



Blue Cross Blue Shield of Michigan **COVID-19 Vaccine Update – What You Need to Know**



The COVID-19 pandemic has been very challenging for all of us here in Michigan. However, recent data from the Michigan Department of Health and Human Services shows that COVID-19 disproportionately affects African-American/Black, Hispanic/Latinx and Native American communities throughout our state at an alarming rate. Although these groups account for only 19% of the total population, they represent 27% of worst outcomes for lives lost due to COVID-19. The MDHHS data also shows that having preexisting conditions adds greater risk of being infected with the COVID-19 virus.

Blue Cross Blue Shield of Michigan has created this resource guide to help answer some common questions and point you to resources about the safety and effectiveness of the vaccine as well as when and where you can get your shots.

For the most up-to-date information, visit [MIBluesPerspectives.com](https://www.mibluesperspectives.com).



WHAT YOU NEED TO KNOW

Who is eligible for the COVID-19 vaccine? There is a limited supply of vaccines currently available. Paid and unpaid workers and Michiganders in the below categories can receive the vaccine at no cost.



Frontline health care workers



Long-term care facility residents and staff



Childcare and education workers



Michigan residents 65 and older



Police officers and firefighters

How and why were the vaccines developed? Coronavirus vaccines have been years in the making. They were developed through extensive and rigorous testing with thousands of people to ensure safety. The vaccines were developed to help protect you from getting the virus or from becoming seriously ill or dying due to COVID-19.

Where do I go to get the vaccine? Most of the COVID-19 vaccines are managed by our county health departments. You can visit the [Michigan Coronavirus Vaccine locations site](#) and select **Find A Site In Your County** for information to make your vaccine appointment if you are currently eligible to get the vaccine. As more supply becomes available, many retail pharmacies and doctors' offices will also offer it.

What can I expect at my vaccine appointment? First, wear a mask and follow directions when you arrive to your appointment. Once you receive the vaccine, you'll stay on-site for at least 15 minutes so you can be monitored for side effects. You'll receive a card with information about your vaccine, and an appointment reminder to return for your second dose, or booster shot.

Why do I need two shots? For the COVID-19 vaccine to be most effective, two doses are required. The first shot prepares your body. The second shot, also known as a booster, is given at least three weeks later and helps your body produce antibodies to fight the virus effectively.



What can I expect after getting the vaccine? Some people may experience side effects from the COVID-19 vaccination, including pain and swelling at the injection site and flu-like symptoms (fever, chills, tiredness, headache). These side effects may affect your ability to do daily activities. In most cases, these side effects will go away in a few days. If you have pain or discomfort, contact your doctor or health care professional.

Can I go back to “normal” after getting the vaccine? Not just yet. Even after getting the vaccine, you must continue to maintain preventive measures – wear a mask, social distance, wash your hands and stay home if you feel ill to protect your family, friends and loved ones.

What should I do while I wait to get my vaccine? While you wait, stay safe. Continue wearing a mask, practice social distancing, wash your hands and stay home if you feel ill.

Where can I find more information about COVID-19 and the COVID-19 vaccine? Go to [Michigan.gov/coronavirus](https://www.michigan.gov/coronavirus) or call the COVID-19 Hotline at 1-888-535-6136. If you have questions or need help scheduling your vaccine appointment, call 211.



Disclaimer: This information is based on the Centers for Disease Control and Prevention (CDC) and Michigan guidelines. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You should always consult with a physician or other health care progression for medical advice.

VACCINE FACTS

What is the COVID-19 vaccine? The active ingredients in the COVID-19 vaccine are mRNA, lipids (oil bubbles/fat) and saline (saltwater solution). The COVID-19 vaccines don't contain the virus. Also, there are ongoing vaccine studies. Please click the link for updates: [COVID-19 Vaccines: What You Should Know – MIBluesPerspectives](#).

Click on the links to learn more:

[Understanding mRNA COVID-19 Vaccines](#)

[Information about the Pfizer-BioNTech COVID-19 Vaccine](#)

[Information about the Moderna COVID-19 Vaccine](#)

If I've already had COVID-19, should I still get the COVID-19 vaccine? Yes, you should still be vaccinated because you can become infected more than once. Talk to your doctor if you are unsure what treatments you received or if you have more questions about getting a COVID-19 vaccine.

[Information about the Pfizer-BioNTech COVID-19 Vaccine](#)

[Information about the Moderna COVID-19 Vaccine](#)



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VACCINE FACTS continued

Who decides on the order in which vaccines are distributed? Because the U.S. supply of COVID-19 vaccine is expected to be limited at first, the Centers for Disease Control and Prevention is providing recommendations to federal, state and local governments about who should be vaccinated first.

Click on the links to learn more:

[CDC Recommendations](#)

[Michigan COVID-19 Vaccine Resources](#)

[Michigan COVID-19 Vaccines – Frequently Asked Questions](#)

[The Advisory Committee on Immunization Practices' Updated Interim Recommendation for Allocation of COVID-19 Vaccine — United States, December 2020](#)



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