



# STAY HEALTHY



## Concerned about COVID-19? Think you have symptoms?

If you think you've been exposed to COVID-19, and have developed symptoms, such as a fever and cough, please stay at home...

It's always best to start with your primary care physician (PCP) for your care. If you have symptoms, call your PCP's office (use your MyWHA app for quick access). If you cannot reach your PCP, call our 24/7 nurse advice line at 877.793.3655 or chat securely online at: [mywha.org/nurseadvice](https://mywha.org/nurseadvice).

## COVID-19 Treatment

COVID-19 medication is now available through your doctor and local retail pharmacies. If you have COVID-19 symptoms and test positive, do not wait to get treated. You may take an oral COVID-19 medication within 5-7 days of your first symptoms. If you test positive, please contact your doctor to determine if the COVID-19 medication is right for you.

## COVID-19 Testing

If you have symptoms or have been exposed to someone who tested positive for COVID-19, call your doctor to help determine what action is needed. Visit our COVID webpage for details on at-home test kits.

## COVID-19 Vaccine and boosters

WHA will cover approved COVID-19 vaccines and its administration without a copayment or deductible once it is FDA-approved for public use.

**Effective October 12, 2022, the CDC has expanded emergency use authorization for Moderna and Pfizer/BioNTech COVID-19 vaccines; including updates on the newest bivalent boosters and age limit updates.**

**Moderna COVID-19 Vaccine** — Bivalent is authorized for administration at least two months following completion of primary or booster vaccination in children down to six years of age. Also, the Moderna COVID-19 vaccine, Bivalent is authorized as a booster dose for individuals 6 years of age and older.

**Pfizer-BioNTech COVID-19 Vaccine** — Bivalent is authorized for administration at least two months following completion of primary or booster vaccination in children down to five years of age. And, the Pfizer/BioNTech COVID-19 vaccine, Bivalent is authorized as a booster dose as well in individuals 5 years of age and older.

**The CDC recommends that individuals seeking a COVID-19 booster, who are ages 5 years and older, should receive one of the new Bivalent vaccines.**



## COVID-19 Vaccine Frequently Asked Questions (FAQs)

We join with our network physicians in encouraging our members to get the vaccine. These vaccines are meant to prevent you from getting the disease and spreading it to others. COVID-19 vaccines authorized by the FDA have been shown to be safe and effective in clinical trials.

### **Q. When will I know when the vaccine is available to me/my family?**

**A.** Ask your doctor or pharmacist or PCP for when the appropriate vaccines are available for your family members. Currently, anyone age 6 months and older are eligible for the vaccine.

### **Q. Where do I go to find eligibility and vaccine locations?**

**A.** California's statewide vaccine scheduling portal, **My Turn ([myturn.ca.gov](https://myturn.ca.gov))**, is still a good resource online. There, you can check eligibility based on age\* and medical conditions. Although vaccines are readily available now through your PCP and in-network pharmacy, you can also make an appointment online. Everyone ages 6 months and older are eligible for the primary series of COVID-19 vaccine..

### **Q. Are children safe to get the vaccine?**

**A.** Yes. Everyone ages 6 months and older are eligible for the primary series of COVID-19 vaccine. Specific COVID-19 vaccine brands and doses have different ages, eligibility, and timing requirements. Check with your doctor, pediatrician, or pharmacy on availability for you and your family.

### **Q. How safe and effective are the vaccines?**

**A.** All FDA-approved COVID-19 vaccines have been shown to be safe and effective. Ensuring a safe and effective COVID-19 vaccine is a critical component of the U.S. strategy to reduce COVID-19-related illnesses, hospitalizations, and deaths. Discuss any concerns with your doctor. A vaccine may cause symptoms, such as fever, which are generally normal and a sign that the body is building immunity.

### **Q: Who should get a booster?**

**A.** Booster shots are now widely available. You may "mix and match" vaccines, so when eligible you may get whatever booster you prefer. Your age and underlying health, are considerations for when you get the booster. Again, check [myturn.ca.gov](https://myturn.ca.gov) for details on who is eligible and availability in your area, or call your pharmacy to see if they have availability.

### **Q. Can I still get the virus after I get the vaccine?**

**A.** While it is uncommon, there have been breakthrough cases of the virus once the COVID vaccine has been received. However, the vaccine lessens symptoms if you do get the virus.

## COVID-19 Vaccine Frequently Asked Questions (FAQs)

### Q. Can I visit with family and friends after I get the vaccine?

A. To be fully protected from the virus, allow at least two weeks before visiting others who have also been fully vaccinated. Continue using precautions such as wearing a mask and social distancing around others who have not been fully vaccinated or have other health issues.

### Q. Why do I have to get vaccinated twice?

A. Pfizer and Moderna vaccines require two doses to ensure adequate immune response (i.e. antibodies) which protect you from contracting the virus. There are other vaccines as well that require more than one dose to build more complete immunity, such as the vaccine for shingles.

### Q. Can I get the COVID vaccine at the same time as the flu vaccine?

A. Yes, you may get both at the same time. It is advisable to receive the COVID vaccine two weeks before or after receiving other vaccines.

### Q. What if I have diabetes, asthma, heart condition or obesity?

A. Individuals with these conditions are at higher risk for getting the virus and becoming seriously ill. The Centers for Disease Control and Prevention recommends individuals with a medical condition get the vaccine. If you have concerns, it's always good to speak with your doctor.

### Q. What if I take several medications, does the vaccine interfere with them?

A. There is very little chance that the vaccine will interfere with prescription medications because the vaccine targets different parts of your body than your medications. If you still have questions, reach out to your doctor for help.

**IMPORTANT NOTE:** WHA continues to follow state and federal guidance on benefit coverage of COVID-19 by health plans, including paying for monitoring and screening required for employment purposes. Please understand that COVID-19 vaccine distribution is a dynamic and fluid situation, which can change often with new guidelines from federal/state/local governments.

Continue to monitor publicly available information, as well as that from your PCP, medical group and WHA's COVID-19 web page at [westernhealth.com/coronavirus](https://westernhealth.com/coronavirus).

