

To the Members of the CDC ACIP and HHS Decision-Makers,

I am writing to express my strong opposition to any regulation that would reduce access to COVID-19 vaccines. As someone who remains cautious about COVID and exercises careful medical decision-making, I believe we all deserve the right to protect our bodies, especially with life-saving measures.

A couple months ago, I contracted COVID-19. The experience was absolutely awful. I was bedridden and unable to work for a full week, and it took me nearly a month to fully recover. I firmly believe that if I hadn't stayed up-to-date on all recommended COVID-19 vaccines, the illness would've been much, much worse.

Over recent weeks, I have watched in alarm as Secretary RFK Jr. has challenged established medical guidance, notably by rolling back support for COVID-19 vaccines for healthy children and pregnant individuals and reshuffling the ACIP with members known for vaccine skepticism. This move risks undermining both public trust and vital access to prevention—vaccines are the best tools we have to protect our communities.

The threat of COVID is very real. I know countless individuals who survived acute COVID only to wake up every day living with debilitating long COVID symptoms. Vaccines alone haven't eliminated the virus—but they significantly reduce the severity of infection and help ease long-term complications. Restricting access now—when we still need ways to defend ourselves—would be harmful and irresponsible.

Of course, there are also the immunocompromised who the government cannot turn their backs on. If you restrict vaccine access you are shutting out those citizens even more than they already have been.

To whomever reads this: please maintain universal access to COVID-19 vaccines. Policies must remain grounded in science, medical expertise, and the real-world experiences of patients. My story isn't unique—it's shared by millions. Let's not deny the tools that help us stay healthy, safe, and able to live our lives.