

# UNMASK THE FACTS

February 2023

February 24, 2023

## A new at-home test can detect COVID-19 and the flu

The FDA okayed the first at-home test that can detect both COVID-19 and the flu. Using a shallow nasal swab, this single-use kit by Lucira can show whether a person has COVID-19, influenza A, or influenza B (which are two common strains of the flu). In trials, this test could find 88.3% of COVID-19 cases and 90.1% of influenza A cases. The test sells over the counter in Canada for about \$70. A U.S. price hasn't been announced yet.

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February 16, 2023

## Natural immunity can protect you from COVID-19, but there's a catch

Catching COVID-19 might defend against severe illness as much as the vaccines, says a recent research review. On average, a person's immune system can protect against bad cases of COVID-19 for at least 10 months after they catch the virus. People shouldn't skip on vaccines though. Vaccines are a much safer way to get this defense. People who are up to date on their COVID-19 vaccines are almost 10 times less likely to die from the virus than those who haven't gotten a vaccine.

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February 20, 2023

## COVID-19 vaccines reduce the risk of post-COVID-19 heart attacks and strokes

In the largest study to date, experts found that the risk of heart attack or stroke after catching COVID-19 was reduced by 41% in people who got at least two doses of a COVID-19 vaccine. Even people with at least one shot got some defense, reducing the risk of a major heart event by about 24%. This study suggests that COVID-19 vaccines may help protect against some post-COVID-19 health problems.

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February 15, 2023

## Moderna plans to offer free COVID-19 vaccines to uninsured patients

Moderna says it will continue to provide free COVID-19 vaccines to uninsured people in the U.S. after the federal supply runs out. When this supply runs out, patients with Medicaid, Medicare, and most private insurances will have access to free vaccines. Moderna's patient assistance program will provide COVID-19 vaccines at no cost to people without insurance. These patients might also be able to get these vaccines through some federal programs.

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February 9, 2023

## COVID-19 vaccine added to immunization schedules for adults and children

COVID-19 vaccines are now part of the routine shots recommended by the CDC for [kids](#), [teens](#), and [adults](#). The vaccine schedule represents the current guidelines for how to protect people against common diseases. It does not mean the CDC is requiring any person to get a COVID-19 vaccine. These guidelines suggest that all people 6 months old and older should get their COVID-19 vaccines and a booster shot when they can.

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