

A campaign to increase vaccine confidence while reinforcing basic prevention measures



User Guide for Older Adults Toolkit

This material is intended for all organizations that communicate directly with the older adult community.

Content last reviewed: April 13, 2021

Your Role as an Older Adult Advocate

As a trusted partner or caregiver to the older adult community, you're in an important position to share crucial COVID-19 information and increase vaccine confidence. Older adults are at greater risk of needing hospitalization or dying if they're diagnosed with COVID-19, especially if they have certain underlying medical conditions.

- You've built a rapport, so your community trusts you and understands that you support their well-being.
- You know how to reach and inspire them.
- You can increase their vaccine confidence and education by sharing clear, complete, and accurate messages about COVID-19 vaccines.



Purpose and Goals

The risk of severe illness from COVID-19 increases with age. This toolkit will serve to educate the older adult audience, their advocate agencies and their caregivers on COVID-19 vaccines and to build vaccine confidence. It will be a source of factual information about COVID-19 vaccines, easily consumed in plain language, with clear images and visuals representative of a diverse older adult population. The toolkit will also be translated into Spanish.

Tools and Resources

This toolkit features a combination of already existing materials from [CDC](#) as well as newly developed and culturally tailored materials developed by the [Health and Human Service COVID-19 public education campaign](#).

- **Within this toolkit you'll find:**

- fact sheets
- posters
- Infographics
- social media messages
- talking points
- videos

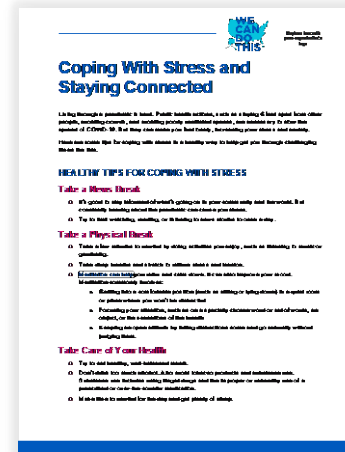
We'll regularly update this toolkit, please check back for new materials.

Fact Sheets

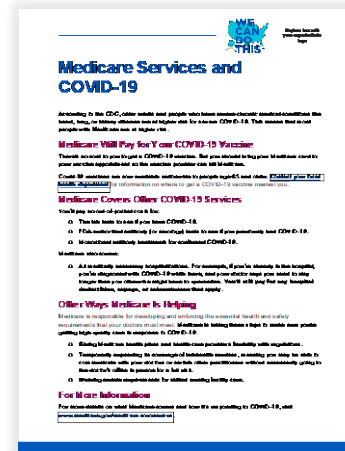
Some people may not know how to get vaccinated. These fact sheets will answer some of the most frequently asked questions surrounding the vaccines for the older adult audience.

Suggestions for Use:

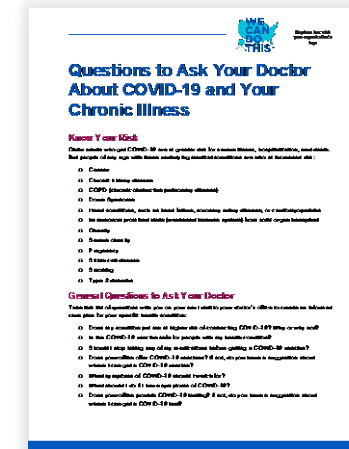
- Post them on your website.
- Mail them along with your direct mailings.
- Post them to an information center in your office if you have one.
- Print and distribute to your audience if you allow office visits or work out in the community



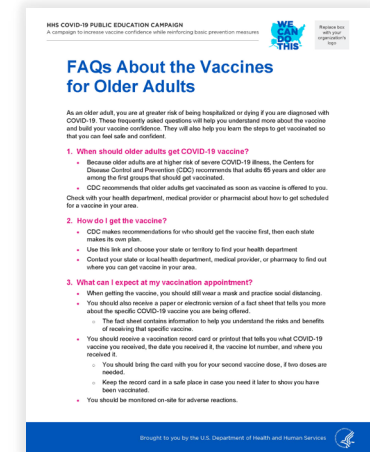
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Infographics

Infographics are a great visual for sharing facts and dispelling myths.

Suggestions for Use:

- Post them to your website.
- Post them in your centers or offices
- Add them to your newsletters.
- Create a call to action and encourage your followers to share them on social media.

Know Your Risk



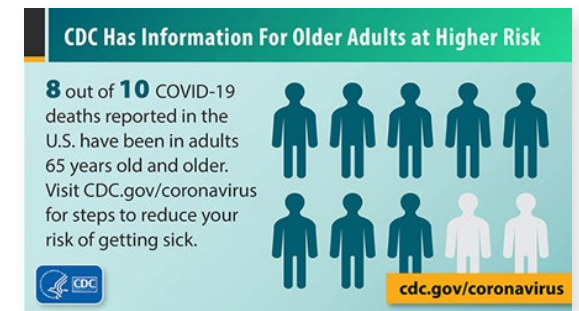
Click [here](#) to download.

Steps to Protect Your Health



Click [here](#) to download.

High Risk



Click [here](#) to download.

Social Media Posts | Facebook and Instagram

Social media is a great tool for sharing information frequently and fast. This toolkit has a variety of topics and photos to go along with them, to post and share on Facebook, Instagram, and Twitter.

Suggestions for Use:

- Share these social media posts on your accounts.
- Ask questions under the post to encourage engagement.
- Ask your followers to share to their social media and community networks.

Will a COVID-19 vaccination protect me from getting sick with COVID-19?	YES COVID-19 vaccines work by teaching your immune system how to recognize and fight the virus that causes COVID-19.
Can a COVID-19 vaccine make me sick with COVID-19?	NO None of the authorized COVID-19 vaccines in the United States contains the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.
After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?	NO The vaccines authorized in the United States can't cause you to test positive on viral tests, which are used to see if you have a current infection.
If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?	YES There are severe health risks associated with COVID-19 and reinfection with new forms (or variants) of the virus that causes COVID-19. You should get vaccinated even if you've already had the virus.

For more information, visit cdc.gov/coronavirus

Click [here](#) to download.

Older adults have the highest risk of getting very sick, needing hospital care, or dying from COVID-19.

Certain medical conditions can also increase your risk for severe illness.

People at increased risk, and those who live with or visit them, need to take precautions to protect themselves from getting COVID-19.

WE CAN DO THIS

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What You Need to Know

- Older adults have the highest risk of getting very sick, needing hospital care, or dying from COVID-19.
- Certain medical conditions can also increase your risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.


Reducing Your Risk

- Attend community, church, and civic meetings virtually from your own home.
- Wear a mask when you interact with others.
- Plan shopping trips when stores are typically less crowded.
- Stay 6 feet apart from people.
- Wash your hands often.

For more information, visit cdc.gov/coronavirus

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Social Media Posts | Twitter

FACTS ABOUT THE COVID VACCINES 

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If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?	YES There are severe health risks associated with COVID-19 and reinfection with COVID-19 is possible, particularly from new forms (or variants) of the virus that causes COVID-19. You should get vaccinated even if you've already had the virus.


For more information, visit cdc.gov/coronavirus

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Older adults have the risk of getting very sick, of getting very sick.

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STEPS TO PROTECT YOUR HEALTH

What You Need to Know

- Older adults have the highest risk of getting very sick, needing hospital care, or dying from COVID-19.
- Certain medical conditions can also increase your risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.

Reducing Your Risk

-  Attend community, church, and civic meetings virtually from your own home.
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-  Plan shopping trips when stores are typically less crowded.
-  Stay 6 feet apart from people.
-  Wash your hands often.

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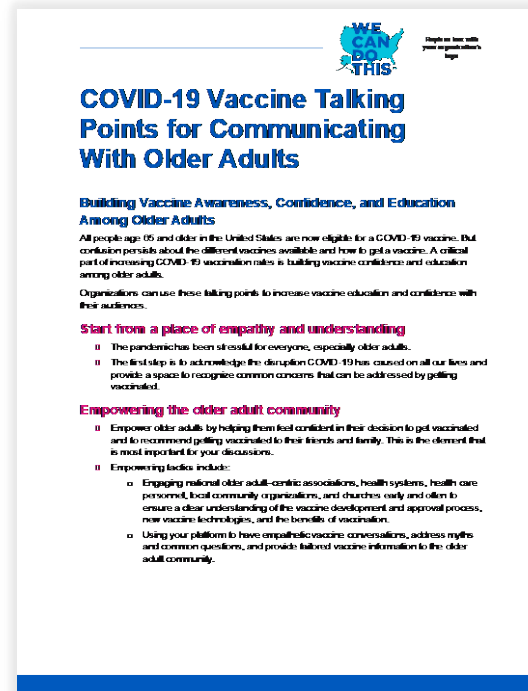
Talking Points

These talking points include facts and messages for organizations to use when talking with the 65+ community about COVID-19 and the vaccines.

Suggestions for Use:

- Mail them with direct mailings to community leaders.
- Post them to an information center in your office.
- Have “live” sessions on social media where you use these points to steer the conversation.
- Host a webinar and use these points in your presentation.
- Use these points to create your own social media posts and content.

COVID-19 Vaccine Talking Points



COVID-19 Vaccine Talking Points for Communicating With Older Adults

Building Vaccine Awareness, Confidence, and Education Among Older Adults

All people age 65 and older in the United States are now eligible for a COVID-19 vaccine. But confusion persists about the different vaccines available and how to get a vaccine. A critical part of increasing COVID-19 vaccination rates is building vaccine confidence and education among older adults.

Organizations can use these talking points to increase vaccine education and confidence with their audiences.

Start from a place of empathy and understanding

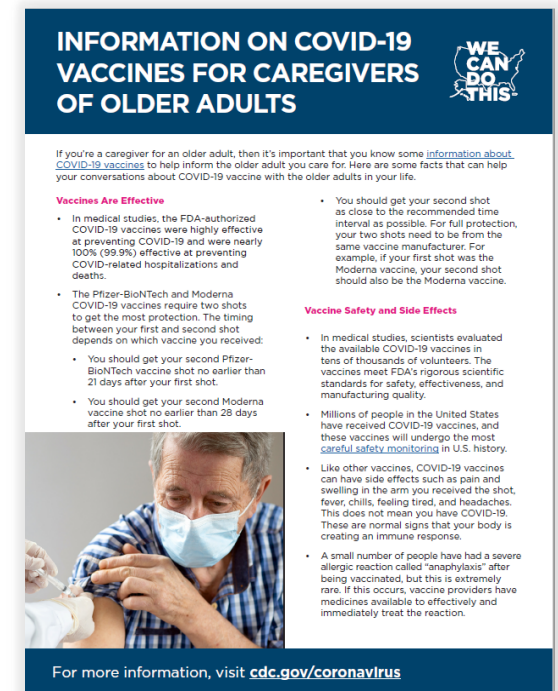
- The pandemic has been stressful for everyone, especially older adults.
- The first step is to acknowledge the disruption COVID-19 has caused on all our lives and provide a space to recognize common concerns that can be addressed by getting vaccinated.

Empowering the older adult community

- Empower older adults by helping them feel confident in their decision to get vaccinated and to recommend getting vaccinated to their friends and family. This is the element that is most important for your discussions.
- Empowering tactics include:
 - Engaging national older adult-centric associations, health systems, health care personnel, local community organizations, and churches early and often to ensure a clear understanding of the vaccine development and approval process, new vaccine technologies, and the benefits of vaccination.
 - Using your platform to have empathetic vaccine conversations, address myths and common questions, and provide tailored vaccine information to the older adult community.

Click [here](#) to download.

Information COVID-19 Vaccines Talking Points



INFORMATION ON COVID-19 VACCINES FOR CAREGIVERS OF OLDER ADULTS

If you're a caregiver for an older adult, then it's important that you know some information about COVID-19 vaccines to help inform the older adult you care for. Here are some facts that can help your conversations about COVID-19 vaccine with the older adults in your life.

Vaccines Are Effective

- In medical studies, the FDA-authorized COVID-19 vaccines were highly effective at preventing COVID-19 and were nearly 100% (99.9%) effective at preventing COVID-related hospitalizations and deaths.
- The Pfizer-BioNTech and Moderna COVID-19 vaccines require two shots to get the most protection. The timing between your first and second shot depends on which vaccine you received:
 - You should get your second Pfizer-BioNTech vaccine shot no earlier than 21 days after your first shot.
 - You should get your second Moderna vaccine shot no earlier than 28 days after your first shot.

Vaccine Safety and Side Effects

- In medical studies, scientists evaluated the available COVID-19 vaccines in tens of thousands of volunteers. The vaccines meet FDA's rigorous scientific standards for safety, effectiveness, and manufacturing quality.
- Millions of people in the United States have received COVID-19 vaccines, and these vaccines will undergo the most [careful safety monitoring](#) in U.S. history.
- Like other vaccines, COVID-19 vaccines can have side effects such as pain and swelling in the arm you received the shot, fever, chills, feeling tired, and headaches. This does not mean you have COVID-19. These are normal signs that your body is creating an immune response.
- A small number of people have had a severe allergic reaction called "anaphylaxis" after being vaccinated, but this is extremely rare. If this occurs, vaccine providers have medicines available to effectively and immediately treat the reaction.

For more information, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Click [here](#) to download.

Flyers

Flyers can be downloaded, printed, and forwarded to foster conversation among your audience.

Suggestions for Use:

- Email them to your audience.
- Integrate them into your newsletter.
- Post them to your website.
- Hang them in your offices or meeting centers.

Taking Care of Yourself Flyer

TAKING CARE OF YOURSELF



1 Reduce Your Risk of Getting Sick

- Get vaccinated against COVID-19 as soon as it's your turn.
- Limit interactions with others, especially in indoor spaces.
- Wear a mask and stay at least 6 feet apart from people you don't live with.

2 What to Do if You Need to Leave Your Home

- Wear a mask.
- Limit social and family gatherings as much as possible.
- Avoid handshakes, kisses, and hugs.
- Use disinfecting wipes and hand sanitizer.



3 What to Do if You Have an Underlying Medical Condition

- Keep your medical check-ups. Call your health care provider if you have any health concerns.
- Have at least a 30-day supply of prescription and nonprescription medicines.
- If you don't have a health care provider, then contact your [nearest community health center](#) or [health department](#).

4 Take Care of Yourself

- Stay in touch with friends and family over the phone or virtually.
- Move around to take care of your body and to reduce stress and anxiety.
- Stay in touch with your religious community virtually.
- Talk to your doctor if you feel that stress and anxiety are keeping you from doing your routine activities.

For more information, visit cdc.gov/coronavirus

Click [here](#) to download.

Videos

Videos can help you deliver important information about COVID-19 and the vaccine.

Suggested Use:

- Create links to these videos on your accounts.
- Post them to your website.
- Ask your followers to share the videos to their own social media and community networks.

COVID-19 Vaccine Update | How Vaccines are Developed



Click [here](#) to view.

I wear a mask because — English



Click [here](#) to view.

For More Information

Visit the [CDC COVID-19 Information for Older Adults](#) website for more facts and materials to share with your audience.



**Thank you for advocating
for and informing the
65+ community. We can
keep up the fight!**





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Coping With Stress and Staying Connected

Living through a pandemic is hard. Public health actions, such as staying 6 feet apart from other people, avoiding crowds, and avoiding poorly ventilated spaces, are necessary to slow the spread of COVID-19. But they can make you feel lonely, increasing your stress and anxiety.

Here are some tips for coping with stress in a healthy way to help get you through challenging times like this.

HEALTHY TIPS FOR COPING WITH STRESS

Take a News Break

- It's good to stay informed of what's going on in your community and the world. But constantly hearing about the pandemic can cause you stress.
- Try to limit watching, reading, or listening to news stories to once a day.

Take a Physical Break

- Take a few minutes to unwind by doing activities you enjoy, such as listening to music or gardening.
- Take deep breaths and stretch to relieve stress and tension.
- [Meditation can help](#) you relax and calm down. It can also improve your mood.

Meditation commonly involves:

- Getting into a comfortable position (such as sitting or lying down) in a quiet room or place where you won't be distracted
- Focusing your attention, such as on a specially chosen word or set of words, an object, or the sensations of the breath
- Keeping an open attitude by letting distractions come and go naturally without judging them.

Take Care of Your Health

- Try to eat healthy, well-balanced meals.
- Don't drink too much alcohol. Also avoid tobacco products and substance use. Substance use includes using illegal drugs and the improper or unhealthy use of a prescribed or over-the-counter medication.
- Make time to unwind for the day and get plenty of sleep.

- Continue with routine preventive measures that your health care provider recommends, such as vaccinations and cancer screenings.
- Get a COVID-19 vaccine when it's your turn.

STAYING CONNECTED

Being in a pandemic doesn't mean you have to disconnect from people. There are ways for you to still safely connect with your community:

- You can connect online, through social media, or by phone or mail.
- It's also safe to meet people outdoors while wearing a mask, staying at least 6 feet apart from one another, and avoiding crowds.

Get Interactive

- Talk often with friends and family whether through a phone call or a video chat app like FaceTime, WhatsApp, or Google Duo. You can find instructions on how to use these technologies on the Internet. Type "how to use _____" in an internet search engine like Google.
- Join an interactive online discussion group or book club. Or watch livestreams that are interesting to you that have live chats where you can talk directly to people.

Check In on Your Neighbors

- From a safe distance, check in on your neighbors who live alone to ensure they are okay and spend some time interacting with them.
- Strike up regular conversations on a set schedule or whenever you can find the time.

During times of increased physical distancing, people can still maintain social connections and care for their mental health. The tools mentioned above can help reduce your stress and anxiety and stay connected to your family and community.

If you're still facing challenges that are stressful, overwhelming, or causing strong emotions, reach out to organizations like [How Right Now](#). This organization was created to address people's feelings of grief, loss, and worry during COVID-19. This initiative offers information and support to help you cope and remain resilient through the COVID-19 pandemic.

FOR MORE INFORMATION ON COPING WITH STRESS

Learn more about coping with stress. Visit the [CDC website](#).



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FAQs About the Vaccines for Older Adults

As an older adult, you are at greater risk of being hospitalized or dying if you get COVID-19. These frequently asked questions will help you understand more about the available vaccines and build your vaccine confidence. They will also help you learn the steps to get vaccinated so that you can feel safe and confident.

1. When should older adults get a COVID-19 vaccine?

- Because older adults are at higher risk of severe COVID-19, the CDC recommends that adults age 65 and older get vaccinated as soon as possible.

2. How do I get a COVID-19 vaccine?

- Covid-19 vaccines are now available nationwide to people age 65 and older.
- Contact your state or local health department, medical provider, or pharmacy to find out where you can get a vaccine in your area and to schedule an appointment.
- You can search for nearby vaccine providers and get your local health department's contact information on the CDC website.

3. What can I expect at my COVID-19 vaccination appointment?

- When getting your vaccine, wear a mask and stay at least 6 feet apart from others.
- You should receive a paper or electronic version of a fact sheet that tells you more about the specific COVID-19 vaccine you are being offered.
 - The fact sheet contains information to help you understand the risks and benefits of receiving that specific vaccine.
- You should receive a vaccination record card or printout that tells you which COVID-19 vaccine you received, the date you received it, the vaccine lot number, and where you received it.
 - You should bring the card with you for your second vaccine shot, if two shots are needed.
 - Keep the record card in a safe place in case you need it later to show you have been vaccinated.
- You should be monitored onsite for at least 15 minutes after being vaccinated for a rare but serious allergic reaction.

4. If the vaccine I got requires a second shot, how do I schedule the second shot?

- Ideally, you should have a second shot appointment scheduled before you leave the place where you got your first shot.
- If you don't have an appointment for a second shot or you are not sure, contact the location that set up your first appointment for help. This may be your state or local health department, hospital, pharmacy, or other vaccine provider.
- The Pfizer-BioNTech and Moderna COVID-19 vaccines require two shots to get the most protection. The timing between your first and second shot depends on which vaccine you received:
 - You should get your second Pfizer-BioNTech vaccine shot no earlier than 21 days after your first shot.
 - You should get your second Moderna vaccine shot no earlier than 28 days after your first shot.
- You should **get your second shot as close to the recommended time interval as possible**.

5. Does it cost anything to get the vaccine?

- There is no cost to you to get a COVID-19 vaccine. If you have Medicare, bring your Medicare card to your vaccine appointment so the vaccine provider can bill Medicare.

6. How do COVID-19 vaccines work?

- Vaccines teach your cells how to make a harmless protein that your immune system knows doesn't belong in your body. Your immune system responds by producing antibodies, which protect you against infection should the real virus enter your body.
- COVID-19 vaccines can't give you COVID-19 because they don't contain the live virus that causes COVID-19.
- COVID-19 vaccines don't affect your DNA. You can find more information about COVID-19 vaccines and how they work on [CDC website](https://www.cdc.gov/covid19/vaccines/index.html).

7. Are there side effects with taking the COVID-19 vaccines?

- Side effects from the vaccines are common, particularly after the second shot of the Pfizer-BioNTech and Moderna vaccines.
- Side effects may include fever, feeling tired, headache, muscle pain, joint pain, chills, and pain or swelling on the arm where you got the shot.
- These side effects are usually mild and should last at most a few days.

8. Are the COVID-19 vaccines safe?

- Yes. Millions of people in the United States have already received authorized COVID-19 vaccines that met FDA's rigorous, scientific standards for safety and effectiveness.
- The FDA and CDC continue to monitor vaccine safety now that the vaccines are in use.
- COVID-19 vaccines can't give you COVID-19.

9. Can I get a COVID-19 vaccine if I have a medical condition or take medications for other medical conditions?

- People with underlying medical conditions can receive the FDA-authorized COVID-19 vaccines as long as they haven't had an immediate or severe allergic reaction to a COVID-19 vaccine or to any of the ingredients in the vaccines.
- Vaccination is an important consideration for people with certain underlying medical conditions because they are at increased risk for severe COVID-19.

10. What if I have more questions?

- If you have more questions around getting a COVID-19 vaccine, visit the [CDC website](#).



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Medicare Services and COVID-19

According to the CDC, older adults and people who have severe chronic medical conditions like heart, lung, or kidney disease are at higher risk for severe COVID-19. This means that most people with **Medicare** are at higher risk.

Medicare Will Pay for Your COVID-19 Vaccine

There's no cost to you to get a COVID-19 vaccine. But you should bring your Medicare card to your vaccine appointment so the vaccine provider can bill Medicare.

Covid-19 vaccines are now available nationwide to people age 65 and older. [Contact your local health department](#) for information on where to get a COVID-19 vaccine nearest you.

Medicare Covers Other COVID-19 Services

You'll pay no out-of-pocket costs for:

- The lab tests to see if you have COVID-19.
- FDA-authorized antibody (or serology) tests to see if you previously had COVID-19.
- Monoclonal antibody treatments for confirmed COVID-19.

Medicare also covers:

- All medically necessary hospitalizations. For example, if you're already in the hospital, you're diagnosed with COVID-19 while there, and your doctor says you need to stay longer than you otherwise might have to quarantine. **You'll still pay for any hospital deductibles, copays, or coinsurances that apply.**

Other Ways Medicare Is Helping

Medicare is responsible for developing and enforcing the essential health and safety requirements that your doctors must meet. Medicare is taking these steps to make sure you're getting high-quality care in response to COVID-19:

- Giving Medicare health plans and health care providers flexibility with regulations.
- Temporarily expanding its coverage of telehealth services, meaning you may be able to communicate with your doctors or certain other practitioners without necessarily going to the doctor's office in person for a full visit.
- Waiving certain requirements for skilled nursing facility care.

For More Information

For more details on what Medicare covers and how it's responding to COVID-19, visit www.medicare.gov/medicare-coronavirus.



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Questions to Ask Your Doctor About COVID-19 and Your Chronic Illness

Know Your Risk

Older adults who get COVID-19 are at greater risk for severe illness, hospitalization, and death. But people of any age with these underlying medical conditions are also at increased risk:

- Cancer
- Chronic kidney disease
- Chronic lung diseases, including COPD (chronic obstructive pulmonary disease), asthma (moderate-to-severe), interstitial lung disease, cystic fibrosis, and pulmonary hypertension
- Down Syndrome
- Heart conditions, such as heart failure, coronary artery disease, cardiomyopathies or hypertension
- HIV infection
- Immunocompromised state (weakened immune system) from solid organ transplant
- Liver disease
- Overweight and obesity
- Pregnancy
- Sickle cell disease or thalassemia
- Smoking, current or former
- Stroke or cerebrovascular disease
- Substance use disorders
- Diabetes (type 1 or type 2)

General Questions to Ask Your Doctor

Take this list of questions with you on your next visit to your doctor's office to create an informed care plan for your specific health condition:

- Does my condition put me at higher risk of contracting COVID-19? Why or why not?
- Is the COVID-19 vaccine safe for people with my health condition?
- Should I stop taking any of my medications before getting a COVID-19 vaccine?

- Does your office offer COVID-19 vaccines? If not, do you have a suggestion about where I can get a COVID-19 vaccine?
- What symptoms of COVID-19 should I watch for?
- What should I do if I have symptoms of COVID-19?
- Does your office provide COVID-19 testing? If not, do you have a suggestion about where I can get a COVID-19 test?
- If I get sick from COVID-19, will it affect my underlying condition?
- Should I continue taking my medications if I get COVID-19?
- If I get tested and I'm negative for COVID-19, but I still don't feel well, what should I do?
- Is telehealth available so I can get care virtually or be seen by a doctor over the Internet?

Questions to Ask Your Doctor if You Have Upcoming Medical Exams, Tests, or Surgeries

- Will having this procedure put me at a higher risk of getting COVID-19? Why or why not?
- Is it important for me to have this procedure now, or is it safe to wait?
- Do I need to get a COVID-19 test before I can get my procedure?
- Should I get a COVID-19 vaccine before or after my procedure is done?
- Do you allow family or caregivers to accompany me? Can people visit me?
- Is there a chance the hospital or facility will cancel my procedure or surgery? What are my options if it's canceled? Can I have the procedure or surgery somewhere else?

Reduce Your Risk of Getting Sick

When visiting your doctor or when you're out in public:

- Wear your mask
- Wash your hands frequently
- Stay at least 6 feet apart from other people

For More Information

If you have more questions about doctor's visits during the COVID-19 pandemic, visit the [CDC website](https://www.cdc.gov).

TAKING CARE OF YOURSELF



1 Reduce Your Risk of Getting Sick

- Get vaccinated against COVID-19 as soon as it's your turn.
- Limit interactions with others, especially in indoor spaces.
- Wear a mask and stay at least 6 feet apart from people you don't live with.



3 What to Do if You Have an Underlying Medical Condition

- Keep your medical check-ups. Call your health care provider if you have any health concerns.
- Have at least a 30-day supply of prescription and nonprescription medicines.
- If you don't have a health care provider, then contact your [nearest community health center](#) or [health department](#).



2 What to Do if You Need to Leave Your Home

- Wear a mask.
- Limit social and family gatherings as much as possible.
- Avoid handshakes, kisses, and hugs.
- Use disinfecting wipes and hand sanitizer.



4 Take Care of Yourself

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- Move around to take care of your body and to reduce stress and anxiety.
- Stay in touch with your religious community virtually.
- Talk to your doctor if you feel that stress and anxiety are keeping you from doing your routine activities.

KNOW YOUR RISK FOR SEVERE ILLNESS FROM COVID-19



What You Need to Know About COVID-19

- Risk for severe illness increases with age, with older adults at highest risk.
- Certain medical conditions can also increase risk for severe illness.

Severe Illness and Hospitalization Due to COVID-19

Severe COVID-19 illness means you may:

- Need medical care in a hospital
- Need a ventilator to help you breathe
- Be at increased risk of dying

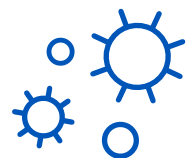


Risk of COVID-19 Illness, Hospitalization and Death for Older Age Groups

PEOPLE AGE 65 OR OLDER ARE: **twice as likely** to get sick with COVID-19*
35 times more likely to be hospitalized*
1100 times more likely to die from the virus.*

*Rates compared to 5-17 year olds

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/older-adults.html#footnote01>



Reducing Your Risk

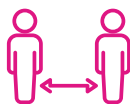
The best ways to protect yourself and to help reduce the spread of COVID-19 are to:



Wear a mask when you interact with others.



Avoid crowds.



Stay 6 feet apart from people.



Wash your hands often.



Clean and disinfect surfaces and things you touch often.



Talk to your doctor about getting vaccinated.

STEPS TO PROTECT YOUR HEALTH



Whether you're at increased risk for severe illness from COVID-19, or if you live or visit with people at high risk, take the steps you need to protect your community from COVID-19.

What You Need to Know

Your risk for severe illness with COVID-19 increases as you get older. Underlying medical conditions can also increase your risk for severe illness.

- Risk for severe illness with COVID-19 increases with age, with older adults at highest risk.
- Certain medical conditions can also increase your risk for severe illness.
- People at increased risk, and those who live or visit with them, need to take precautions to protect themselves from getting COVID-19.



Reducing Your Risk

The best ways to protect yourself and to help reduce the spread of COVID-19 is to:

Limit Interactions with People



Attend community, church, and civic meetings virtually from your own home.

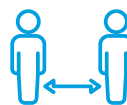


Avoid crowds by planning shopping trips when stores are typically less crowded, such as in the early morning or late in the evenings. Some stores may also offer "senior hours" for shopping.

Take the Recommended Safety Precautions



Wear a mask when you interact with others.



Keep at least 6 ft. of distance (about two arm lengths) between yourself and others who are not a part of your household.



Get vaccinated when you can.

CDC Has Information For Older Adults at Higher Risk

8 out of **10** COVID-19 deaths reported in the U.S. have been in adults 65 years old and older. Visit [CDC.gov/coronavirus](https://www.cdc.gov/coronavirus) for steps to reduce your risk of getting sick.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

FACTS ABOUT THE COVID VACCINES



Will a COVID-19 vaccination protect me from getting sick with COVID-19?

YES COVID-19 vaccines work by teaching your immune system how to recognize and fight the virus that causes COVID-19.

Can a COVID-19 vaccine make me sick with COVID-19?

NO None of the authorized COVID-19 vaccines in the United States contains the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

After getting a COVID-19 vaccine, will I test positive for COVID-19 on a viral test?

NO The vaccines authorized in the United States can't cause you to test positive on viral tests, which are used to see if you have a current infection.

If I have already had COVID-19 and recovered, do I still need to get vaccinated with a COVID-19 vaccine?

YES There are severe health risks associated with COVID-19 and reinfection with COVID-19 is possible, particularly from new forms (or variants) of the virus that causes COVID-19. You should get vaccinated even if you've already had the virus.

For more information, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

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Older adults have the highest risk of getting very sick, needing hospital care, or dying from COVID-19.



Certain medical conditions can also increase your risk for severe illness.

People at increased risk, and those who live with or visit them, need to take precautions to protect themselves from getting COVID-19.





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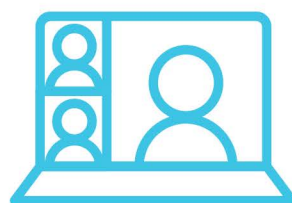
STEPS TO PROTECT YOUR HEALTH



What You Need to Know

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Reducing Your Risk



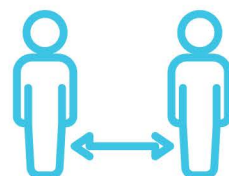
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Plan shopping trips when stores are typically less crowded.



Stay 6 feet apart from people.



Wash your hands often.

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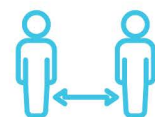
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Replace box with
your organization's
logo

COVID-19 Vaccine Talking Points for Communicating With Older Adults

Building Vaccine Awareness, Confidence, and Education Among Older Adults

All people age 65 and older in the United States are now eligible for a COVID-19 vaccine. But confusion persists about the different vaccines available and how to get a vaccine. A critical part of increasing COVID-19 vaccination rates is building vaccine confidence and education among older adults.

Organizations can use these talking points to increase vaccine education and confidence with their audiences.

Start from a place of empathy and understanding

- The pandemic has been stressful for everyone, especially older adults.
- The first step is to acknowledge the disruption COVID-19 has caused on all our lives and provide a space to recognize common concerns that can be addressed by getting vaccinated.

Empowering the older adult community

- Empower older adults by helping them feel confident in their decision to get vaccinated and to recommend getting vaccinated to their friends and family. This is the element that is most important for your discussions.
- Empowering tactics include:
 - Engaging national older adult-centric associations, health systems, health care personnel, local community organizations, and churches early and often to ensure a clear understanding of the vaccine development and approval process, new vaccine technologies, and the benefits of vaccination.
 - Using your platform to have empathetic vaccine conversations, address myths and common questions, and provide tailored vaccine information to the older adult community.

Older adults are eligible to receive a COVID-19 vaccine

- All people age 65 and older in every state and territory are now eligible for a COVID-19 vaccine.
- The CDC recommends people age 65 and older get vaccinated as soon as possible, because they are at high risk of hospitalization, illness, and death from COVID-19.

Vaccine distribution

- The federal government supervises a centralized system to order, distribute, and track COVID-19 vaccines.
- Vaccine administrators order all vaccines through the CDC.
- Vaccination providers receive vaccines from the CDC's centralized distributor or directly from a vaccine manufacturer.
- States and jurisdictions across the United States are using different online applications for vaccination clinic management.

Getting vaccinated

- Contact your [state health department](#) for more information on its plan for COVID-19 vaccination and to find out which vaccination management system they are using for vaccine enrollment and scheduling.
- Discuss with them their clinic's or health system's plan for vaccinations.

Side effects from the COVID-19 vaccines

- These FDA-authorized vaccines produce common side effects. Side effects are particularly common after the second shot of the Moderna and Pfizer-BioNTech vaccines, which require two shots.
- Possible side effects include:
 - Soreness or swelling on the arm where they receive the shot
 - Fever
 - Chills
 - Feeling tired
 - Headache
- The FDA and CDC haven't seen any trends of serious or long-term side effects. Side effects are usually mild and should last at most a few days.

Safety

- The CDC is holding the COVID-19 vaccines to the same safety and effectiveness standards as all other vaccines.
- Millions of Americans have already received authorized COVID-19 vaccines, which met the FDA's rigorous, scientific standards for safety and effectiveness.

- The FDA and CDC monitor vaccine safety and side effects once vaccines are in use.

Available COVID-19 vaccines

- The Pfizer-BioNTech and Moderna COVID-19 vaccines require two shots to get the most protection. The timing between your first and second shot depends on which vaccine you received:
 - You should get your second Pfizer-BioNTech vaccine shot no earlier than 21 days after your first shot.
 - You should get your second Moderna vaccine shot no earlier than 28 days after your first shot.
 - You should get your second shot as close to the recommended time interval as possible. For full protection, your two shots need to be from the same vaccine manufacturer. For example, if your first shot was the Moderna vaccine, your second shot should also be the Moderna vaccine.
- In medical studies, the FDA-authorized COVID-19 vaccines were highly effective at preventing COVID-19 and were nearly 100% (99.9%) effective at preventing COVID-related hospitalizations and death.

How COVID-19 mRNA vaccines work

- The Pfizer-BioNTech and Moderna messenger RNA (mRNA) vaccines teach your cells how to make a protein that triggers an immune response inside your body. That immune response, which produces antibodies, provides protection against an infection should the real virus enter your body.
- mRNA vaccines don't affect your DNA because mRNA doesn't enter the cell nucleus where your DNA is kept.
- You can't get the virus from the mRNA COVID-19 vaccines because they don't contain the live virus that causes COVID-19.

Strategies for building COVID-19 vaccine confidence among older adults

- Encourage people who have been vaccinated to be vaccine champions by sharing testimonials about why they got vaccinated and promoting their stories.
- Host online discussions where your audience can provide input and ask questions.
- Don't shy away from the tough questions and conversations. This makes you aware of the pulse of the community and how you should tailor your messaging.
- Share key messages through emails, newsletters, social media posts, and other channels.

- Provide information and resources to health care facilities with older adult–targeted messaging about COVID-19 vaccines, how they're developed and monitored for safety, and how health care staff can speak specifically to older adults about the vaccines.

Use the tools available

- There are a number of materials like toolkits that include posters, fact sheets, infographics, and social media content on the CDC website that you can use to increase confidence in your clinic or facility.
- For more information and to view the toolkits, visit cdc.gov/coronavirus.

INFORMATION ON COVID-19 VACCINES FOR CAREGIVERS OF OLDER ADULTS



If you're a caregiver for an older adult, then it's important that you know some [information about COVID-19 vaccines](#) to help inform the older adult you care for. Here are some facts that can help your conversations about COVID-19 vaccine with the older adults in your life.

Vaccines Are Effective

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Vaccine Safety and Side Effects

- In medical studies, scientists evaluated the available COVID-19 vaccines in tens of thousands of volunteers. The vaccines meet FDA's rigorous scientific standards for safety, effectiveness, and manufacturing quality.
- Millions of people in the United States have received COVID-19 vaccines, and these vaccines will undergo the most [careful safety monitoring](#) in U.S. history.
- Like other vaccines, COVID-19 vaccines can have side effects such as pain and swelling in the arm you received the shot, fever, chills, feeling tired, and headaches. This does not mean you have COVID-19. These are normal signs that your body is creating an immune response.
- A small number of people have had a severe allergic reaction called "anaphylaxis" after being vaccinated, but this is extremely rare. If this occurs, vaccine providers have medicines available to effectively and immediately treat the reaction.



- After you get a COVID-19 vaccine, you will be asked to stay for at least 15 minutes so you can be observed for anaphylaxis.

Access to COVID-19 Vaccines

- [Vaccines are being distributed](#) now. At this time, all people age 65 and older in the United States are eligible for a COVID-19 vaccine.
- As more supplies become available, everyone will be eligible to receive a COVID-19 vaccine.
- COVID-19 vaccines are [available for free](#), even for people without insurance.
- Receiving the vaccine will not affect your immigration status.
 - The U.S. Department of Homeland Security has clarified that vaccines are available to all individuals regardless of their [immigration status](#).
 - Enforcement activities (investigations) will not be conducted at or near vaccine distribution sites, hospitals, or clinics.
 - U.S. Citizenship and Immigration Services has specified that it will not consider testing, treatment, or preventive care, including vaccines, related to COVID-19 as part of a [public charge](#) inadmissibility determination.
- People can face many barriers to getting a COVID-19 vaccine. For example, they may need help scheduling appointments on the Internet. They may also need a ride to their vaccine appointment or a family member to accompany them.
- Find more information about the distribution of vaccines in your state at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus).



Preventive Measures

- Scientists are still learning how well the COVID-19 vaccines prevent you from spreading the virus to others (even if you don't have symptoms) and how long the vaccines protect people.
- That's why even after you're fully vaccinated, you should still continue with basic [preventive measures](#):
 - Wear a mask that covers your nose and mouth when around other people. If you care for someone who is hearing impaired, consider wearing a mask with a clear panel to make it easier for the person to read your lips.
 - Stay 6 feet (about two arm lengths) apart from people you don't live with.
 - Avoid crowds and indoor places with poor ventilation.
 - Wash your hands often.
 - Clean and disinfect objects you touch a lot.