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ME/CFS and COVID-19 vaccination

In general, our patients experience little or no problems with the COVID-19 vaccines (all types).

Some patients have a fever and muscle aches for a few days, but the vast majority experience almost no complaints from the vaccination.

Cellular immunity has been under pressure for years and is relatively depleted. Also the non-specific immunity usually does not react strongly.

The composition of all vaccines has changed (improved) over the years (in terms of additives).

We remember that ME/CFS patients sometimes had a prolonged relapse after a hepatitis A/B vaccine in the 80's/90's. We don't see this anymore.

So I recommend that our ME/CFS and post-lyme patients definitely get vaccinated for COVID-19.

Sincerely,
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