

COVID-19 Booster Shots: Mixing and Matching *(Interview Transcripts)*

Leena Hamadeh, PharmD, BCPS, Infectious Diseases Pharmacotherapist Coordinator, OSF HealthCare

“Antibodies are essentially proteins made by the body that can be made in two different ways: either by vaccination or by becoming infected, with COVID-19 for example. Antibodies are really important because once they are produced by the body, they can help you fight off infection. We know that with vaccination, there is longer lasting and potentially stronger immunity than in those individuals who are relying on being infected with COVID.” (:27)

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“The question is, can we boost our antibodies? And this is where the idea of boosters comes in to bring those antibody levels to a higher degree, especially since they wane over time. Hopefully with this higher degree of the antibodies, we can be more protected against COVID and against variants that are even more infectious, such as Delta.” (:24)

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“We don’t know how long COVID is going to be around for. We know that immunity potentially wanes over time. And there are variants such as delta that can be more infectious. So the best way to really protect yourself is to look at the guidance, look at the data from the CDC and the FDA, and to certainly get vaccinated if you are not yet vaccinated. But if you are, you still want to continue to protect yourself so please get boosted if you are eligible.” (:30)

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“What we know about all the vaccines that are available – Johnson and Johnson, Moderna, as well as Pfizer – is that they are highly effective in protecting individuals against severe COVID illness and hospitalizations, which is really, really important at this time.” (:18)