

COVID-19



2024-2025 COVID-19 Vaccine: COMMON QUESTIONS



Question: Why should I get the COVID-19 vaccine? It makes me sicker than I am, and my focus is to finish rehab.

Answer: After receiving a COVID-19 vaccine, some people may experience varying side effects. These side effects occur because the body creates immunity in response to the vaccine, not because it makes them sick. While some individuals might experience mild discomfort and can continue with their daily activities, others may have side effects that affect their ability to carry out regular tasks. Generally, these side effects are mild and temporary, like those experienced after routine vaccinations, and they tend to disappear within a few days. It's important to note that even if you don't experience any side effects, your body is still building protection against the virus that causes COVID-19.

Common side effects can include:

- Pain, swelling, and redness on the arm where the shot was given
- Tiredness, headache, muscle pain
- Chills
- Fever

Question: I received the COVID-19 vaccine previously but still contracted COVID-19. Why should I get vaccinated again?

Answer: COVID-19 vaccines are effective in protecting individuals from becoming seriously ill, being hospitalized, and dying. Vaccination is the safest strategy for avoiding hospitalizations, long-term

health issues, and death. The COVID-19 vaccine provides additional protection for individuals who already had the virus.

Question: Why should I consider getting the COVID-19 vaccine when I know many elderly people who had the virus and experienced only mild symptoms?

Answer: While some people, including the elderly, may experience mild symptoms, COVID-19 can be unpredictable. Even if you or others have had a mild case, the virus can cause severe illness, hospitalization, or death, especially in high-risk groups. Additionally, some people, regardless of how mild their initial symptoms were, can suffer from long-term health complications, which may impact their quality of life for months or even years. The vaccine helps reduce the severity of illness, lowers the risk of complications, and protects others who may be more vulnerable.

Question: Are the ingredients in the 2024-2025 COVID-19 vaccine different and more dangerous?

Answer: The basic ingredients of the 2024-2025 COVID-19 vaccine are largely the same as in previous versions, with updates made to target newer variants of the virus. These vaccines have undergone rigorous testing and have been administered to millions of people worldwide over the past few years. The safety profile remains consistent, and there is no evidence to suggest that the updated vaccines are more dangerous.

Question: I contracted COVID-19 and have natural immunity. Why should I still get the vaccine?

Answer: While recovering from COVID-19 does provide some level of natural immunity, it can be unpredictable. The strength and duration of protection vary based on factors like the severity of your illness, how long ago you were infected, and your age. On the other hand, the COVID-19 vaccine offers a more consistent and reliable form of immunity. It helps boost your protection, even if you've already had the virus and reduces the risk of severe illness, reinfection, or long-term complications. Combining natural immunity with vaccine-induced immunity gives you the best defense against future variants and outbreaks.

Question: Why does the COVID-19 vaccine keep changing? Does that mean it doesn't work?

Answer: The COVID-19 vaccine is updated to keep up with the virus, which mutates and creates new variants. This doesn't mean the vaccine doesn't work; it's a sign of its effectiveness in staying relevant. Like the flu vaccine, which is adjusted annually to target new strains, scientists update the COVID-19 vaccine to provide the best possible protection against the variants expected to circulate. Data shows that these vaccines significantly reduce the risk of severe illness, hospitalization, and death, even as the virus evolves. Regular updates ensure the vaccine remains effective as the virus changes.

Question: Why do I need additional COVID-19 vaccines if I've already had two shots?

Answer: Scientists learned that the COVID-19 virus changes over time, and the level of protection from older vaccines loses its effectiveness. The best way to protect yourself against severe illness, hospitalization and death is to remain up to date with the recommended COVID-19 vaccine and practice good infection prevention measures, such as washing your hands frequently, covering your cough, staying away from sick people, wearing a mask in large crowds or when community transmission is high, and wearing personal protective equipment when appropriate.

Question: Why do I need a COVID-19 vaccine if the pandemic is over?

Answer: Although the pandemic phase may be over, COVID-19 is here to stay. People, especially those over 65 or with underlying health conditions, remain at higher risk for severe illness, hospitalization, and death from the virus. Getting the COVID-19 vaccine, much like the flu vaccine, helps protect against infection, reduces the severity of symptoms, and lowers the risk of serious complications. By staying vaccinated, you help safeguard your health and contribute to broader public health efforts to keep the virus under control.

Question: Why should I get the vaccine if I'm a young nurse working in a nursing home?

Answer: COVID-19 remains a serious risk for nursing home residents, particularly those with chronic conditions like diabetes, heart disease, or lung disease.

By staying up to date with your COVID-19 vaccinations, you help protect the vulnerable residents in your care. Research shows that highly vaccinated staff can reduce poor outcomes from respiratory infections in nursing homes.

Vaccination is also a safer and more reliable way to build immunity compared to getting infected with COVID-19. It helps prevent severe illness and lowers the risk of long-term COVID, which can lead to lasting issues like fatigue, breathing problems, and difficulty concentrating. Protecting yourself also protects those around you.

Question: Is the COVID-19 vaccine safe if I am pregnant, breastfeeding or planning to have children in the future? I've heard it can affect fertility.

Answer: Yes. The COVID-19 vaccination is safe and recommended for people who are pregnant, breastfeeding, or planning to become pregnant. Getting vaccinated during pregnancy helps protect you and your baby by preventing severe illness and reducing the risk of hospitalization for babies younger than six months.



Learn more about vaccination considerations and the [safety and effectiveness of COVID-19 vaccines](#) for people who are pregnant or breastfeeding.

References:

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