



## Older U.S. adults should get another COVID-19 shot, health officials recommend : NPR

### Description

In a recent announcement, health officials in the United States have recommended that older adults should get another COVID-19 vaccine. This is advised even if they received a booster in the fall.

The Centers for Disease Control and Prevention (CDC) shared that all Americans aged 65 and older should consider getting another dose of the updated vaccine. This is suggested if at least four months have passed since their last shot. The CDC's decision is based on guidance proposed by an expert advisory panel.

The new recommendation follows lengthy discussions about its necessity and if it would add to the public's growing vaccine fatigue. The committee recommended COVID-19 booster doses for older people in 2022 and 2023.

COVID-19 continues to pose a significant risk, particularly to older people and those with underlying health conditions. According to the CDC, people aged 65 and older have the highest hospitalization and death rates from the virus.

The idea behind the proposal is to encourage doctors and pharmacists to offer the shots more proactively. The government recommended a new shot to everyone 6 months and older in September. Despite this, most Americans have not yet received the shot.

This news comes amidst conversations with experts about whether another booster is needed. Some doctors suggest most older adults are adequately protected by the fall shot they got. Their immunity comes from earlier vaccinations and exposure to the virus. However, vaccine-induced defenses in the body tend to fade over time. This happens more rapidly in seniors than in other adults. Given this, an additional dose can offer extra protection for those at highest risk.

COVID-19 remains a concern, with over 20,000 hospitalizations and more than 2,000 deaths each week due to the virus. Encouraging older adults to get another booster shot is one of several strategies to combat the threat posed by the virus.

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## Vocabulary List:

1. **Recommend** // (verb): To suggest or advise
2. **Booster** // (noun): An additional dose of a vaccine to enhance immunity
3. **Proactively** // (adverb): Taking action to prevent a situation rather than reacting to it afterward
4. **Immunity** // (noun): The ability of the body to resist infection or disease
5. **Fade** // (verb): To gradually disappear or become weaker
6. **Combat** // (verb): To fight or struggle against

## Vocabulary quizzes

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

1. Which virus can cause respiratory infections such as the common cold?  
Option: Adenovirus  
Option: Climate change  
Option: Pollution  
Option: Diarrhoea
2. Which condition is characterized by feelings of worry nervousness or unease?  
Option: Anxiety  
Option: Cognitive Behavioral Therapy (CBT)  
Option: Hormone Replacement Therapy (HRT)  
Option: Psychosocial
3. Which demographic group is often defined as individuals aged 65 and older?



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- Option: Elderly  
Option: Menopause  
Option: Mindfulness  
Option: Antibiotics
4. Which term means taking action in advance to deal with an expected difficulty?  
Option: Proactively  
Option: Immunity  
Option: Fade  
Option: Combat
5. Which word means to settle or find a solution to a problem or dispute?  
Option: Resolve  
Option: Admitted  
Option: Influence  
Option: Malnutrition
6. Which word means to gradually disappear or lose brightness?  
Option: Fade  
Option: Combat  
Option: Epidemiologist  
Option: Sluggishness
7. What treatment involves supplementing the body with hormones that are no longer produced in sufficient amounts?  
Option: Hormone Replacement Therapy (HRT)  
Option: Psychosocial  
Option: Recommend  
Option: Booster
8. Who conducts systematic investigation and analysis to establish facts or reach new conclusions?  
Option: Researchers  
Option: Psychosocial  
Option: Alarming  
Option: Anticipated
9. Which term refers to the presence of harmful substances in the environment?  
Option: Pollution  
Option: Transitioned  
Option: Underweight  
Option: Remedies
10. What are medications used to treat bacterial infections by inhibiting the growth of bacteria?



- Option: Antibiotics
- Option: Diarrhoea
- Option: Anxiety
- Option: Cognitive Behavioral Therapy (CBT)

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

11. Vaccination helps boost \_\_\_\_\_ against certain diseases.
12. After some questioning the suspect \_\_\_\_\_ to committing the crime.
13. To \_\_\_\_\_ the spread of misinformation educational campaigns are essential.
14. Parents can have a significant \_\_\_\_\_ on their children's behavior.
15. The increase in deforestation rates is quite \_\_\_\_\_.
16. There are various natural \_\_\_\_\_ for common cold symptoms.
17. During \_\_\_\_\_ a woman experiences a decline in estrogen levels.
18. Individuals with a Body Mass Index (BMI) below 18.5 are considered \_\_\_\_\_.
19. The new product launch is highly \_\_\_\_\_ by industry experts.
20. After retirement he \_\_\_\_\_ into a consultant role for the company.

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

21. Support groups provide both psychological and social assistance to individuals in need.
22. Dehydration is a common complication of this gastrointestinal condition characterized by frequent watery stools.
23. Based on your symptoms I would that you see a specialist for further evaluation.
24. A dose of the vaccine may be necessary to enhance immunity against the virus.
25. Efforts to actively fight against a particular disease or health issue are crucial to public health.
26. Taking steps ahead of time to address potential problems is a wise way to avoid complications.



27. The media has a powerful on shaping public opinion and beliefs.
28. Over time memories may and become less vivid.
29. The negotiation aimed to the longstanding dispute between the two parties.
30. These individuals conduct in-depth studies and experiments to discover new findings in their respective fields.

## Answer

**Multiple Choice:** 1. Adenovirus 2. Anxiety 3. Elderly 4. Proactively 5. Resolve 6. Fade 7. Hormone Replacement Therapy (HRT) 8. Researchers 9. Pollution 10. Antibiotics

**Gap-Fill:** 11. Immunity 12. Admitted 13. Combat 14. Influence 15. Alarming 16. Remedies 17. Menopause 18. Underweight 19. Anticipated 20. Transitioned

**Matching sentence:** 1. Psychosocial 2. Diarrhoea 3. Recommend 4. Booster 5. Combat 6. Proactively 7. Influence 8. Fade 9. Resolve 10. Researchers

## CATEGORY

1. Health - LEVEL3

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## Author

aimeeyoung99

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