COVID-19 Vaccination Options and Information

When do I need a vaccination?

COVID-19 (and possibly future pandemics) can impact our mental health, causing anxiety, depression, or post-traumatic stress disorder (PTSD). It's important to ensure you are vaccinated in order to protect yourself and others. Vaccination can help prevent transmission and severe illness, especially among vulnerable populations. It's also important to consider the mental health impacts of having to repeatedly get vaccines into your arm.

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There are currently 200,000 doses of COVID-19 vaccines available, with 2% of doses expected to be delivered each week. The 130,000 doses of COVID-19 vaccines are provided by the Centers for Disease Control and Prevention (CDC) and local health departments.

- Moderna
- Pfizer-BioNTech

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Vaccination is the most effective way to protect yourself and others. It can help prevent severe illness, hospitalization, and death from COVID-19. Vaccination also helps reduce the spread of COVID-19 in the community.

Contact your local health department or go to the Washington State Department of Health website for more information.

Vaccination services are available at no cost. To schedule an appointment, you can go to the website below or call 1-800-525-0127. For more information, visit https://www.vaccines.gov or call 1-833-ASK-HEALTH.

Washington State Department of Health

DOH 348-835 August 2021 Telugu

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