WHAT IS THE CORONAVIRUS OR COVID-19?
The Coronavirus, also known as COVID-19, is a virus that causes breathing problems in people.

HOW CAN I GET IT?
The virus passes from person to person through close contact and droplets in the air from coughing or sneezing (like the common cold or flu). You are more at risk if you’ve traveled to infected regions or were around people who recently came back from those areas. As the list of infected regions may be changing daily, it is important to check reliable online sources like the Centers for Disease Control and Prevention (www.cdc.gov) regularly to know if you may be at risk.

WHAT ARE THE SYMPTOMS?
Most people who get COVID-19 feel like they have the flu. Older people, especially those who are already sick or have another disease like diabetes, are in danger of getting the most severe forms of this virus. Symptoms can range from mild to severe. They include fever, cough and breathing problems.

HOW CAN I PROTECT MYSELF AND MY FAMILY?
Follow these steps:
- Wash your hands with soap and water for at least 20 seconds to prevent the spread of the virus. Alcohol-based hand sanitizers are your next best choice.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your upper sleeve and not into your hands.
- Keep your hands away from your nose, mouth and eyes as much as you can.
- Get a flu shot! It’s not too late! The flu shot doesn’t directly protect you from COVID-19, but it will help ease the impact of the flu.
- Stay home if you are feeling sick until you feel better or are cleared by a Doctor. Most people who get COVID-19 get better with good self-care and rest.
- Use over-the-counter cold and flu medicines to control fever and ease your symptoms.
- Keep at least 6 feet away from others whenever possible.

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**WHEN SHOULD I CALL MY DOCTOR?**

If you think you might have COVID-19, call your Doctor’s office. Tell them your symptoms and if you’ve traveled to the infected regions or were around people who recently came back from those areas. Your Doctor will tell you what to do next so you can get the care you need and not risk passing the virus to your friends and family.

**WHAT IF I CAN’T GET A HOLD OF MY DOCTOR OR THE OFFICE IS CLOSED?**

If you can’t reach your Doctor or if it’s after-hours, you can call IEHP’s 24-Hour Nurse Advice Line at 1-888-244-4347 or 1-866-577-8355 for TTY users, 24 hours a day, seven days a week. Our trained Nurses offer medical advice and, if needed, will connect you with a Doctor via phone or video chat.

**HOW MUCH WILL I HAVE TO PAY TO GET TESTED?**

IEHP covers COVID-19 testing. Members will not be charged for standard COVID-19 testing. Test results are often ready within two days. IEHP does NOT reimburse Members who choose to pay for COVID-19 tests. This includes rapid COVID-19 tests with same-day results.

**OVERVIEW: COVID-19 VACCINES**

The COVID-19 vaccines are here in California. The vaccines are safe, effective and will be free for all IEHP Members. Recommended for everyone ages 12 and older, the vaccines can help protect people from COVID-19. The vaccines won’t make people sick or give them COVID-19. They may have some minor side effects, which are not harmful and should last no more than a few days. The vaccines can help us end the pandemic, reopen the economy and save lives. Vaccinated people should keep wearing a mask, washing their hands often and maintaining at least 6 feet of distance in public places. IEHP Members can learn more by visiting IEHP’s website at www.iehp.org and or the California Department of Health’s website at www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/COVID-19Vaccine.aspx.

**CDC UPDATE: JOHNSON & JOHNSON VACCINE**

The CDC and FDA have again approved the emergency use of the Johnson & Johnson (J&J) vaccine. The use of this vaccine was on hold for nearly two weeks as health care professionals further evaluated the safety of the vaccine. Women younger than 50 years old should be aware of the rare risk of blood clots with low platelets seen with the J&J vaccine. The CDC and FDA advise women in this age group to consider getting other COVID-19 vaccines that have not shown this risk.

**WHY WAS THE J&J VACCINE PUT ON HOLD?**

The J&J vaccine was put on hold because there were reported cases of women, between the ages of 18 and 48, who developed blood clots in large veins in their bodies and their platelet counts dropped significantly. Platelets help the body with clotting and stop bleeding. The symptoms were different depending on the location of the blood clot. These clots were seen in the abdomen, legs, lungs or the brain and occurred six to 13 days after vaccination.
Q. **SHOULD I BE WORRIED IF I GOT THE J&J VACCINE BEFORE IT WAS PUT ON HOLD?**

A. First, it is important to remember that these cases were very rare. As of April 12, more than 6.8 million doses of the J&J vaccine have been administered in the U.S. All symptoms started less than three weeks after the vaccine. So if you got the vaccine more than a month ago, the risk for blood clots is very low at this time. You should call your Doctor if you start to have any of the following symptoms: severe headache, abdominal pain, leg pain/swelling, or shortness of breath.

Q. **WHAT OTHER POSSIBLE SIDE EFFECTS COULD I HAVE FROM THE J&J VACCINE?**

A. There is a remote chance the vaccine could cause a severe allergic reaction (difficulty breathing, swelling of face and throat, fast heartbeat, bad rash all over your body, dizziness, weakness), which would usually occur a few minutes to one hour after getting the dose. You will be monitored for 15 minutes by health care professionals for any possible side effects.

Q. **ARE THERE ANY REASONS WHY I SHOULDN’T GET THE J&J VACCINE?**

A. You should not get this vaccine if you’ve ever had a severe allergic reaction to any ingredient of this vaccine: recombinant, replication-incompetent adenovirus type 26 expressing the sars-CoV-2 spike protein, citric acid monohydrate, trisodium citrate dihydrate, ethanol, 2-hydroxypropylβ-cyclodextrin (hbcd), polysorbate-80, sodium chloride. Also, women younger than 50 years old especially should be aware of the rare risk of blood clots with low platelets seen with the J&J vaccine. If possible, women in this age group should consider getting other COVID-19 vaccines that have not shown this risk.

Q. **WHAT ELSE DO I NEED TO KNOW BEFORE GETTING THE J&J VACCINE?**

A. Before you get the vaccine, you should tell the vaccination provider about all your medical conditions, including if you:

- have any allergies
- have a fever
- are immunocompromised or are on a medicine that affects your immune system
- are pregnant, breastfeeding, or plan to become pregnant
- have a bleeding disorder or are on a blood thinner
- have received another COVID-19 vaccine

Q. **DO I HAVE TO PAY FOR THE VACCINE?**

A. No. The vaccine is free for everyone who wants it.

Q. **WHERE CAN I GET THE VACCINE?**

A. Your Doctor’s office, pharmacies or any other sites of care or clinics that provide the vaccine. Note: Not all Doctors or pharmacies will carry the vaccine. Call your Doctor or pharmacy first to find out. Vaccine appointment sign-ups are also available online through the public health department in your county.

For Riverside County, visit [www.ruhealth.org/covid-19-vaccine](http://www.ruhealth.org/covid-19-vaccine).


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Q. **WHEN CAN I GET THE VACCINE?**  
A. Everyone 12 and up is now eligible for vaccination.

Q. **IS THE VACCINE SAFE?**  
A. Yes, the top medical experts in our nation and state agree that COVID-19 vaccines are safe and effective. The vaccines were tested in large clinical trials to make sure they meet safety standards. Many people from different ages, races, and ethnic groups, as well as those with different medical conditions, were part of the trials.

Q. **DOES THE VACCINE HAVE SIDE EFFECTS?**  
A. Most people do not have serious problems after being vaccinated for COVID-19. Any minor symptoms that result usually go away on their own within a week. Call your Doctor immediately if you start to have any of the following symptoms: severe headache, abdominal pain, leg pain/swelling, or shortness of breath, chest pain, feelings of having a fast-beating, fluttering or pounding heart. Your Doctor or health care provider will explain any potential side effects and what you need to do about them.

Since the emergency use authorization of the Moderna and Pfizer-BioNTech COVID-19 vaccines, myocarditis (inflammation of the heart muscle) and pericarditis (inflammation of the lining outside the heart) have occurred in some people who have received these vaccines. In most of these people, symptoms began within a few days following the second dose of these vaccines. As of June 21, 2021, there have been 393 confirmed reports of myocarditis or pericarditis in individuals who received COVID-19 vaccine, particularly among males ages 30 and younger. While this is concerning and is under further investigation, myocarditis or pericarditis after COVID vaccination is extremely rare as more than 318 million doses of COVID-19 vaccines have been administered in the United States from December 14, 2020 through June 21, 2021.

Q. **WILL THERE BE ANY LONG-TERM SIDE EFFECTS?**  
A. COVID-19 vaccines are being tested in large clinical trials to assess their safety. It will take time and more people will need to get the vaccine before we learn about very rare or long-term side effects. The Food and Drug Administration (FDA) and the U.S. Centers for Disease Control (CDC) will continue to monitor the safety of COVID-19 vaccines. Health care providers are required to report any problems or adverse events following vaccination to the Vaccine Adverse Event Reporting System (VAERS).

Q. **WHAT IF I HAVE SIDE EFFECTS?**  
A. Contact your Doctor right away. The CDC is also launching a new smartphone-based tool called v-safe to check in on people’s health after they receive a COVID-19 vaccine. When you get your vaccine, you should also get a v-safe handout telling you how to enroll in the program. If you enroll, you will get regular text messages with links to surveys where you can report any problems or side effects after getting a COVID-19 vaccine.

Q. **CAN THE VACCINE GIVE ME COVID-19?**  
A. No, the vaccine cannot give you COVID-19 because it does not contain an infectious virus.

Q. **HOW MANY SHOTS WILL BE NEEDED?**  
A. The Pfizer and Moderna vaccines require two shots, 3 to 4 weeks apart. While the first shot helps build protection, you will need to come back a few weeks later for the second one to get the most protection the vaccine can offer. Your Doctor will advise you when you should return for the second shot, as it varies by type of vaccine. The J&J vaccine requires only one shot.

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Q. DO I NEED TO KEEP WEARING A MASK AND AVOIDING CLOSE CONTACT WITH OTHERS ONCE I GET 2 DOSES OF THE VACCINE?

A. Yes. While experts learn more about the protection that COVID-19 vaccines provide, please keep using all the tools we know can help stop the spread of COVID-19. This means keep wearing a mask, washing your hands often, avoiding crowds, and maintaining at least 6 feet of distance in public places.

Q. CAN CHILDREN AND BABIES GET COVID-19?

A. Yes. Children can get COVID-19. Most children with COVID-19 have mild symptoms, or they may have no symptoms at all, which is called being asymptomatic. Fewer children have been sick with COVID-19 compared to adults. But, infants (children younger than 1 year old) and children with certain medical conditions might have a higher risk for getting COVID-19.

Q. CAN CHILDREN GET A COVID-19 VACCINE?

A. COVID-19 vaccines are approved for children 12 years old and older. To learn more, visit your county’s public health departments online: San Bernardino: www.sbcounty.gov | Riverside: www.rivcoph.org

Q. HOW LONG DOES IT TAKE TO BE PROTECTED AFTER GETTING THE VACCINE?

A. While the first shot starts to build protection right away, COVID-19 vaccines require two doses, 3 to 4 weeks apart. That means it will take one to two weeks after the second dose to get the most protection the vaccine can offer.

Q. CAN I TAKE THE COVID-19 VACCINE AND THE FLU VACCINE AT THE SAME TIME?

A. While a flu shot is recommended for most people 6 months old and older, health experts recommend not getting any other vaccines for at least 14 days before or after getting the COVID-19 vaccine. Talk to your Doctor to learn more about what vaccines you need and when you should get them.

Q. IF I HAVE PREVIOUSLY TESTED POSITIVE FOR COVID-19, CAN I STILL GET THE VACCINE?

A. Yes. People are advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before. This is because re-infection with COVID-19 is possible. Those who had a diagnosis in the past three months, be sure to talk to your Doctor about when you should get the vaccine.

Q. WILL IEHP PROVIDE TRANSPORTATION TO A COVID-19 VACCINE CLINIC?

A. Yes, IEHP will provide transportation to a COVID-19 vaccine clinic in the county where you live.

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HOW DO I REQUEST TRANSPORTATION?

Contact IEHP Transportation Call Center at 1-800-440-4347.

WILL THE DRIVER WAIT WITH ME?

No, the driver will not wait. Transportation will be provided as a roundtrip. You will need to contact the transportation provider to request a return pickup once you are ready.

CAN I TAKE MY FAMILY MEMBERS?

IEHP will provide transportation to an IEHP Member and one other passenger.

HOW MUCH TIME IS NEEDED TO REQUEST TRANSPORTATION?

IEHP will assist with transportation to the COVID-19 vaccine clinic in fewer than 5 business days. However, we cannot guarantee same-day requests.

WHERE CAN I LEARN MORE ABOUT COVID-19 AND COVID-19 VACCINES?

IEHP Members can learn more by visiting IEHP’s website at www.iehp.org or the California Department of Health’s website at www.cdph.ca.gov/COVID19. Members can also learn more about COVID-19 at the California Coronavirus Response website at www.covid19.ca.gov or the CDC’s website at www.cdc.gov.