

The importance of getting your second dose of COVID-19 vaccine: Transcript

[upbeat music]

[Kris Ehresmann] Hello my name is Kris Ehresmann and I'm director of infectious disease for the Minnesota Department of Health. I'd like to talk to you today about the importance of your second dose of COVID-19 vaccine.

For available COVID-19 vaccines, some require two doses. The person giving you your vaccine will let you know if you need a second dose, and if you need two doses, this message is for you.

All the available COVID-19 vaccines are safe and effective so you should get whatever vaccine is offered to you. For COVID-19 vaccines that have two doses, it's very important to get both doses for the best protection against COVID-19 disease. Remember, both doses need to be the same type of vaccine product. Doses are given three to four weeks apart depending on which two dose vaccine you get.

When you get your first vaccine dose, you should make an appointment for the second dose. It's a good idea to write it down on your calendar or to put it in your phone to help you remember.

There may be circumstances where someone is not able to get their second dose at the right time. That's okay. We would encourage you to try and get an appointment for a second dose as soon as you can. You do not need to restart the vaccine series.

While there has been some promising news about protection from a single dose of a two-dose product, there is still much we need to learn. The FDA still recommends two doses of these vaccines and receiving both doses of a two-dose COVID-19 vaccine ensures that you have the best protection against the disease.

Thank you for getting vaccinated. Every person who gets vaccinated brings us one step closer to crushing COVID. [upbeat music]

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3/10/21

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