

### Don't give Grandma COVID for Christmas

With the Queensland border on track to open to southern states the week before Christmas, people who are still unvaccinated are being urged to step up and get the jab before COVID arrives in the community.

Buderim general practitioner Dr Jon Harper said once the borders are open we can expect to start seeing positive cases almost immediately.

"The reality is, we will have COVID in our community next month," Dr Harper said.

"If you contract the virus you are at risk of serious long term health effects and even death, in addition to the inconvenience of having to take time off from work while you recover, and the implications it will have for your family and friends.

"Biostatistic experts from the University of Melbourne recently calculated those who haven't been vaccinated are 20 times more likely to pass the virus on to other people, than people who are double vaxxed.

"The most important thing right now is for people get two doses of a COVID vaccination, to greatly reduce the chance of transmitting COVID to someone else and to reduce the severity of symptoms if you test positive.

"No one wants to be that person who gives their Grandma COVID for Christmas."

COVID vaccines are most effective when you've received two doses of the same vaccine, four weeks apart for Moderna and three weeks for Pfizer.

Friday 26 November is the last day you can get your first dose in order to be fully vaccinated with Moderna by Christmas.

Friday 3 December is the last day you can get your first dose in order to be fully vaccinated with Corminaty (Pfizer) by Christmas.

However, Dr Harper warns that optimal protection against COVID-19 may not occur until up to two weeks after your second dose.

"That means for people, and for their families and friends, to be protected against COVID by Christmas time, they really need to make that first appointment this week," Dr Harper said.

"My advice to anyone who is still hesitant about getting a COVID vaccine would be to have a serious chat with your general practitioner or another credible, trusted health professional like a pharmacist.

"It could save your life, or that of someone you love."

To book a COVID-19 vaccination near you, search the words 'vaccine clinic finder' online.

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