# What you need to know about the COVID–19 vaccine.

The COVID–19 vaccine is here in Wisconsin! While the guidance frequently changes, here are some tips, contacts, and links to help you stay informed. **Remember:** It is still also important to keep up to date on your flu and pneumonia vaccines as well.

| WHO | WHAT | WHERE | WHEN | WHY |
|---|---|---|---|---|
| **Should I get COVID–19 shot?** | **Is the COVID–19 vaccine safe?** | **Where can I get my COVID–19 shot?** | **When should I get my COVID–19 shot?** | **Why get a COVID–19 shot?** |
| Right now, the COVID–19 vaccine supply is limited. As more vaccine is made, more people can get it.<br><br>To find out if you are eligible, ask your doctor or call your *i*Care Care Team. | The Food and Drug Administration (FDA) has determined COVID–19 vaccines are safe.<br><br>The FDA continues to monitor its safety as more people get the vaccine.<br><br>So far, some people have had mild side effects such as headache, fever, and body aches. | When you become eligible for the vaccine, there may be many places you can get it. You can search on vaccinefinder.org for a site.<br><br>Please be careful of scams. You should not be asked to pay for the vaccine. It is free!<br><br>Call your *i*Care Care Team or your provider if you are unsure where to go. | To be fully protected, you will need 2 shots of the COVID–19 vaccine about 3 – 4 weeks apart.<br><br>You will need to receive the same brand of vaccine for both shots.<br><br>You should go to the same place to get the second shot. Follow the instructions on the card you receive for scheduling the second dose. | We all want to stop the spread of COVID–19. Getting the vaccine will help keep you and your family safe from COVID–19.<br><br>After you receive the vaccine, it is important you continue to wear a mask, wash your hands often, and social distance until enough people have received the vaccine. |

*i*Care INDEPENDENT CARE HEALTH PLAN

**For more information on the COVID–19 vaccine and who can get it**:

https://www.dhs.wisconsin.gov/covid-19/vaccine-about.htm

https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines.html

## How do I lower my risk of getting COVID–19?

Because COVID–19 spreads person-to-person, lower your risk of getting COVID–19 by following these tips:

» Wash your hands often — 20 seconds with soap and water.

» Avoid touching your face with unwashed hands.

» Cough and sneeze into a tissue then throw it away and wash your hands.

» In public, make sure you use a mask and others near you cover their nose and mouth with a mask.

» Avoid close contact (at least 6 feet apart) with people who are sick in your home and all people outside your home.

» Clean and disinfect high touch surfaces.

*i*Care's **FREE 24/7 Nurse Line 1-800-679-9874** is available and ready to answer your COVID–19 questions, and assess your symptoms.

## How can *i*Care help?

Call *i*Care Customer Service at 1-800-777-4376 (TTY: 711), 24 hours a day 7 days a week if you:

» Do not have a health provider.

» Have questions about how to get vaccines.

» Have questions about your health, medications or information you receive.

Our office hours are Monday – Friday, 8:30 a.m. – 5:00 p.m.

ATTENTION: If you speak English, language assistance services are available to you free of charge. Call 1-800-777-4376 (TTY: 1-800-947-3529).

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas están disponibles sin cargo, llame al 1-800-777-4376 (TTY: 1-800-947-3529).

CEEB TOOM: Yog koj hais lus Hmoob, kev pab rau lwm yam lus muaj rau koj dawb xwb. Hu 1-800-777-4376 (TTY: 1-800-947-3529).

注意：如果您说中文，您可获得免费的语言协助服务。请致电 1-800-777-4376 (TTY 文字电话: 1-800-947-3529).

DIGTOONI: Haddii aad ku hadasho afka Soomaaliha, adeegyada caawimada luqadda waxaa laguu heli karaa iyagoo bilaash ah. Wac 1-800-777-4376 (TTY: 1-800-947-3529).

ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ ໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-800-777-4376 (TTY: 1-800-947-3529).

ВНИМАНИЕ: Если Вы говорите по-русски, Вам будут бесплатно предоставлены услуги переводчика. Позвоните по номеру: 1-800-777-4376 (TTY: 1-800-947-3529).

ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည် မြန်မာစကားပြောသူဖြစ်ပါက၊ သင့်အတွက် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ၀န်ဆောင်မှုများ ရရှိနိုင်သည်။ 1-800-777-4376 (TTY: 1-800-947-3529) တွင် ဖုန်းခေါ်ဆိုပါ။

PAŽNJA: Ako govorite srpsko-hrvatski imate pravo na besplatnu jezičnu pomoć. Nazovite 1-800-777-4376 (telefon za gluhe: 1-800-947-3529).

تنبيه: إذا كنتم تتحدثون العربية، تتوفر لكم مساعدة لغوية مجانية. اتصلوا بالرقم 1-800-777-4376 (هاتف نصي: 1-800-947-3529).

Independent Care Health Plan:
- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters.
  - Written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free 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 Independent Care Health Plan at 1-800-777-4376 (TTY: 711).

Independent Care Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity, or sex.

Independent Care Health Plan (*i*Care), which insures *i*Care Medicare Plan (HMO D-SNP) and *i*Care Family Care Partnership (HMO D-SNP), is an HMO with a Medicare contract and a contract with the State Medicaid program. Enrollment in *i*Care Medicare plans depends on *i*Care's contract renewal. H2237_IC2589_C