

# 5 Things You Should Know about COVID-19 Vaccines and Treatments

**CVEEP**  
Champions for  
Vaccine Education,  
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Vaccines have helped protect millions of people from illness and death from COVID-19. Vaccines have made things better, but the virus is not going away, and it is still a threat to you and your community.

**Getting a vaccine is still the best way to avoid the worst outcomes of COVID-19.**

## 1 If you have not received an updated COVID-19 vaccine, now is the time.

COVID-19 vaccines are safe, effective, and are still free of cost to you. Staying up to date with the updated COVID-19 vaccine helps give you the best protection against severe illness and even death.

The Centers for Disease Control and Prevention (CDC) suggests that each person 6 years old and older should get one updated vaccine, whether they have received any original COVID-19 vaccines or not.

Children ages 6 months – 5 years get smaller doses of the vaccine and may need more than one dose of updated COVID-19 vaccine to be up to date, based on the number of doses they have received and their age. Talk to your child's health care provider.

## 2 If you have been sick with COVID-19 before, you should still get the vaccine.

If you have had COVID-19 and recovered, you should still get vaccinated to build your immune system and protect against re-infection. Experts suggest you wait 3 months after having COVID-19 to get vaccinated. Research shows that people who have had COVID-19 but choose **not** to get the vaccine later are **twice as likely** to get COVID-19 again than those who got the vaccine after their recovery.

## 3 Adults 65 and older and those with a weakened immune system can get an additional dose of the updated vaccine.

Adults 65 and older and people with weakened immune systems have a greater risk of getting very ill from COVID-19 and can get a second dose of the updated COVID-19 vaccine. Adults 65 and older can receive a second dose of the updated vaccine if it has been at least four months since their first dose, and most people with conditions that affect their immune system can get a second dose if it has been at least two months since their first dose.

## 4 Treatments can protect against severe COVID-19.

While not a substitute for vaccines, safe and effective treatments exist for people at high risk of severe COVID-19. If you are over 50, have diabetes, cancer, mental health conditions, obesity, asthma, or a [number of other health issues](#), you are at higher risk of severe COVID-19. If you have COVID-19 or think you may, talk to your doctor or pharmacist about testing and treatment options.

## 5 COVID-19 vaccines and treatments are still free of cost to you.

Updated COVID-19 vaccines and antiviral treatments will be free of cost for everyone in the U.S. until the federal supply has been fully used. After that, vaccines will still be free for almost everyone, and treatments will be covered by public and private insurance. Find a vaccine near you at [www.vaccines.gov](http://www.vaccines.gov).