COVID-19 Breakthrough infections: what you need to know

Modern Wellness

The information provided in this document are general recommendations and are not intended as medical advice for individual situations.

What is a 'breakthrough infection'?

COVID-19 vaccines help protect against infection and against severe illness, hospitalization and death.

However, you might have heard of cases where people who had been fully vaccinated against COVID-19 and who were up to date with the recommended vaccines still got a COVID-19 infection. This is known as a "breakthrough infection."

Why does a 'breakthrough infection' happen?

According to the CDC, COVID-19 vaccines are effective at preventing severe disease, hospitalization, and death. However, they do not provide 100% protection against getting a COVID-19 infection.

This is due to several reasons:

- The virus that causes COVID-19 is always changing and creating new types of the virus known as 'variants.' The COVID-19 vaccines may not be as effective in preventing infection from newer variants.

Help protect yourself and your loved ones from getting seriously ill with COVID-19, being hospitalized, and even dying. Get your COVID-19 booster today.

- The level of protection that the vaccines provide decreases over time against mild and moderate disease.
- Certain populations, such as older adults and people with weakened immune systems, are more vulnerable to infection.

Why should I get a COVID-19 vaccine if a breakthrough infection is possible?

COVID-19 vaccines help protect people from getting seriously ill, being hospitalized, and even dying. Studies show that they provide approximately 90% protection against symptomatic infection, severe illness, and death.

In addition, when people who are fully vaccinated get a breakthrough infection, they typically have less severe symptoms than people who are unvaccinated.

What does the CDC recommend?

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What does the CDC recommend?

For best protection against COVID-19, the CDC recommends that everyone ages 6 months and older stay up to date with their vaccines.

- Some people may be eligible for the updated COVID-19 boosters. These updated boosters were designed to provide broader protection against newer COVID-19 variants.
- COVID-19 vaccines can offer added protection to people who have already had COVID-19.

Latest data as of 10/26/2022

If you have any questions about COVID-19 vaccines and boosters, please discuss with your healthcare provider.

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