



Californians of Advanced Age Now Qualify for an Additional COVID-19 Vaccine Shot

Description

State health officials announced that elderly Californians who received their updated COVID-19 vaccination last fall can now obtain another dose. They advised adults aged 65 and older to get a second jab of the recent vaccine initiated in September, provided a four-month interval has passed since their last shot. This directive issued by the California Department of Public Health resonates with a recommendation made by the U.S. Centers for Disease Control and Prevention (CDC) on Feb. 28.

For these older adults, another dose of the up-to-date vaccine from 2023-24 grants added **protection**, particularly for individuals at a higher risk of severe illness or death from COVID-19. A preliminary analysis divulged that adults who had contracted COVID-19 were more susceptible to be re-infected if they didn't receive a vaccination after recovery. Essentially, the **immunity** provided by the vaccination significantly trumps natural immunity.

Getting vaccinated after recovering from COVID can be driven by personal risk factors or the risk of exposing close contacts to the disease. Almost a third of California's seniors have been inoculated with the updated COVID-19 vaccine since September. Distinct **county vaccination rates** among seniors vary across the state, highlighting the urgency of boosting immunization levels to quell the impact of the virus. Additionally, everyone aged 6 months and older should receive an updated jab as per the CDC.

Lastly, significant developments have been made in ongoing research about **long COVID**. New findings have detected parts of the COVID virus in blood and tissue samples long after initial infection, underscoring the importance of COVID vaccinations in mitigating the risk.

Protection: In this context, protection refers to the defense provided by a vaccine against a disease, like COVID-19. Vaccines train our immune systems to recognize and fight harmful pathogens.

Immunity: The ability of the body to resist or recover from an infectious disease. Immunity can be naturally achieved through infection or induced through vaccination.

County vaccination rates: This term refers to the proportion of people in a particular county or geographic area who have received a vaccine.

Long COVID: This refers to the continuation of symptoms experienced by some people long after they have 'recovered' from an acute COVID-19 infection.

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Vocabulary List:

1. **Directive** // (noun): An official or authoritative instruction order.
2. **Susceptible** // (adjective): Likely or liable to be influenced or harmed by a particular thing.
3. **Inoculated** // (verb): To protect individuals against a specific disease by stimulating the immune system.
4. **Urgency** // (noun): The state or quality of requiring immediate action or attention.
5. **Boosting** // (verb): To help or encourage something to increase or improve.
6. **Mitigating** // (verb): To make something less severe/harmful or painful.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which word means elevated or increased?

- Option: A) Rigorously
- Option: B) Astoundingly
- Option: C) Heightened
- Option: D) Mitigate

2. What term is used to describe a specific instruction or order?

- Option: A) Susceptible
- Option: B) Inoculated



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- Option: C) Stave off
Option: D) Directive
3. Which word means causing great harm or damage?
Option: A) Boosting
Option: B) Mitigating
Option: C) Devastating
Option: D) Staggering
4. Which term is commonly used for addiction or dependency on substances?
Option: A) Therapy
Option: B) Positive therapeutic change
Option: C) Substance Use Disorders
Option: D) Absenteeism
5. What is the term for a significant increase in opioid-related problems in a particular area?
Option: A) Coping Skills
Option: B) Cancellation
Option: C) Opioid Crisis
Option: D) Staggering
6. Which term refers to increasing or improving something?
Option: A) Boosting
Option: B) Mitigating
Option: C) Community
Option: D) Therapy
7. What term describes a systematic investigation or analysis of a subject?
Option: A) Urgency
Option: B) Boosting
Option: C) Study
Option: D) Mitigating
8. Which term is related to mental processes like thinking learning and memory?
Option: A) Intelligence
Option: B) Cognitive
Option: C) Scientists
Option: D) Participants
9. Who are the individuals involved in a research study or program?
Option: A) Implications
Option: B) Participants
Option: C) Urgency



Option: D) Boosting

10. Which term signifies the need for immediate action or attention?

- Option: A) Positive therapeutic change
- Option: B) Urgency
- Option: C) Substance Use Disorders
- Option: D) Combating

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

- 11. Effective planning _____ the risks associated with the project.
- 12. Regular exercise can help _____ many health problems.
- 13. Taking vitamin C supplements can assist in _____ the immune system.
- 14. Education plays a vital role in _____ ignorance and promoting understanding.
- 15. Early detection of the disease is crucial for _____ its effects.
- 16. Problem-solving skills are central to demonstrating high levels of _____.
- 17. Mark's frequent _____ from work raised concerns about his commitment.
- 18. Therapists often teach clients various _____ to manage stress effectively.
- 19. The sudden _____ of the flight left passengers stranded at the airport.
- 20. The research team conducted a detailed _____ to analyze the impact of social media on youth.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The magician performed tricks that left the audience amazed and shocked.
22. Children are more vulnerable to catching colds due to their weaker immune systems.
23. The entire population was given the vaccine to protect them from the virus.
24. The local residents came together to organize a charity event for the homeless.



25. Individuals with anxiety disorders often benefit from cognitive behavioral therapy.
26. The counseling sessions helped the patient make significant improvements in their mental health.
27. The company implemented a policy to reduce the number of employee absences.
28. The research project involved a team of experts in the field working together to find a solution.
29. The implications of climate change are far-reaching and require immediate action.
30. The amount of support received for the charity event was beyond what anyone had expected.

Answer

Multiple Choice: 1. C) Heightened 2. D) Directive 3. C) Devastating 4. C) Substance Use Disorders 5. C) Opioid Crisis 6. A) Boosting 7. C) Study 8. B) Cognitive 9. B) Participants 10. B) Urgency

Gap-Fill: 11. Mitigated 12. Stave off 13. Boosting 14. Combating 15. Reversing 16. Intelligence 17. Absence 18. Coping Skills 19. Cancellation 20. Study

Matching sentence: 1. Astoundingly 2. Susceptible 3. Inoculated 4. Community 5. Therapy 6. Positive therapeutic change 7. Absenteeism 8. Scientists 9. Implications 10. Staggering

CATEGORY

1. Health - LEVEL4

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