

# What are COVID-19 vaccine booster shots?

## TRANSCRIPT

[upbeat music]

[Narration]

After a person has been fully vaccinated, they typically have a high level of protection against COVID-19.

Newer data shows that protection against COVID-19 infection decreases over time, even as the vaccines continue to be very effective at reducing the risk of severe illness, hospitalization, and death.

When initial protection from a vaccine starts to decrease, an additional dose, called a booster shot, is given to help increase the protection.

This additional dose generates more antibodies to protect a person from the disease.

Many routine vaccines require boosters to maintain a higher level of protection.

For example, people are due to get a tetanus shot every 10 years. That shot is a booster. It “boosts” your ability to fight the disease because we know protection declines over time.

For more information on COVID-19 vaccines, go to [health.mn.gov/covidvaccine](https://health.mn.gov/covidvaccine).

[upbeat music]

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