

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. The 2025–2026 COVID-19 vaccines are recommended for people 6 months and older, including pregnant women, by the Centers for Disease Control and Prevention (CDC) and leading medical societies.¹

Another dose of the 2025–2026 COVID-19 vaccine is recommended six months after the first dose, with the option to receive it as early as two months, for individuals who are:

- 65 years and older
- 6 months and older with a weakened immune system.

Because timing and number of doses can vary based on health conditions and prior vaccination history, talk with a healthcare provider to help guide the best recommendation.²

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. 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.

Routine administration of recommended, age-appropriate vaccines at the same time is acceptable if there are no contraindications at the time of the healthcare visit.

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.³

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

COVID-19 vaccines are covered at no cost by both public (Medicaid, Medicare, TRICARE, and VFC) and private insurance, including employer-sponsored insurance. To find available COVID-19 vaccines near you, visit cveep.org/vaccine-locator. For more information on vaccine costs and coverage, visit cveep.org/coverage.

1. <https://www.aafp.org/family-physician/patient-care/prevention-wellness/immunizations-vaccines.html>

2. <https://www.idsociety.org/Seasonal-RTI-Vaccinations-in-Immunocompromised-Patients/> 3. <https://www.cdc.gov/covid/downloads/hcp/interim-clinical-considerations.pdf> 4. <https://www.aafp.org/family-physician/patient-care/public-health-emergencies/recent-outbreaks/covid-19.html> 5. <https://www.cdc.gov/vaccines/adults/pay-for-vaccines.html>