![CCHP Health Plan] CARE BY CCHP
社區健康季刊

Important Information about COVID-19 Vaccine | 新冠疫苗 特別資訊 | 2021 Q2 | APRIL - JUNE
第二季 | 四月至六月

Message from CCHP
會員訊息

CCHP asks all of our members to help protect themselves, their family, and their community by being ready to receive the COVID-19 vaccine. The health and safety of the individual will come from the health and safety of those around us.

- If you are eligible for the vaccine, please identify a plan to get vaccinated as soon as convenient. Supplies are increasing everyday. We can help you find local places to obtain the vaccine.

- If you are not currently eligible, please keep checking as events change everyday. If you wait too long after you become eligible, the line for obtaining a vaccine may increase greatly.

Over 75 million vaccine doses have been administered in the U.S. Each dose represents a chance to save multiple lives including those receiving the vaccine.

CCHP has been very busy helping our members obtain vaccines as soon as they are eligible.

Let us help you plan and follow through to a safe and healthy future!

CCHP希望所有會員可以做好準備來接種新冠疫苗，以保護自己、家人及社區。

- 如您符合接種資格，請安排一個適合自己的計劃。疫苗供應會不斷增加，我們可協助您尋找最方便您的疫苗接種地點。

- 如果您尚未符合資格，請保持留意最新的疫苗資訊。當輪到您時，請盡快接種，否則接種人群會不斷增加。

美國目前已提供超過7千5百萬劑疫苗給合資格人士，每劑疫苗都能拯救多個生命。

因此，CCHP積極為會員尋找疫苗供應，讓會員可以有一個安全及健康的未來！如有任何關於疫苗的查詢，歡迎聯絡我們。

CCHP Member Services
會員服務中心
1-888-775-7888（聽力殘障電話 TTY 1-877-681-8898)
7 days a week from 8:00 a.m. to 8:00 p.m
每週7天，上午8時至晚上8時
https://cchphealthplan.com/covid-19/

**Chinese Hospital and Clinics
(Vaccination appointment)**
東華醫院及診所（預約接種疫苗）
1-628-228-2828
www.chinesehospital-sf.org/covid-19-vaccine

We Value Your Opinion
我們重視您的意見

From March to July, you may receive the CAHPS survey, an annual survey designed to monitor and improve the quality of care provided to members like you. Please complete the survey as your feedback will help us improve on our services.

The Consumer Assessment of Healthcare Providers and Systems (CAHPS) Survey collects information based on your experience and satisfaction with the health care services you received from your health plan and providers.

The paper survey will be mailed to you by a vendor called SPH Analytics. If you do not return your completed survey, SPH Analytics may contact you by telephone to help complete the survey.

If you have any questions or need help completing it, please visit or call Member Services.

您可能會在3月至7月期間收到CAHPS問卷調查，以監督及改善醫療保健計劃為會員提供的服務質量。我們懇請閣下抽空完成問卷，您的寶貴意見有助我們提升服務質素。

CAHPS問卷「醫療保健服務提供者與系統的消費者評估調查」是針對計劃及醫療提供者為會員所提供的服務之體驗及滿意度。

問卷皆由 SPH Analytics 寄出。若您沒有完成 問卷，SPH Analytics 可能會致電跟進。

如對問卷有任何問題或需要協助，請親臨或致電會員服務中心。

For any questions, please contact Member Services at:
Email: memberservices@cchphealthplan.com
Call: 1-888-775-7888 (TTY 1-877-681-8898)
7 days a week from 8:00 a.m. to 8:00 p.m

如有任何問題，歡迎聯絡會員服務中心：
電郵： memberservices@cchphealthplan.com
電話： 1-888-775-7888
（聽力殘障人仕請電 TTY 1-877-681-8898)
每週7天，上午8時至晚上8時

COVID-19 Vaccine
新冠疫苗

Frequently Asked Questions

Are the COVID-19 vaccines effective?
Yes, evidence shows that COVID-19 vaccines are safe and work to prevent COVID-19. The Pfizer-BioNTech vaccine was 95% effective and the Moderna vaccine was 94% effective. Both Pfizer-BioNTech and Moderna vaccines require two doses to be effective.

Will the vaccine protect against the new COVID-19 variant?
Scientists are working to learn more about the new COVID-19 variant, but most experts believe the vaccines will work against the variants of the coronavirus detected in the United Kingdom and South Africa according to the study.

What are normal side effects from the COVID-19 vaccine?

The most common side effect is soreness at the injection site. Other side effects include tiredness, headache, muscle aches, chills, joint pain, and possibly some fever. But these are normal and temporary as the body is building protection.

Do I need to pay for the COVID-19 vaccine?

No, the COVID-19 vaccine is free for all.

Should I get vaccinated if I had COVID-19 and recovered?

Yes, it's recommended that people who had COVID-19 get a COVID-19 vaccine because it's not clear how long the immunity from having the infection lasts. However, if you are currently infected with COVID-19, you should wait to get vaccinated until you've recovered and completed the isolation period.

Do I need to wear a mask and avoid close contact with others after getting the COVID-19 vaccine?

Yes, it takes time to build immunity and the vaccine is not 100% effective, so there is a chance of catching COVID-19. Moreover, the vaccines have not been proven to prevent transmission yet. You could still be a carrier of the virus and spread it to others even you don't get sick. Therefore, you should continue to wear a mask, keep your distance and wash your hands, even if you have been vaccinated.

Article provided by Dr. Scott Huang, Medical Director at Chinese Community Health Services.

常見問題

新冠疫苗有效嗎？
數據證明新冠疫苗是安全及有效的。輝瑞 / BioNTech 疫苗有效率達95%，而Moderna疫苗有效率達94%；兩種疫苗均需要注射兩劑才能提供最佳保護。

疫苗能抵禦變種新冠病毒嗎？
科學家正努力了解變種新冠病毒的傳播，但大多數專家都認為現時的新冠疫苗可有效抵禦英國及南非發現的變種新冠病毒。

接種新冠疫苗後會出現什麼副作用？
接種疫苗後會出現一些暫時性的副作用，最常見的是注射部位出現疼痛及腫脹；其他副作用包括疲勞、頭痛、肌肉酸痛、發冷、關節痛及發燒。這是身體正在建立保護的正常表現。

我需要付費接種新冠疫苗嗎？
不需要，新冠疫苗是免費的。

我曾感染新冠肺炎但已康復，我仍需要接種新冠疫苗嗎？
由感染而產生的自然免疫之持續時間仍有待研究，所以仍建議曾感染新冠肺炎的病人接種疫苗。但如果您目前正感染新冠肺炎，您則應等待康復並完成隔離期後才可接種。

接種新冠疫苗後，我仍需要戴上口罩及避免與他人有密切接觸嗎？
需要。因為建立免疫力需要一段時間，而且疫苗提供的保護並非100%，所以您仍有機會受感染。此外，疫苗仍未被證明能阻止病毒傳播，您仍有可能攜帶病毒並把病毒傳染給其他人。因此，接種疫苗後，您也應繼續戴上口罩、遵守社交距離及勤洗手。

文章由華康醫務中心醫務主任，黃昱儒醫生提供。

Importance of Obtaining a COVID-19 Vaccine
接種新冠疫苗的重要性

Walk-in appointment is available for people age 65 and over at Chinese Hospital.

(Valid ID and Medicare card will be required when you check in.)

Location:
845 Jackson St, 1/F,
San Francisco, CA 94133

東華醫院為65歲及以上長者提供免預約接種疫苗服務。

（登記時，須出示身份證及紅藍卡）

地點：東華醫院
845 Jackson St, 1/F,
San Francisco, CA 94133

COVID-19 Vaccination will Help Keep You from Getting COVID-19

All COVID-19 vaccines currently available in the United States have been shown to be highly effective at preventing COVID-19.

Based on what CDC knows about vaccines for other diseases and early data from clinical trials, experts believe that getting a COVID-19 vaccine may also help keep you from getting seriously ill even if you do get COVID-19.

Getting vaccinated yourself may also protect people around you, particularly people at increased risk for severe illness from COVID-19.

Source 資料來源：https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html

接種疫苗可減低感染新冠肺炎

美國目前所用的新冠疫苗已被證實能夠非常有效地預防感染新冠肺炎。

根據我們對預防其他疾病疫苗的了解及早期臨床測試數據，專家認為接種新冠肺炎疫苗可幫助您在感染新冠肺炎後，避免病情變得嚴重。

接種疫苗還可以保護你周圍的人尤其是可以保護有機會患上新冠肺炎的高危人士。

Chinese Hospital Supports the Community
東華醫院支援社區

Chinese Hospital Begins Initial Community Vaccination

After a year of leading the community through the COVID-19 pandemic crisis, Chinese Hospital has reached a new milestone by increasing its vaccination efforts and offering COVID-19 vaccine to the broader community. The first large COVID-19 vaccination event was held in late January and opened to all eligible community members.

"Chinese Hospital is striving to do everything it can to safeguard this community. I would like to thank SF Department of Public Health for ensuring that we are equipped to provide the community with the COVID-19 vaccine," said Dr. Jian Zhang, Chinese Hospital CEO. "With the support of SFDPH and our community partners, Chinese Hospital is able to offer this vaccine to more members of our community. We are excited to scale up our vaccination efforts and serve more groups as we receive additional supply and as we progress through the tier-system."

*Right now, we're following state recommendations to prioritize vaccine appointments for
- Individuals who are in Phase 1A
- Individuals who are age 65 and over
- Chinese Hospital Health Systems patients who are in Phase 1B (Include CCHP members)

If you are qualified, please call **1-628-228-2828** to schedule an appointment. Note that supplies are limited and may be prioritized based on state guideline.

For the latest update about COVID-19 vaccine, please visit: **www.chinesehospital-sf.org/covid-19-vaccine**

東華醫院啟動社區疫苗接種計劃

帶領社區應對疫情至今已一年，東華醫院迎來了另一個里程碑。東華醫院於1月底舉辦了首個大型社區疫苗接種活動，提供疫苗給合資格的社區居民。

東華醫院行政總裁張建清博士表示：「對於保護社區居民的健康，東華醫院一直不遺餘力。我很感謝三藩市公共衛生局全力支持及配合我們的接種工作。全賴它們及社區夥伴的支持，我們才能夠迅速地為社區居民接種。此外，當獲得更多疫苗供應後，我們便會根據政府的疫苗分配機制去擴大社區疫苗接種工作，為更多的人群接種。」

*目前，東華醫院診所正遵循州及市政府的疫苗分配機制，優先提供疫苗給以下人群：
- 1A 階段人士
- 65歲或以上長者
- 1B 階段的的東華醫院醫療體系病人及會員（包括 CCHP會員）

如符合以上資格，請致電1-628-228-2828預約安排疫苗接種。請注意，由於供應有限，我們會根據州市府的政策安排優先次序。

有關新冠疫苗的最新資訊，請瀏覽我們的網頁：www.chinesehospital-sf.org/covid-19-vaccine

*Last update 更新於: 3/1/2021

CCHP Health Plan

445 Grant Avenue, Suite 700
San Francisco, CA 94108

This quarterly newsletter highlights health topics and programs that may be important to you, your family or someone you care about. Please read, enjoy, participate in our programs and pass it along when done. If you would like additional copies or to be removed from our mailings, please call 1-628-228-3257 or email Info@CCHPHealthPlan.com. Electronic copies are available online at:
www.cchphealthplan.com/community-newsletter
www.cchrchealth.org/health-newsletters-2/

這季刊會注重每季度健康的主題和活動，對您，您的家人及親友都很有益。健康寶貴，分享無價。請您仔細閱讀及積極參與這些活動的同時，將這季刊在您的親友之間傳閱。如果您想索取更多副本或剔除您的郵寄地址，請致電1-628-228-3257，電郵 Info@CCHPHealthPlan.com 或上網瀏覽：
www.cchphealthplan.com/community-newsletter
www.cchrchealth.org/health-newsletters-2/

Please check for updates on classes at: | **請上網查詢健身課程及健康講座的最新資訊：**

www.cchphealthplan.com/classes-and-events

IMPORTANT CONTACT INFORMATION
重要聯絡資料

Chinese Hospital Health System 東華醫院醫療體系 | CHINESE HOSPITAL & CLINICS | CCHP Health Plan | Jade HEALTH CARE MEDICAL GROUP 翡翠東華醫師協會 | Chinese Community Health Resource Center 華人社區健康資源中心

CCHP Member Services CCHP 會員服務

CCHP Member Services Center - Chinatown   **1-415-834-2118**
CCHP 會員服務中心 - 華埠
445 Grant Ave, San Francisco
www.CCHPHealthPlan.com/memberservices

CCHP Member Services Center - Daly City   **1-415-834-2118**
CCHP 會員服務中心 - 帝利市
386 Gellert Blvd, Daly City
www.CCHPHealthPlan.com/memberservices

Health Education 健康教育

Chinese Community Health Resource Center   **1-415-677-2473**
華人社區健康資源中心
818 Jackson St, Unit 301, San Francisco
www.cchrchealth.org

Chinese Hospital 東華醫院

Chinese Hospital   **1-415-982-2400**
東華醫院
845 Jackson St, San Francisco
www.chinesehospital-sf.org

Support Health Services   **1-415-677-2370**
東華醫院健康服務中心
845 Jackson St, Floor B1, San Francisco
www.chinesehospital-sf.org

Chinese Hospital Outpatient Center   **1-650-761-3500**
東華醫院門診中心
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

Chinese Hospital Clinics 東華醫院門診中心

Sunset Health Services   **1-415-677-2388**
日落區華康醫務中心
1800 31st Ave, San Francisco
www.chinesehospital-sf.org

Excelsior Health Services   **1-415-677-2488**
外米慎區華康醫務中心
888 Paris St, #202, San Francisco
www.chinesehospital-sf.org

Gellert Health Services   **1-650-761-3500**
Gellert 華康醫務中心
386 Gellert Blvd, Daly City
www.chinesehospital-sf.org

East West Health Services   **1-415-795-8100**
- Chinatown/Financial District
中西醫學門診 - 華埠/金融區
445 Grant Ave, Ground Floor, San Francisco
www.chewhs.org

East West Health Services   **1-650-761-3542**
- Daly City
中西醫學門診 - 帝利市
386 Gellert Blvd, Daly City
www.chewhs.org