

**Transcript – Older Adult Booster Video**  
**“Why the COVID-19 Updated Booster is Worth It: Ms. Gloria’s Story”**  
**Public Health – Seattle & King County**

[question on screen:] Why do you stay up to date on your COVID vaccinations?

Ms. Gloria:

Even though I’ve had the anxiety around taking the shot, all of them, and really my heart was pounding when I was getting the shot, that is okay.

I’m so glad I did it, I have no regrets.

My life is fuller and better because of it, and I feel good, and I haven’t been sick.

I’ve been healthy, I feel healthier and so I think it’s -- you can do it afraid, go in and get the shots afraid, and know that the outcomes are going to be far better than you could imagine.

[Music and closing] For more information, visit [kingcounty.gov/vaccine](https://kingcounty.gov/vaccine)