

Transcript - Older Adult Booster Video
“Ask Public Health: COVID-19 Updated Boosters for Older Adults”
Public Health - Seattle & King County

With Caren Goldenberg from Public Health, and her neighbor Carol

CAREN: “Carol is my friend and neighbor. She has lived directly upstairs from me for many years here on Capitol Hill.”

CAROL: “And I hope I’m not too noisy.”

CAREN: “No! She has a wonderful music collection.”

GRAPHIC: ASK PUBLIC HEALTH: Caren Goldenberg answers questions from her neighbor, Carol.

Caren Goldenberg, COVID-19 Vaccine Strategy Program

CAROL: “So, why is it so important that people get vaccinated, especially people over 50?”

CAREN: “These vaccines do a really good job of keeping people out of the hospital and certainly from dying. The risk of being in the hospital and dying does go up as people get older, so we want to make sure they are as protected as possible and this new booster, the bivalent booster -- they call it that, bivalent, because it has two strains in the same shot.” CAROL: “Oh!” CAREN: “It has the original strains that we got shots for way back when we first could, and it has the new strains, the omicron strains that make people really sick.”

CAROL: “Tell me why it’s important for people with compromised immune systems.”

CAREN: “Thank you for asking! So, Carol knows I have a compromised immune system and people might not know that looking at me. I always make sure that I get my boosters because having a compromised immune system means that my immune system might not make a strong enough reaction to the just regular doses, so I have to get an additional shot to ensure that my immune system.” CAROL: “Oh you actually got another...” CAREN: “I got a third shot as part of my original series, and I made sure I got the bivalent booster.”

CAROL: “For people that have already had COVID, does that protect them enough to not need the booster?”

CAREN: “We still want people to get the booster, and the reason is because there are lots of different strains out there in the community and we don’t know which one you got sick with and which one you might get better protection with from the booster. And the booster is really well studied, we know that it will protect people from hospitalization and from dying.”

GRAPHIC: For more information go to: kingcounty.gov/vaccines