when you get a COVID-19 vaccine.¹¹

Do I still need to wear a mask if I get a vaccine? Do I still need to follow other COVID-19 public health guidelines if I get a vaccine?

Wearing a mask can be important for many reasons. It may still be important for you to wear a mask after you're fully vaccinated.⁵

One reason to keep wearing a mask is if you're in an area of substantial or high risk of getting the COVID-19 virus. The CDC says that if you're in one of these areas, it's best to wear a mask indoors in public. This can best protect you from the COVID-19 virus, including the delta variant.⁵



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The CDC says it's also best to wear a mask indoors in public if you or someone in your household:⁵

- Has a weakened immune system.
- Is at higher risk for a severe COVID-19 infection because of age or a medical condition.
- Is unvaccinated.

For the full guidelines for wearing a mask, visit the CDC website. We encourage you to follow the CDC guidelines for resuming activities once you're fully vaccinated. To access the current guidelines, visit the CDC website. You should also continue to follow COVID-19 guidance in your community. For example, follow the guidance at your workplace and local businesses.

If your immune system may be weakened by medicines or a health condition, talk with your health care provider. Ask them about your protection against COVID-19 after you are fully vaccinated. They can tell you which COVID-19 precautions to continue.⁵

You can also visit the MDHHS website at **michigan.gov/coronavirus*** for the most up-to-date information. Also, some local information may be different from state information, so be sure to call your local public health department or visit their website.

What is the delta variant? Does getting a COVID-19 vaccine protect me from it?

The COVID-19 delta variant is a more contagious version of the COVID-19 virus. The CDC says that the delta variant now causes most of new U.S. COVID-19 infections.¹²

The CDC says that getting a vaccine helps prevent severe illness and death from the COVID-19 virus. It also helps protect us from the delta variant. The CDC urges people who have not yet gotten a COVID-19 vaccine to:¹³

- Arrange to get a COVID-19 vaccine and
- Continue wearing a mask until you're fully vaccinated.

Wearing a mask can also be important for other reasons. It may still be important for you to wear a mask after you are fully vaccinated.⁵

One reason to keep wearing a mask is if you are in an area of substantial or high risk of getting the COVID-19 virus. The CDC says that if you are in one of these areas, it's best to wear a mask indoors in public. This can best protect you from the COVID-19 virus, including the delta variant.⁵

The CDC says it's also best to wear a mask indoors in public if you or someone in your household:⁵

- Has a weakened immune system or is at higher risk for a severe COVID-19 infection because of age or a medical condition.
- Is unvaccinated.



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For the full guidelines for wearing a mask, visit the CDC website. We encourage you to follow the CDC guidelines for resuming activities once you're fully vaccinated. You should also continue to follow COVID-19 guidance in your community. For example, follow the guidance at your workplace and local businesses.

You can receive a COVID-19 vaccine at no cost to you. Need help with getting an appointment for a COVID-19 vaccine shot? Call Blue Cross Complete's Rapid Response Outreach Team at **1-888-288-1722**, Monday through Friday from 8 a.m. to 5:30 p.m. TTY users call **1-888-987-5832**.

If you have questions, contact your health care provider or pharmacist for more information. You can also visit MDHHS website at **michigan.gov/coronavirus*** for the most up-to-date information. Some local information may be different from state information, so you can also call your local public health department or visit their website.

If I already had COVID-19 and recovered, do I still need to get a vaccine?

The CDC recommends getting a vaccine even if you've had COVID-19 and recovered.¹⁴

Talk with your health care provider or pharmacist about this decision.

Can getting a COVID-19 vaccine give you COVID-19?

The CDC says you can't get COVID-19 from the vaccines that are currently approved, or authorized for emergency use.

What's actually in a vaccine?

If you'd like more information on COVID-19 vaccines, visit the CDC website.

If I get a vaccine, does everyone in my household have to get it?

There's no federal requirement for everyone to get a vaccine. However, some places, such as your employer, can require vaccination, so check local guidance.

Talk with your health care provider or pharmacist about getting vaccinated if you choose to get it. You can visit the MDHHS website at **michigan.gov/coronavirus*** for the most up-to-date information. Some local information may be different from state information, so be sure to call your local public health department or visit their website.

What if I have other medical questions about the vaccines and how they work?

You can contact your health care provider or pharmacist for more information. You can visit the MDHHS website at **michigan.gov/coronavirus*** for the most up-to-date information. Some local information may be different from state information, so be sure to call your local public health department or visit their website. Or you can visit the CDC website. Check each site often to get the latest information.



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Who shouldn't get a vaccine?

Check with your health care provider or pharmacist.

What do I need to know for traveling during the pandemic?

The CDC says that if you're fully vaccinated, you're less likely to get and spread COVID-19. The CDC suggests that you delay travel until after you're fully vaccinated.¹⁵

The CDC recommends that all travelers follow certain guidelines. Some of these guidelines apply whether or not you've received a COVID-19 vaccine. They also apply for both domestic and international travel. For information on these guidelines, visit the CDC website.

Whether you travel within or outside of the United States, plan ahead. Make sure you understand the travel restrictions of each place on your route. The state, local or national governments of your destinations may have rules for travel. Check the travel restrictions for your home area for when you return, too.

You can visit the MDHHS website at **michigan.gov/coronavirus*** for the most up-to-date travel information. Some local information may be different from state information, so be sure to call your local public health department or visit their website. For international travel, check the travel guidelines of your destination.

**Blue Cross Complete doesn't own or control this website.*

***Standard messaging and data fees may apply.*

Sources:

1. "Key Things to Know About COVID-19 Vaccines," CDC, <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>.*
2. "How Do I Find a COVID-19 Vaccine?" CDC, <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/How-Do-I-Get-a-COVID-19-Vaccine.html>.*
3. "COVID-19 Vaccine Booster Shot," CDC, <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>.*
4. "Different COVID-19 Vaccines," CDC, <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html>.*
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6. "COVID-19 Vaccines While Pregnant or Breastfeeding," CDC, <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>.*
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8. "Interventions for Individuals With High Levels of Needle Fear," National Institutes of Health, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4900415/>.*
9. "Is Herd Immunity Closer Than We Think?" Association of American Medical Colleges, <https://www.aamc.org/news-insights/herd-immunity-closer-we-think>.*
10. "What Are the Benefits of Flu Vaccination?" CDC, <https://www.cdc.gov/flu/prevent/vaccine-benefits.htm>.*
11. "Getting Your COVID-19 Vaccine," CDC, <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html>.*
12. "Variant Proportions," CDC, <https://covid.cdc.gov/covid-data-tracker/#variant-proportions>.*
13. "About Variants of the Virus That Causes COVID-19," CDC, <https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html>.*
14. "Frequently Asked Questions About COVID-19 Vaccination," CDC, <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>.*
15. "Domestic Travel During COVID-19," CDC, <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>.*



Nondiscrimination Notice and Language Services

Discrimination is against the law

Blue Cross Complete of Michigan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Blue Cross Complete of Michigan does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Blue Cross Complete of Michigan:

- Provides free (no cost) aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Information in other formats (large print, audio, accessible electronic formats)
- Provides free (no cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Blue Cross Complete of Michigan Customer Service, 24 hours a day, 7 days a week at **1-800-228-8554** (TDD/TTY: **1-888-987-5832**).

If you believe that Blue Cross Complete of Michigan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

- **Blue Cross Complete of Michigan Member Grievances**
P.O. Box 41789
North Charleston, SC 29423
1-800-228-8554
(TDD/TTY: **1-888-987-5832**)

- If you need help filing a grievance, Blue Cross Complete of Michigan Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, through the Office for Civil Rights Complaint Portal available at

ocrportal.hhs.gov/ocr/portal/lobby.jsf, by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201

1-800-368-1019
(TDD/TTY: **1-800-537-7697**)

Complaint forms are available at:
hhs.gov/ocr/office/file/index.html.

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English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you.