

Vaccines: What You Need to Know (*Interview Transcripts*)

Cindy Deuser, MSHA, BSN, RN, Director of Quality and Safety, OSF HealthCare

“Viruses – just their nature – are a very rapidly growing and changing type of a germ or germ protein. And what happens is they change over time.” (:15)

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“What happens is your body begins to build up antibodies. And these antibodies are proteins and they’re going to begin to identify – should you become contagious – it will identify those germs and begin breaking the germ down so that you will not become ill. Or if you do become ill, it would be less intense.” (:27)

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“What happens when your immune system starts to react to the vaccine, you may be feeling a sore arm, you may feel just a little bit of a mild fever coming on – but that is really not the disease itself or the virus that is giving that to you. It’s really your body’s immune system reacting to that little piece of germ that was entered into you for the purpose of developing immunity.” (31).

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“So if you were to be in contact with somebody who was contagious, you can now fight that disease off. And just by the virtue of doing that, you will be protecting anybody around you.” (:14)