

Breakthrough infections less likely to lead to long COVID-19, study finds

Becker's Hospital Review

Erica Carbajal - Thursday, September 2nd, 2021

Fully vaccinated people who later contract COVID-19 are **significantly less likely** to experience long COVID-19 compared to those who are unvaccinated, according to research published Sept. 1 in *The Lancet Infectious Diseases*.

More than 1.2 million adults in the U.K. who are part of the national COVID Symptom Study were involved in the research. Researchers evaluated participants who had received at least one dose of the Pfizer, Moderna or AstraZeneca mRNA vaccine between Dec. 8 and July 4, as well as a control group of unvaccinated individuals.

Of 971,504 people who were fully vaccinated, **0.2 percent** developed a breakthrough infection.

Compared to those who were unvaccinated and had COVID-19, breakthrough cases were associated with a **49 percent lower risk of having lingering symptoms** that lasted at least four weeks after infection, findings showed.

"This result suggests that the risk of long COVID is reduced in individuals who have received double [full] vaccination, when additionally considering the already documented reduced risk of infection overall," the study found.

The findings also added to a growing body of research that indicates breakthrough infections are less severe. For example, those in the breakthrough group were about twice as likely to be asymptomatic compared to unvaccinated people and had a 73 percent lower risk of hospitalization.

Number of adults who oppose COVID-19 vaccine at new low, poll finds

Becker's Hospital Review

MacKenzie Bean - Tuesday, August 31st, 2021

The number of Americans strongly opposed to getting a COVID-19 vaccine is at the lowest level seen since the vaccines were released, according to latest findings from the Axios/Ipsos Coronavirus [Index](#).

Each week since March 2020, Axios/Ipsos has [polled](#) a nationally representative group of U.S. adults about the pandemic. The latest iteration included 1,071 adults polled from Aug. 27-30.

1. **Only 20 percent of Americans said they are not likely to get the vaccine**, representing the lowest figure since the survey's creation. This figure peaked at 63 percent last September.
2. The percentage of adults who said they are not at all likely to get vaccinated also fell to 14 percent.
3. In the last week, the number of parents who say they'll likely get their kids vaccinated has also increased. About **68 percent** said they would or already have vaccinated their children.
4. Thirty-one percent said they were not likely to get their kids vaccinated, down from 43 percent who said the same between Aug. 13-16.
5. Vaccination pace is increasing as more workplaces mandate employee inoculation against COVID-19. In mid-July, the U.S. was administering an average of 500,000 vaccinations daily, compared to Aug. 31,

when the average was **900,000** — an **80 percent increase**, Jeff Zients, White House COVID-19 response coordinator, *said* Aug. 31.

6. As of Sept. 1, **61.9 percent of all Americans have received at least one vaccine dose**, while **52.6 percent are fully inoculated**, *reports the CDC*.

Take home points:

1. *The great news is more and more people are getting vaccinated. It remains the ONLY way to eventually return to more normal times.*
2. *The vaccines are effective in:*
 - a. **Preventing** breakthrough infection (*see the data above!*)
 - b. **Decrease** the ability to spread the infection (*shorter life span of the virus in the body in vaccinated people*)
 - c. **Decrease** the likelihood that if a vaccinated person does develop a breakthrough infection that s/he:
 - i. *will become symptomatically ill*
 - ii. *will be hospitalized*
 - iii. *will develop chronic symptoms (long-haulers)*
 - iv. *will die*
3. *The vaccines have been as thoroughly tested as any new medical treatment we have ever had and have proven to be remarkably safe.*
4. *The FDA has granted full approval for the Pfizer vaccine and will shortly provide full approval for the Moderna vaccine.*
5. **Most importantly**, *COVID (coronavirus) is here to stay. The virus is a variant of the common cold virus which has been around for thousands of years. Humans have never shown an ability to develop natural immunity to the common cold (which is why most of us continue to get ‘colds’ every year), thus we will likely not develop natural immunity to COVID-19.*

The future for preventing illness and death from COVID-19 will be the same as our long-standing approach to influenza which has been responsible for the pandemics of 1918, 1957-58, and most recently 2009: we will require a vaccine (likely every 1-2 years) to prevent life-threatening COVID infections from now on.

With an available vaccine for influenza that is tweaked every year to take into account the new variants that continue to emerge, we still see between 20,000 and 60,000 deaths in the US every year.... most in unvaccinated and elderly, immunocompromised people. The vaccine prevents the development of a full blown influenza pandemic. To do the same with COVID will require everyone who is eligible to be vaccinated. That is the singular best option.

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