

# FACT

## The Truth About Breakthrough Cases

**While most of the rise in recent cases can be attributed to unvaccinated people, there have been breakthrough cases of COVID-19 in those who are fully vaccinated. As with many other issues related to COVID-19, its transmission and its side effects, there has been much misinformation promoted surrounding the issue of breakthrough cases. Here are the facts.**

**FACT: Breakthrough cases were always expected.**

COVID-19 vaccines remain the key to bringing the pandemic under control. However, no vaccine is 100% effective at preventing illness in vaccinated people. Experts have always known there would be a small percentage of fully vaccinated people who still get sick from COVID-19.

**FACT: Breakthrough cases only occur in a small percentage of vaccinated people.**

The CDC reports no unexpected patterns among those experiencing breakthrough infections. The amount of breakthrough cases remains low among the total vaccinated population.

**FACT: The vaccine has been shown to greatly reduce side effects and hospitalization for those who are fully vaccinated and become infected.**

An overwhelming majority of those currently hospitalized for COVID are unvaccinated. The vaccines were designed to protect people from serious illness, hospitalization and death, and they are proving very effective in these areas.

**FACT: Vaccinated individuals who become infected with COVID-19 can pass the virus to others, putting those unvaccinated at greater risk.**

Vaccinated individuals who have a breakthrough case of COVID-19 can be contagious and spread COVID-19 to others, including immunocompromised people and children who may not be able to receive the vaccine yet. Despite the delta variant's higher viral load than previous variants, getting vaccinated still provides protection against contracting the virus. Most importantly, getting vaccinated protects you from the more severe symptoms experienced by unvaccinated individuals.

**FACT: Despite breakthrough cases occurring, it is still imperative that people get vaccinated against COVID.**

As variants of COVID-19 continue to emerge in our communities, it has never been more critical for people to get vaccinated, not only to stop the spread of current strains but also to help prevent more mutations and new strains from developing. The severe risks of COVID-19 – even for young, healthy people – outweigh the risks of any possible side effects from the vaccine.

**FACT: In addition to getting vaccinated, we must continue taking safety measures.**

Until herd immunity is reached and most of the United States has been vaccinated, people should continue to practice social distancing, handwashing and wearing masks. These are the best ways to reduce the chance of being exposed to or spreading the virus until the pandemic ends.

---

Schedule your vaccination appointment today through **the MyChart app** or by calling **(985) 898-4001**. Visit [StTammany.health/COVID19](https://StTammany.health/COVID19) for more information on COVID in our community. For additional COVID-19 information and resources, visit the Centers for Disease Control and Prevention ([cdc.gov](https://cdc.gov)) or the Louisiana Department of Health ([ldh.la.gov](https://ldh.la.gov)) website.

