

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

Vaccines have helped protect millions of people from severe illness and death from COVID-19, but the virus and new variants remain a threat and still pose risks.

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

1 Updated COVID-19 vaccines are now available.

Staying up to date with the latest COVID-19 vaccine helps give you the best protection against severe illness and even death. During the 2023–2024 season, individuals who received an updated vaccine saw greater protection against illness and hospitalization than those who did not.

The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months old and older stay up to date with their COVID-19 vaccinations.¹

Children ages 6 months–4 years get smaller doses of the vaccine and may need more than one dose of the latest COVID-19 vaccine to be up to date.

Individuals who are 65 years and older and those 6 months–64 years old who are moderately or severely immunocompromised should receive a second COVID-19 dose six months after their first.

Individuals 6 months and older who are moderately or severely immunocompromised may receive additional doses of the latest COVID-19 vaccine. Talk to your child's health care provider for more information about COVID-19 vaccination options.

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. According to the CDC, people who have recently had COVID-19 may consider delaying their next vaccine dose by 3 months. 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.²

3 You can get your COVID-19, flu, and RSV vaccines at the same appointment.

Receiving multiple recommended vaccines during the same appointment is a common way to protect yourself against infectious respiratory diseases and to stay up to date. This means for eligible individuals, you may be able to get COVID-19, flu and RSV vaccines in the same visit. Talk with your healthcare provider or pharmacist for more information.³

4 If infected with COVID-19, treatments can help 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, a [number of other health issues](#), or have an immunocompromising condition, **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.⁴

5 COVID-19 vaccines are covered at no cost for most people.

Nearly all private and public health insurance plans cover all vaccines recommended by the CDC's Advisory Committee on Immunization Practices (ACIP)—which includes COVID-19 vaccines—free of cost. Adults without insurance may be able to access vaccines free of cost through patient assistance programs or state health departments. Children under the age of 18 who are uninsured or underinsured can access COVID-19 vaccines free of cost by visiting a provider enrolled in the VFC program or through a public health clinic, a federally qualified health center (FQHC), or a rural health clinic. To find available COVID-19 vaccines at a pharmacy near you, visit www.vaccines.gov.⁵ For more information on vaccine costs and coverage, visit cveep.org/coverage.