



Q&A: Resistance to the Updated COVID-19 Vaccine

Because individuals have various reasons why they may not want to get the updated COVID-19 vaccine, understanding the rationale behind their hesitancy is essential. It is also important to build an understanding of the implications of not receiving the updated vaccine. Below are some common concerns that people give for not receiving COVID-19 vaccines, as well as reasons why receiving the updated COVID-19 vaccine is necessary.

I already had a COVID-19 vaccine. Why do I need another one?

Getting the updated COVID-19 vaccination substantially improves your ability to avoid serious illness, hospitalization, and death. Older adults are at the highest risk of getting very sick from COVID-19. [Compared to people ages 18–39 years](#), people ages over 75 are about 9 times as likely to die from COVID-19. An updated COVID-19 vaccine will strengthen your immune response.

Other residents who are up to date with vaccinations still got COVID-19. So why should I get vaccinated?

The purpose of vaccination is to decrease your chance of having serious illness, hospitalization, or death. Studies show that having the updated vaccine [reduces the chance of serious illness](#) compared to people who are not up to date. We also know that viruses constantly change and sometimes result in a new variant of the virus. The updated COVID-19 vaccine works for the current variants. Vaccination helps prevent the spread of COVID-19 and protects others in the facility who may be more vulnerable to severe illness, hospitalization, and death. Protecting yourself helps protect others.

I got vaccinated and I had COVID-19. Why do I need the updated COVID-19 vaccine?

Staying up to date with [COVID-19 vaccine recommendations](#) is a safer and more dependable way to build immunity than getting sick with COVID-19 because vaccines cause a stronger immune response than only being infected. Also, immune response wanes over time from both infection and vaccination. Like batteries, vaccines need recharging. Getting the updated COVID-19 vaccine gives most people a high level of protection and can provide [added protection for people who already had COVID-19](#). Everyone should receive the updated vaccine regardless of previous COVID-19 vaccinations because it protects against the current variants of the virus.

They will probably have more COVID-19 vaccines, so I will wait until the next one is available.

A COVID-19 vaccine is updated for two reasons:

- Immune protection from vaccination declines over time, so the updated COVID-19 vaccine is needed for optimal protection.
- Since the virus continues to evolve, the COVID-19 vaccine is updated to protect against new variants.

COVID-19 case rates are down here. Why not wait until the next outbreak to get a vaccine?

The omicron variant became widespread in a matter of weeks. It takes time to build antibodies from each vaccination; therefore, it is best to have your body prepared to respond so you can avoid serious illness. By getting the updated COVID-19 vaccine now, you will be better prepared for future outbreaks of infections.

I received a COVID-19 vaccine and got sick. Getting sick with COVID-19 was not as bad as that vaccine. Why do I need another one?

While short-term side effects from the updated COVID-19 vaccine may result in some brief discomfort or mild illness, people who contracted the original virus had serious illnesses that resulted in overfilled hospitals and the use of intensive care unit (ICU) beds. The updated COVID-19 vaccine is for current variants, which have had more mild illnesses from COVID-19 infection than the original virus in 2020. In addition, people who have had COVID-19 are at risk for long COVID illness. The updated COVID-19 vaccine helps decrease the risk of long COVID. Vaccines provide significant protection against COVID-19 infection and reduce the risk of severe outcomes. While a vaccinated person may still contract COVID-19, vaccination significantly reduces the risk of severe illness, hospitalization, and death, compared to those who are not up to date.

I know someone who got a COVID-19 vaccine and died from a heart attack, so I'm not getting it.

It is understandable why that would be scary for you. While there have been suggestions that COVID-19 vaccination could have a correlation with cardiac-related mortality, especially among males, ongoing studies have shown no definitive association between heart attack and COVID-19 vaccination. If you have been diagnosed with conditions such as heart disease, diabetes, or other serious illnesses, it is best to consult with your primary care provider about getting the updated COVID-19 vaccine. Studies show the risks of severe illness, hospitalization, and death from COVID-19 in people who are not up to date are [significantly greater](#) than having a serious adverse event after being vaccinated.



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