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Vaccination: intradermal administration, duration of protection, and compromised immunity

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STELLINGEN

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Vaccination: intradermal administration, duration of protection, and compromised immunity

1. In healthy young adults, pre-exposure immunisation against rabies can most likely be accomplished with only a single injection, irrespective of intramuscular or intradermal route. (*This thesis, chapter 1*)
2. Intradermal injection of a fractional dose of conjugated meningococcal vaccine is safe and likely elicits an antibody response comparable to intramuscular injection with a standard dose. (*This thesis, chapter 2*)
3. A single subcutaneous vaccination with yellow fever vaccine provides a duration of protection well in excess of 10 years. (*This thesis, chapter 4*)
4. Oral vaccination against cholera solicits an antibody response in most kidney transplant patients, but this response is clearly stratified by immunosuppressive regime. (*This thesis, chapter 5*)
5. The frequent shortages of vaccines and other essential medicines reduce the quality of healthcare everywhere, and expose our global vulnerability to local disruptions in the production and supply chain.
6. The diverse governmental and societal responses observed during the COVID-19 pandemic have illustrated that lockdown and isolation as the primary strategies for controlling an epidemic are only sustainable during the initial phases, and all effort should be put toward the rapid development of effective vaccines for long-term mitigation.
7. The COVID-19 pandemic has demonstrated that mRNA vaccine technology is a suitable platform for fast development of effective and safe vaccines in large quantities.
8. Looking at the amount of attention and funding the COVID-19 pandemic has received and continues to receive, we might consider the enormous benefit humanity as a whole could reap if we directed similar resources toward goals with a known positive return on investment, such as the struggle against climate change and inequality.
9. As Dr William Osler already taught us in 1889; one cannot escape the difficulties of life and one should not cower in their face: “Even with disaster ahead and ruin imminent, it is better to face them with a smile and with the head erect, than to crouch at their approach.”
10. Even though wisdom comes from realizing that the certainty we experience in our daily lives is an illusion, well-considered confidence and optimism can vastly improve the chance of a rewarding and fulfilling life.