



Why Get a COVID-19 Vaccine?

Information about COVID-19 Vaccines for Long-Term Care Residents and Their Family Members

Everyone Over 12 Can Get the Vaccine for Free

COVID-19 vaccination is recommended for everyone who is eligible. People 18 and older are eligible for any vaccine available in the U.S. The Pfizer vaccine is authorized for people 12 years and older.

What We Know About Vaccines and the Delta Variant of COVID-19

- COVID-19 vaccines are safe and effective against severe disease and death from COVID-19, including the Delta variant of COVID-19.
- COVID-19 vaccines do not give you COVID-19 disease.
- You may have side effects after vaccination. These are normal and should go away in a few days.
- COVID-19 infections are not common in people who are fully vaccinated, even infections from the Delta variant. Vaccinated people who get COVID-19 have less severe symptoms.
- Fully vaccinated people can spread the virus to others, but vaccinated people appear to be contagious for a shorter length of time than people who are unvaccinated.
- Even when fully vaccinated, people with weakened immune systems are at higher risk of getting COVID-19 and having more severe symptoms.

Source: [cdc.gov/coronavirus/2019-ncov/variants/variant.html](https://www.cdc.gov/coronavirus/2019-ncov/variants/variant.html)

How to Get a Vaccine

COVID-19 vaccines are always free. You do not need health insurance to get a vaccine. Getting a vaccine is easy. You can look online, check with your pharmacy, call, or text to find a location close to you.



The Office of the State Long-term Care Ombudsman is independent within the Texas Health and Human Services system.

Look Online

Visit [Vaccines.gov](https://www.vaccines.gov) to find vaccines near you.

For help in Spanish, visit <https://wa.link/z5kihm> to find vaccine locations near you, learn how to get free rides and childcare for your vaccine appointment, and learn about the COVID-19 vaccine.

Register online at [GetTheVaccine.dshs.texas.gov](https://www.getthevaccine.dshs.texas.gov) to get an email or text about when and where to get the vaccine.

Check with a Pharmacy

Check your local pharmacy's website to see if vaccine appointments or walk-in appointments are available at [cdc.gov/vaccines/covid-19/retail-pharmacy-program/participating-pharmacies.html](https://www.cdc.gov/vaccines/covid-19/retail-pharmacy-program/participating-pharmacies.html).

Call for Vaccine Information

- Call the national vaccine finder hotline toll free at 1-800-232-0233 (TTY 1-888-720-7489).
- People who are homebound and groups of five or more Texans can call 1-844-90-TEXAS (1-844-908-3927) to schedule a vaccination visit from the State Mobile Vaccination Program.

Text for Vaccine Information

Text your ZIP code to the numbers below to find a vaccine, childcare, and free rides to clinics.

- GETVAX (438829) for English
- VACUNA (822862) for Spanish

Concerns About Getting Vaccinated?

It's okay to have concerns. If you are hesitant to get vaccinated, talk to your doctor about your concerns. You can also get credible and accurate COVID-19 vaccine information at [cdc.gov/coronavirus/2019-ncov/vaccines/facts.html](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html).

About the Long-Term Care Ombudsman Program

Long-term care ombudsmen are advocates for residents' rights. Ombudsmen help protect the quality of life and quality of care of anyone who lives in a nursing facility or an assisted living facility. Contact an ombudsman by calling 1-800-252-2412 or emailing ltc.ombudsman@hhs.texas.gov.