

Key Talking Points

Aging and compromised immune systems are weaker against infections

Respiratory Viruses can significantly impact lung function and make you sick for weeks after initial infection

The virus's genetic code is the main ingredient of an mRNA vaccine - and as more COVID variants come this genetic code in the vaccine is edited slightly to match the stronger and more contagious version of COVID-19.

Being hesitant about the vaccine does not mean you can't protect yourself, so consider wearing a mask or staying home if sick. These methods are still effective in preventing the mass spread of illness.

We no longer have pandemic-level COVID-19 trends since the distribution of COVID-19 vaccines.

The goal is to reach a point where health officials don't have to look at COVID-19 as a major threat, but we are not yet because it can harm your body long term.

The influenza vaccine is changed yearly because our bodies lose memory of how to fight the infection and its other strains, COVID-19 also follows this pattern so the concept of receiving an updated vaccine is not new

You are more at risk for contracting COVID-19 if you're living in a multigenerational household, are a frontline worker, constantly in large public settings often, a traveler, have pre-existing health conditions or are pregnant.

