



COVID-19 Vaccine: It's Our Turn to Roll Up Our Sleeves and Get Vaccinated!

It's hard to imagine a time when we didn't know COVID-19 existed. Now when people say "virus," we know what they mean. The impact of COVID-19 on our lives, our activities, and our freedom has affected us all. The responsibility is ours, as a community, to help stop this virus. Now we have a new, safe, and effective tool to help us do that—COVID-19 vaccines.

It takes everyone.

We all need to step up to beat COVID-19. We ask you to join us in protecting yourself, your family and friends, and our community by getting vaccinated.

Getting vaccinated adds an important layer of protection for you, your family, and loved ones. Here are some things you should know about the COVID-19 vaccine:

- All COVID-19 vaccines currently available in the United States are very effective at preventing the disease.
- The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever.
- Stopping a pandemic requires using all the tools we have available—wearing masks, staying at least 6 feet apart from people who don't live with you, avoiding crowds and poorly ventilated spaces, washing your hands frequently, and **getting vaccinated**.

We want our members to be safe and get back to hugging their families and friends and shaking hands with their neighbors.

We all play a part in this effort, and you are key. Find more information about where to get your COVID Vaccine by clicking [here](#) or by contacting the Louisiana Department of Health COVID Vaccine Hotline.

VACCINE HOTLINE

1-855-453-0774

The hotline is here to help you:

- Schedule your vaccine appointment
- Find vaccine providers in your area
- Connect with medical professionals who can answer your vaccine questions

8 a.m. – 8 p.m. Monday – Saturday
12 p.m. – 8 p.m. Sunday

