

# ACTION BRIEF FOR EMPLOYEES

## STAYING HEALTHY DURING COVID-19

SPECIAL FOCUS ON PREVENTIVE CARE AND IMMUNIZATIONS

### The importance of immunizations

Most healthy people who contract COVID-19 do not become as sick as unhealthy people. Immunizations (shots) help prevent many serious illnesses, including influenza (flu).

#### Catch up on missed immunizations and preventive care for you and your family

(See immunization charts for adults [here](#) and for children [here](#))

- ▶ Most plans cover the cost of recommended immunizations and preventive care at 100% and you will not have to pay anything
- ▶ Many plans offer access to a variety of locations for immunizations including doctors, pharmacies, urgent care centers, and worksite clinics
- ▶ State-licensed pharmacists can give immunizations for children ages 3–18 during the pandemic

#### Get the flu shot



- ▶ Getting the flu shot is very important during COVID-19 since a second wave of the virus may happen during flu season
- ▶ Everyone age 6 months and older should get the flu shot every year with rare exception<sup>1</sup>

#### FAST FACT

The flu shot *cannot* give you the flu. It does not contain live virus. If fever, headache, or injection site reaction happen, it is your body reacting to build antibodies that will protect you.

#### Schedule routine doctor visits to manage chronic conditions

- ▶ Talk with your doctor about getting immunizations for such things as flu, shingles and pneumococcal pneumonia to stay as healthy as possible during COVID-19

#### Consider all of your preventive care needs:



#### Immunizations



**Behavioral intervention** (e.g., tobacco cessation, substance use, weight loss)



#### Screenings

(e.g., cancer, depression/anxiety, sexually transmitted infections)



**Routine physicals and routine care** for those with chronic or serious conditions



#### Tests

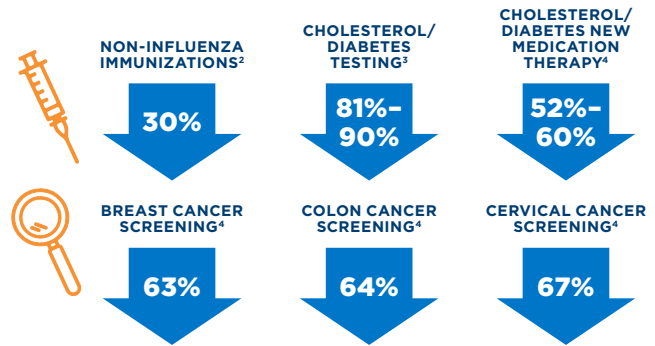
(e.g., blood pressure, diabetes, cholesterol)



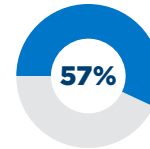
**Prenatal care**

### Health care visits have fallen sharply during COVID-19

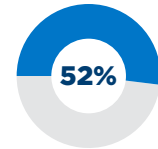
During COVID-19 it is more important than ever to make sure preventive care is up to date. It is of great concern that many people have stopped getting this care during the pandemic.



According to a June 2020 report,<sup>5</sup> too many people with chronic health conditions are not getting needed care either.



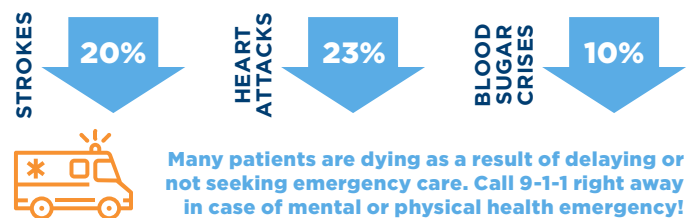
have delayed receiving health care services for their condition



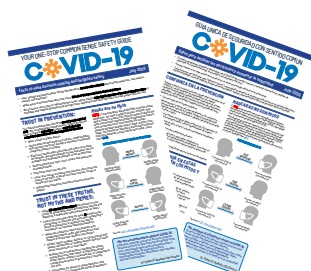
do not have a plan in place with their doctor to manage their condition

### COVID-19 is affecting emergency care, too

And 2020 emergency department visits are way down<sup>6</sup>...



This helpful COVID-19 safety guide is available in [English](#) and [Spanish](#). Prevention tips apply to the flu, too.



- Centers for Disease Control and Prevention. Who Should and Who Should NOT get a Flu Vaccine. Accessed September 29, 2020.
- Filler W, Malone Y. 2019 to 2020 Decline in Administered Immunizations Across the Lifespan Due to COVID ambulatory care and public health visit reductions. VaxCare. 2020.
- Wright, A., Salazar, A., Mirica, M. et. Al. The Invisible Epidemic: Neglected Chronic Disease Management During COVID-19. J GEN INTERN MED 35, 2816–2817 (2020).
- Mast, Christopher, Alejandro Munoz. Delayed Cancer Screenings – a Second Look
- Wellframe.com/Chronic-Condition-Patient-Population-Report\_LP/. Accessed September 29, 2020
- Potential Indirect Effects of the COVID-19 Pandemic on Use of Emergency Departments for Acute Life-Threatening Conditions – United States, January–May 2020