

# Should individuals who already had COVID-19 get the vaccine?



## ANSWER: YES

### 6 FACTS ON WHY RECOVERED INDIVIDUALS SHOULD #GETVACCINATED

- 1.** You can still contract COVID again, even after you've already been infected.
  - There are numerous reports of people becoming reinfected with COVID-19 after recovering; some as early as 45 days after their previous infection.
  - The number of reinfections are increasing with the spread of the new variants, like Delta.
  - A recent study in Kentucky found that recovered individuals were 2.3 times more likely to get reinfected with COVID-19 compared to vaccinated individuals.
  - Even if you are not concerned about getting reinfected, consider your residents, colleagues, friends, and loved ones. If you get COVID again, you could spread the virus to others you care about.
- 2.** Having COVID-19 does not automatically mean that you are immune from the virus moving forward. Most adults who had COVID-19 and recovered have some immunity for at least 90 days after being infected. However, about one out of 10 people who recover from COVID-19 do not appear to develop adequate immunity.
- 3.** The antibodies which protect people from getting COVID-19 tend to decrease faster among individuals who had asymptomatic or mild cases of COVID-19 infection. A study of US healthcare workers showed that 28% - more than 1 in 4 - had a decline in antibodies to the point where they could no longer be detected three months after recovery.
- 4.** Sometimes the antibodies people make in response to a COVID-19 infection do not target or fight a key part of the COVID-19 spike protein, which allows the virus attach directly to human cells. The vaccines do however, which is why they appear to offer the best immunity against future reinfection.
- 5.** The vaccines generate blocking antibodies at levels 1.5 to 2 times higher than people who recovered from COVID-19 but were not vaccinated.
- 6.** Recovered individuals who receive at least one dose of the COVID-19 vaccine have a boost in their antibody levels to the same level as uninfected people who got two doses.

**The vaccine is the best way to protect yourself and others** from COVID-19, including the Delta variant.

**The vaccines are working.** Since the COVID-19 vaccines were offered in long term care in late December, new resident cases have declined by 100% and reached lows not seen since the pandemic started. Let's keep it that way.

We encourage all long term care staff and residents, as well as members of the public to get vaccinated as soon as possible. **The vaccines are safe and effective**, and it is imperative that everyone protect both themselves and those around them.