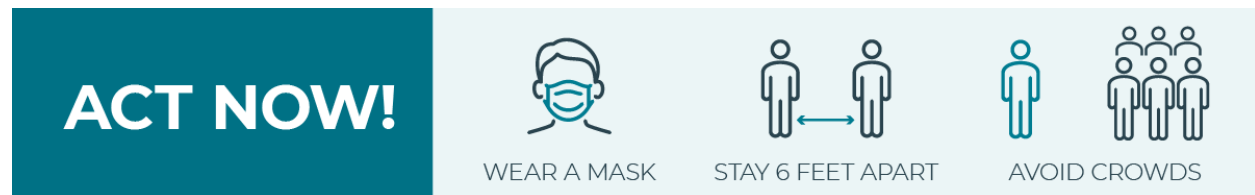


# COVID-19 Information & Resources

(Source: CDC, [www.cdc.gov](http://www.cdc.gov))

## Reduce Your Risk of Getting Sick



Everyone, especially older adults and others at increased risk of severe illness, should take steps to [protect themselves](#) from getting COVID-19.

### Steps to Reduce Your Risk

It is especially important for people at increased risk of severe illness from COVID-19, and those who live or visit with them, to **protect themselves** from getting COVID-19.

The best way to protect yourself and to help reduce the spread of the virus that causes COVID-19 is to:

- [Wear a mask](#), when you interact with others.
- Limit your in-person interactions with other people as much as possible, particularly when indoors.
- Keep space between yourself and others (stay 6 feet away, which is about 2 arm lengths).
- [Wash your hands](#) often. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Cover coughs and sneezes with a tissue or the inside of your elbow. Then wash your hands.
- [Clean and disinfect surfaces](#) and things you touch often.

If you start feeling sick and think you may have COVID-19, get in touch with your healthcare provider within 24 hours.

## COVID-19 Vaccine

The risk of severe illness from COVID-19 increases with age. This is why **CDC recommends that adults 65 years and older are one of the first groups to receive COVID-19 vaccines**. Getting a COVID-19 vaccine is an important step to help

# COVID-19 Information & Resources

(Source: CDC, [www.cdc.gov](http://www.cdc.gov))

prevent getting sick from COVID-19. That said, it might take time before enough vaccines are made for everyone who wants to be vaccinated.

**You can help protect yourself and the people around you by getting the vaccine when it is available.**

- Studies show that [COVID-19 vaccines are safe and effective](#) in preventing severe illness from COVID-19.
- You can't get COVID-19 from the vaccine.
- Depending on the kind of COVID-19 vaccine you get, you might need a second shot 3 or 4 weeks after your first shot.

**After getting the vaccine, some people have side effects. Common side effects include:**

- pain where the shot is given,
- fever,
- chills,
- tiredness,
- or a headache for 1-2 days.

These are normal signs that your body is building protection against COVID-19. Learn more about [what to expect after getting your COVID-19 vaccine](#).

**Even after getting the COVID-19 vaccine, you should still:**

- wear a well-fitting mask that covers your nose and mouth when around others
- stay at least 6 feet away from others
- avoid crowds
- avoid poorly ventilated spaces
- wash your hands often

We still have more to learn about [how COVID-19 vaccines work in real-world conditions](#), so it is important to continue to follow [all safety recommendations](#) to help stop the pandemic.

The [vaccine is free of charge](#) to people living in the United States. However, your vaccination provider may bill your insurance for administering the vaccine. No one can be denied a vaccine if they are unable to pay this cost.

**Scam Alert:** If anyone asks you to pay for access to vaccine, you can bet it's a scam. Don't share your personal or financial information if someone calls, texts, or emails you promising access to the vaccine for an extra fee.

# COVID-19 Information & Resources

(Source: CDC, [www.cdc.gov](http://www.cdc.gov))

## Vaccine Administration

Any independent living resident age 65 and older is eligible to receive the vaccine as part of the state's vaccination program. Snyder Village *does not* have the ability to administer the vaccine to retirement community residents here on campus. Thankfully, vaccines are becoming more readily available in our local area. Individuals can choose to wait and receive a call from their health provider to schedule a vaccine appointment, or they may choose to make an appointment online with a local participating pharmacy.

To see a current list of vaccination locations in our local area, visit the link below.

## Vaccination Locations

**<https://coronavirus.illinois.gov/s/vaccination-location>**