

My Covid Vaccine Worries

June 2021



the ant
the action northeast trust



www.theant.org



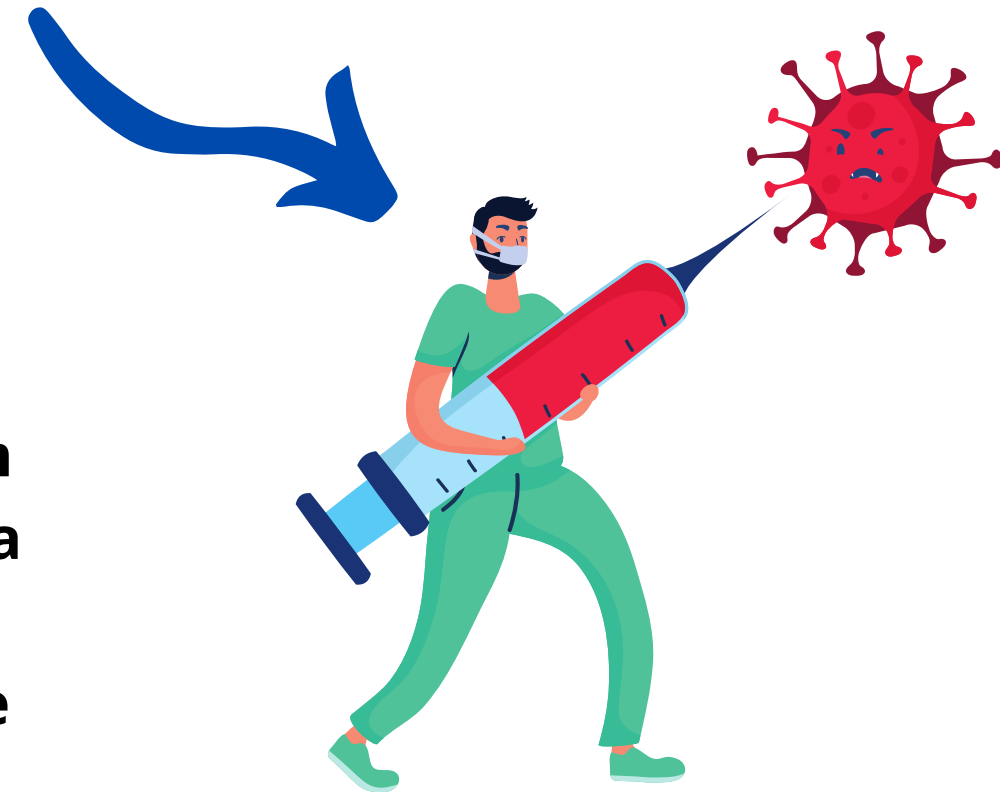
1. How does a vaccine work?



Like how photos of criminals are put up everywhere for all incl. police to recognize them



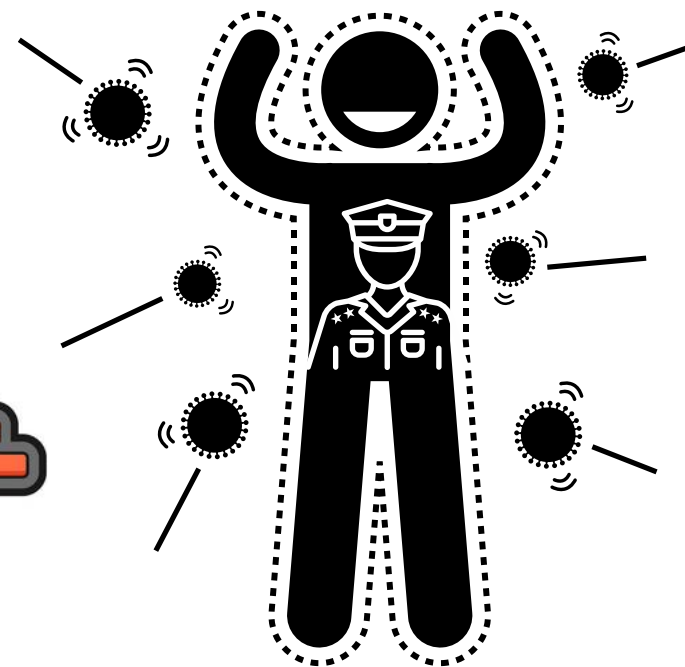
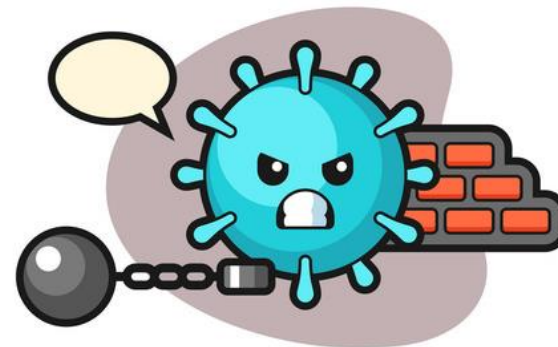
This helps the police anywhere to catch them as soon as they come to a new area even before they can commit a crime



When we take the covid vaccine

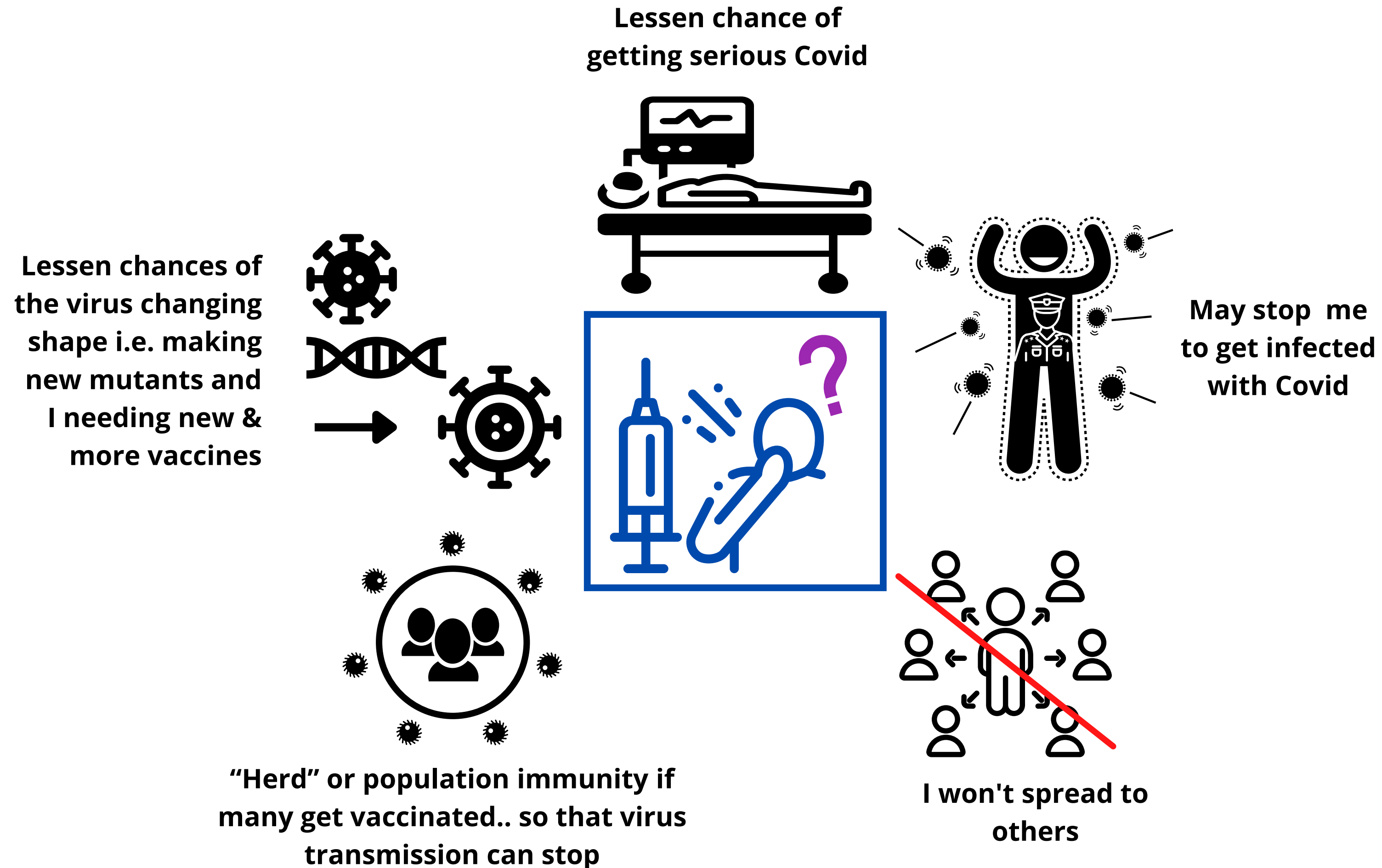


A non-active type of corona virus is introduced into our body to prepare our body against it well in advance



So, when actual Corona virus enters us, the body's police i.e. immune system recognizes and nullifies the virus. Thus, keeping us safe.

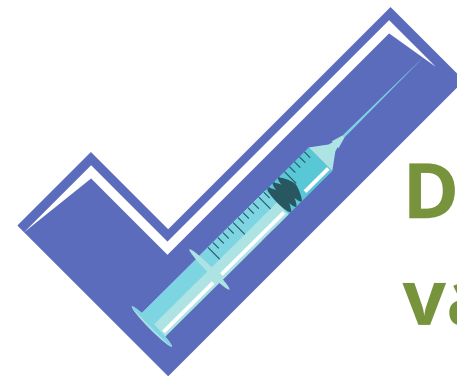
2. Why should I take a COVID-19 vaccine?



3. The COVID-19 vaccines available in India are not safe because they were produced in a hurry.

It is true that earlier vaccines had taken at least 8 years to test and roll out. The vaccines against CoViD have been produced within a year by skipping some steps, but we must be proud of our scientists that at least 8 vaccines worldwide have been found to be safe and largely effective while giving it to hundreds of thousands of people. This was a risky but bold initiative that has helped.

All vaccines by now have got tested already on large sections of populations of countries – just as CoVaxin in India, and one must admit that they have been far safer and far more effective than were expected to be.



Do not believe in the fake news about vaccines. All the vaccines available in India are safe.

4. Vaccines are not effective against the new variants.

So far, the vaccines are effective against most of the new strains that have been seen in India. If needed later, a booster dose with a small change will be available for us to tackle a new variant. It is safer to get vaccinated with the available version and take necessary precautions, than not to get vaccinated at all.





5. Which vaccine should I take – Covishield or CoVaxin or shall I wait for the Pfizer vaccine when it comes to India?

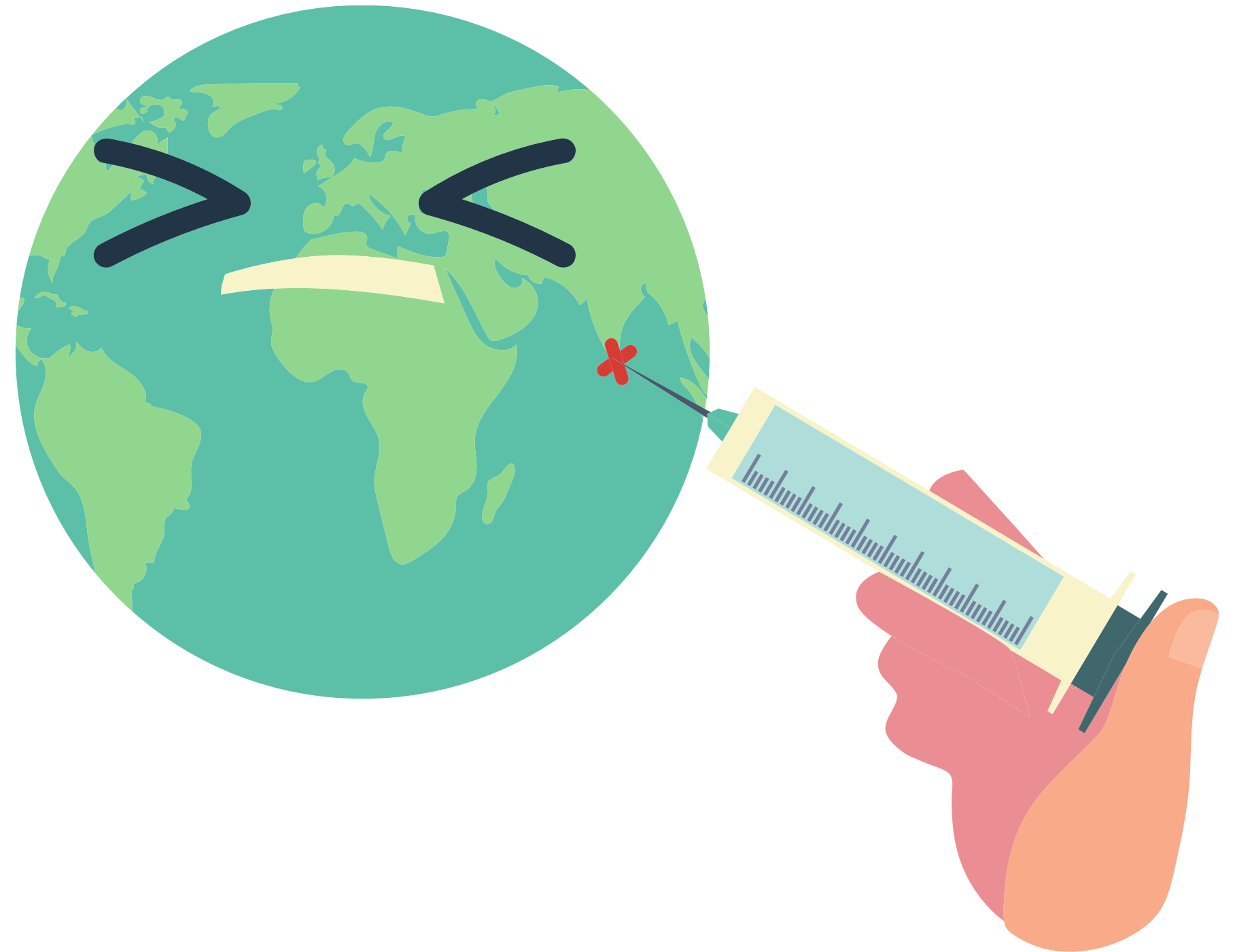
Almost all the vaccines prevent deaths and serious CoViD in 75 to 95% of those who are vaccinated. The longer it takes for a country's population to vaccinate, the higher the chances for the virus to keep spreading and creating variants too.

Life can come back to earlier times sooner if we all take the vaccine. But if all of us have to take the vaccines as fast as we should, we need to pressurise the Govt to get them for us. Taking the first available vaccine is far better an idea than to wait for a good vaccine that saves a few extra people. *If we still want to be sure, we can always take yet another vaccine later, A bird in hand is worth two in the bush!*

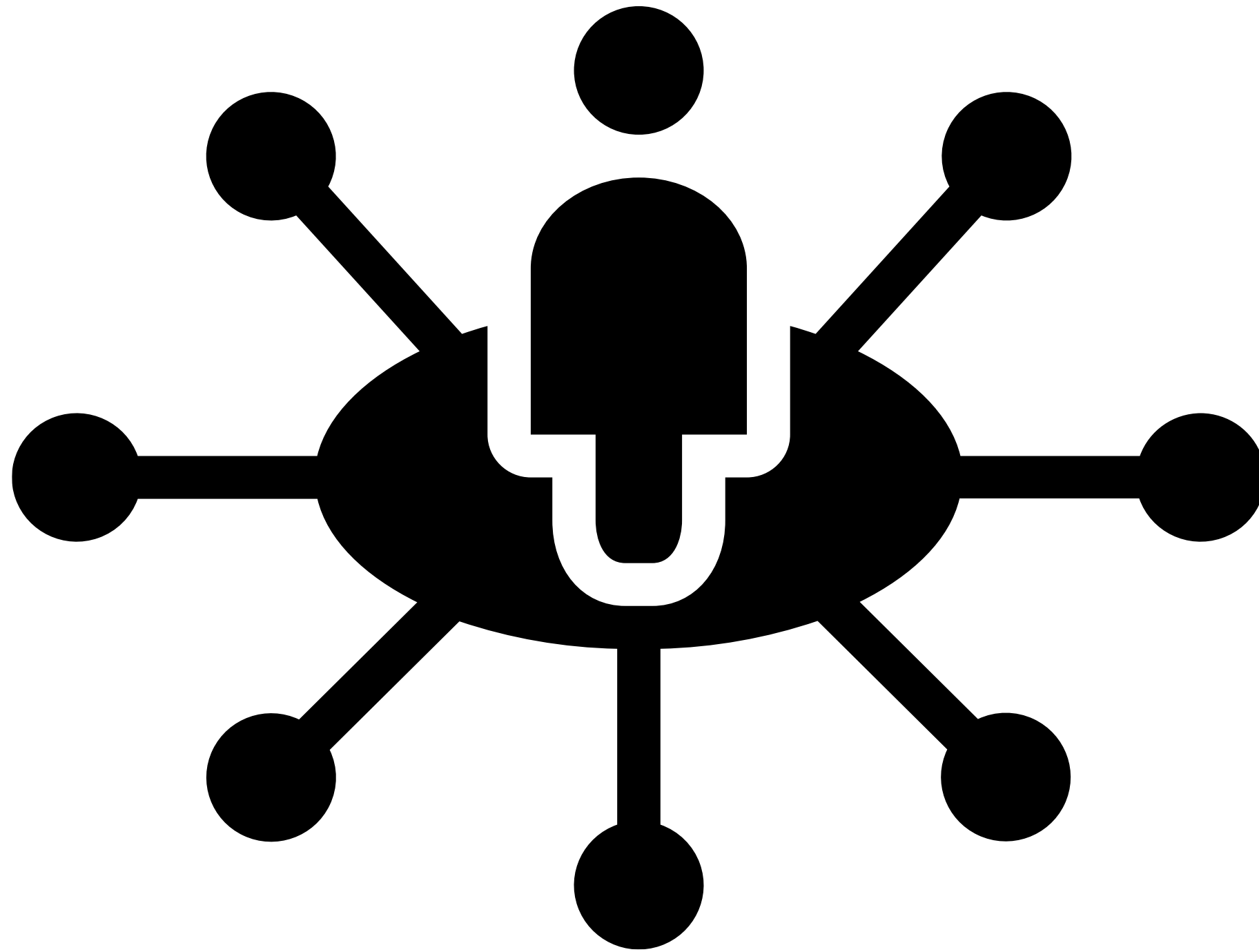
6. People are dying because of the vaccine.

Till 25th May 2021, 78 Crores of vaccine doses had been given and less than one death per lakh doses has been reported. Only a few have shown a serious link with the vaccines.

In most cases, the patients who died were suffering from other ailments. There is no evidence to suggest that the vaccine caused their death. Correlation does not imply causation. The chances of dying from vaccines is a million times lesser than riding a two wheeler on our roads!!



7. I am not harming anyone by not taking the vaccine. So, why should you force me to take it?



If some of us don't get vaccinated, then we risk spreading the virus and infecting others. It would be irresponsible not to get vaccinated. In fact, it would be very selfish of us to do that, because the highest risk from our irresponsible behaviour would be to those who spend the maximum time with us – usually our old parents and children in our house!

In other words, Of course, WE ARE HARMING OTHERS IF WE DON'T TAKE THE VACCINE!

Let Us Be Responsible. Let us take the vaccine to stop spread to others.

8. If I have survived COVID-19, then I don't need to take the vaccine.

The antibodies you have in your body after getting CoViD-19 start reducing within 3 months. After six months, you have a fair chance to get CoViD again. There are enough cases of people who have died after getting Covid the second time. So, you are not safe just because you had COVID-19 before. Please get yourself vaccinated any time after a month of catching CoViD!



Sorry. You still need to take the vaccine.

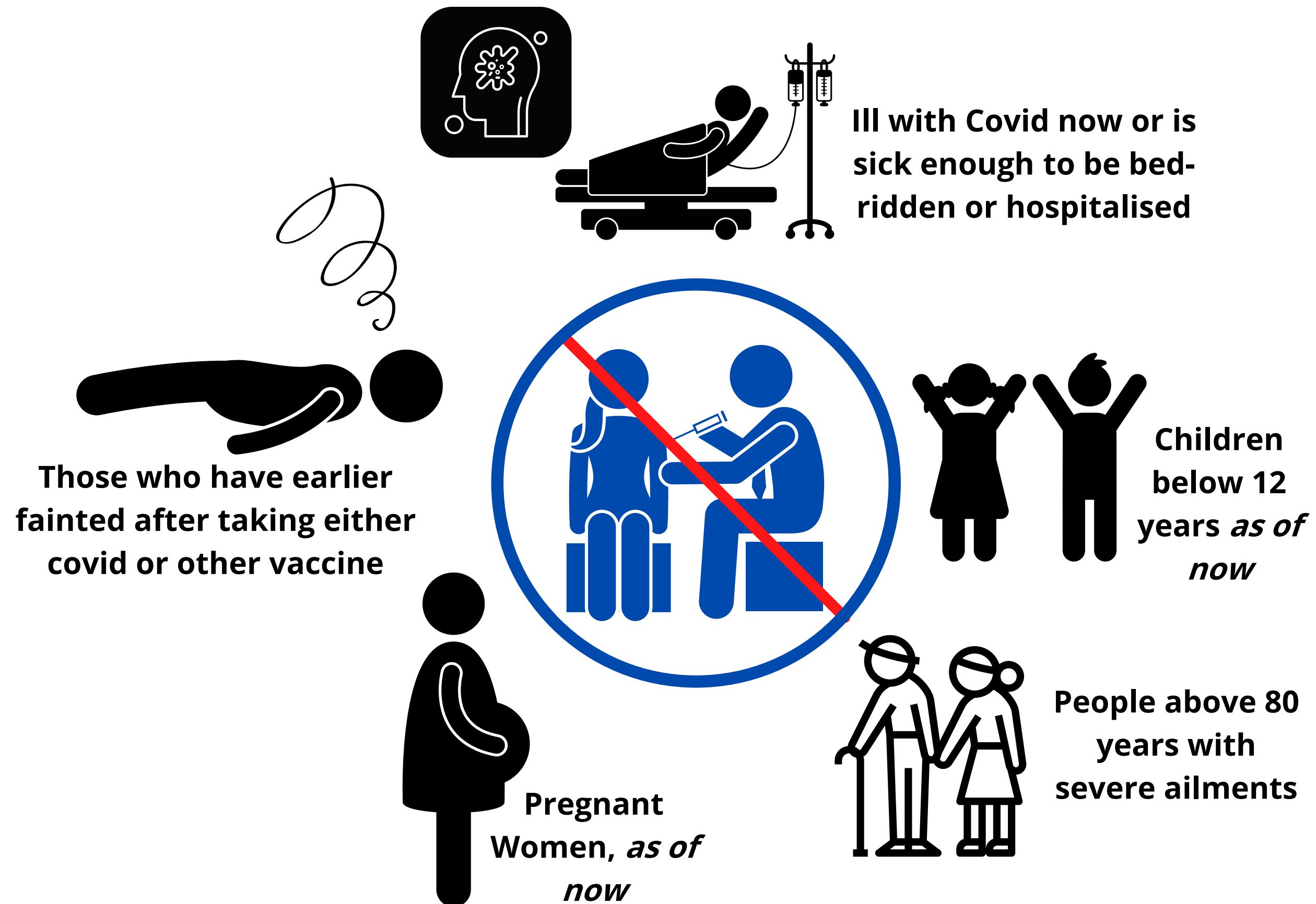
9. The vaccine should not be taken by people who are taking blood thinners.



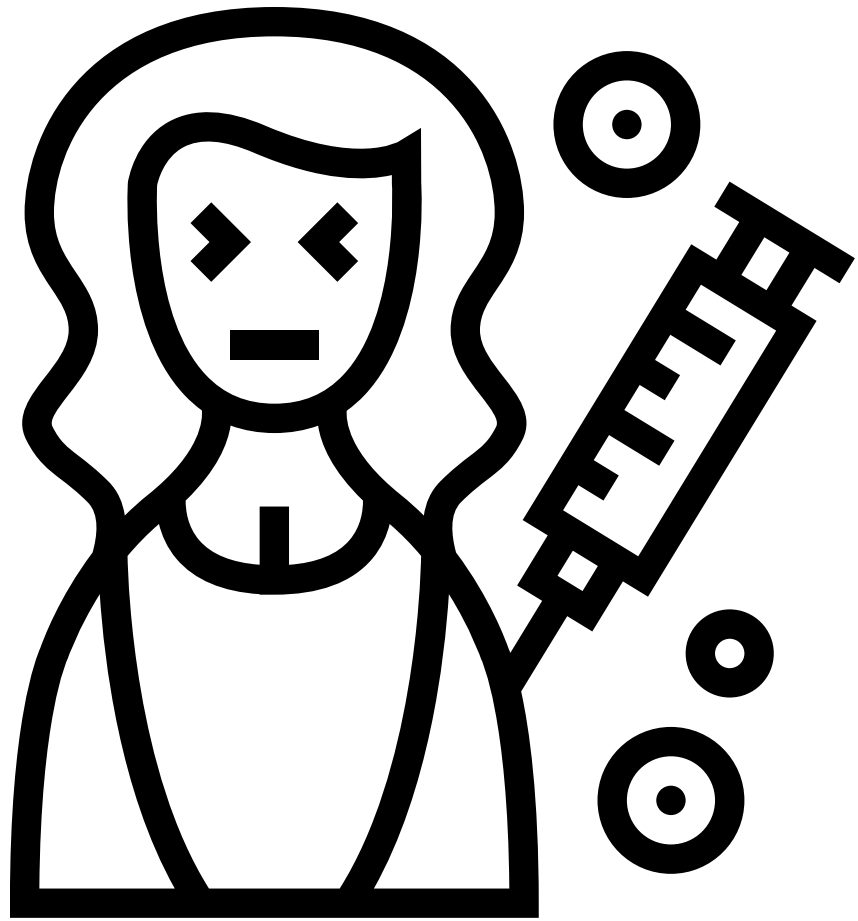
This is not true. The COVID-19 vaccine is safe for people on blood thinners or anticoagulants. The only precaution you need to take is that after you take the jab, the injection site has to be pressed for a longer time, say five minutes!

Even for people with hereditary bleeding disorders, the vaccine is safe if they have taken their regular dose of treatment 48 hours before the vaccination. But please consult your doctor before you take the vaccine.

10. When should one NOT take the vaccine?



11. Can I get a COVID-19 vaccine if I have a history of allergic reactions?



- If you have a history of severe allergic reactions *which is not related to vaccines or injectable medications*, you may still get a COVID-19 vaccine, but you should be monitored for 30 minutes after getting the vaccine.
- If you've had an immediate allergic reaction to other vaccines or injectable medications, ask your doctor if you should get a COVID-19 vaccine.
- If you have an immediate or severe allergic reaction after getting the first dose of a COVID-19 vaccine, **DON'T GET THE SECOND DOSE!** However, you may be able to get a different vaccine for your second dose on the advice of a doctor.

12. I have a skin allergy and other allergies when I eat food items like brinjal or colocasia (*kochu*). Can I take the CoViD vaccine?



Have you had a life-threatening allergy like getting unconscious, swelling of the lips and face, or a choking sensation after taking any injection, or when bitten by bees or wasps, etc? If not, you can **VERY SAFELY** take the vaccine.



13. Can I get a COVID-19 vaccine if I have fever or an existing health condition?



If you have an existing health condition because of which you should be lying on a bed in the hospital, you may delay your vaccine. For any other illness, you **CAN** get a COVID-19 vaccine, as long as you haven't had an allergic reaction to a COVID-19 vaccine or any of its ingredients.

The same goes for fever – unless the fever is serious enough that you should be in hospital, one can take a vaccine. (one may require an extra Paracetamol for it).

But the information about the safety of the COVID-19 vaccines in people who have weakened immune systems or autoimmune conditions is very low.

Do inform your doctor in case you have such a condition.

14. Can pregnant or breastfeeding women get the COVID-19 vaccine? What about women during their periods?

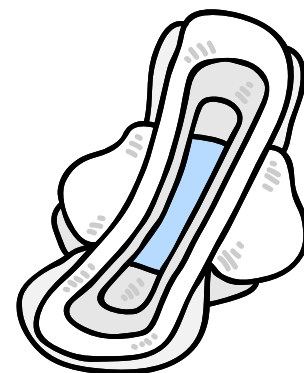
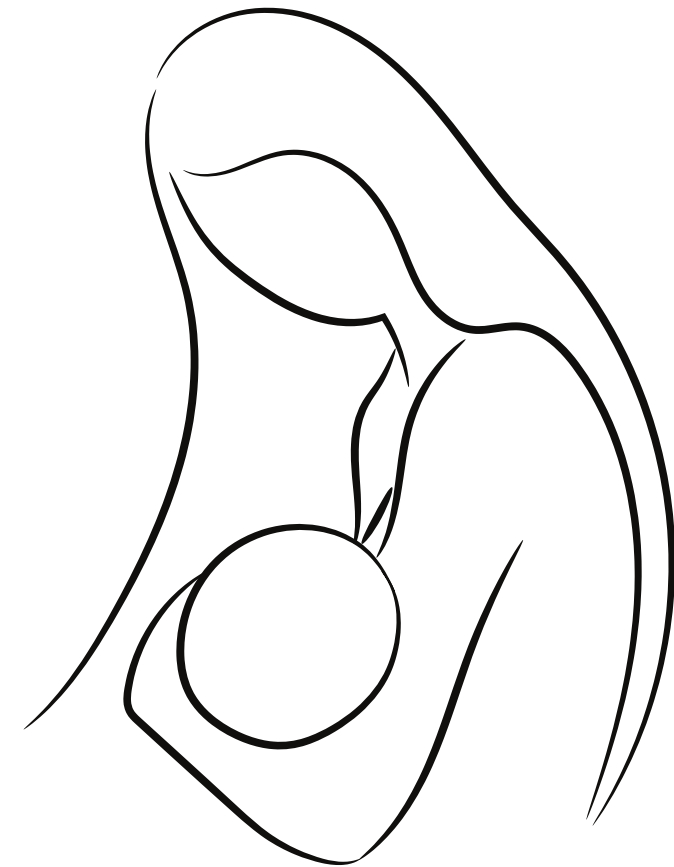


If you are pregnant or breastfeeding, you can choose if you want to get a COVID-19 vaccine.

While further research is needed, early findings suggest that getting a COVID-19 vaccine during pregnancy poses no serious risks. The findings are based on data from the coronavirus vaccine safety monitoring system. We expect a Govt announcement soon!

Breastfeeding women when vaccinated may pass some immunity to the babies also and have been permitted to take the vaccines now.

If you have concerns as a pregnant or a breastfeeding woman, talk to nearest health worker about the risks and benefits.



The vaccine is ABSOLUTELY SAFE for women during their periods.

15. Can I stop wearing a mask and following other Covid protocols after getting a COVID-19 vaccine?

You are considered fully vaccinated 2 weeks after you get a second dose of a COVID-19 vaccine. To understand how life may change after full vaccination, read this: the US Govt, only after 30% of its population was fully immunized, recommended that it's OK (means the risks of getting severe CoViD are very low) NOT TO WEAR A MASK unless we:



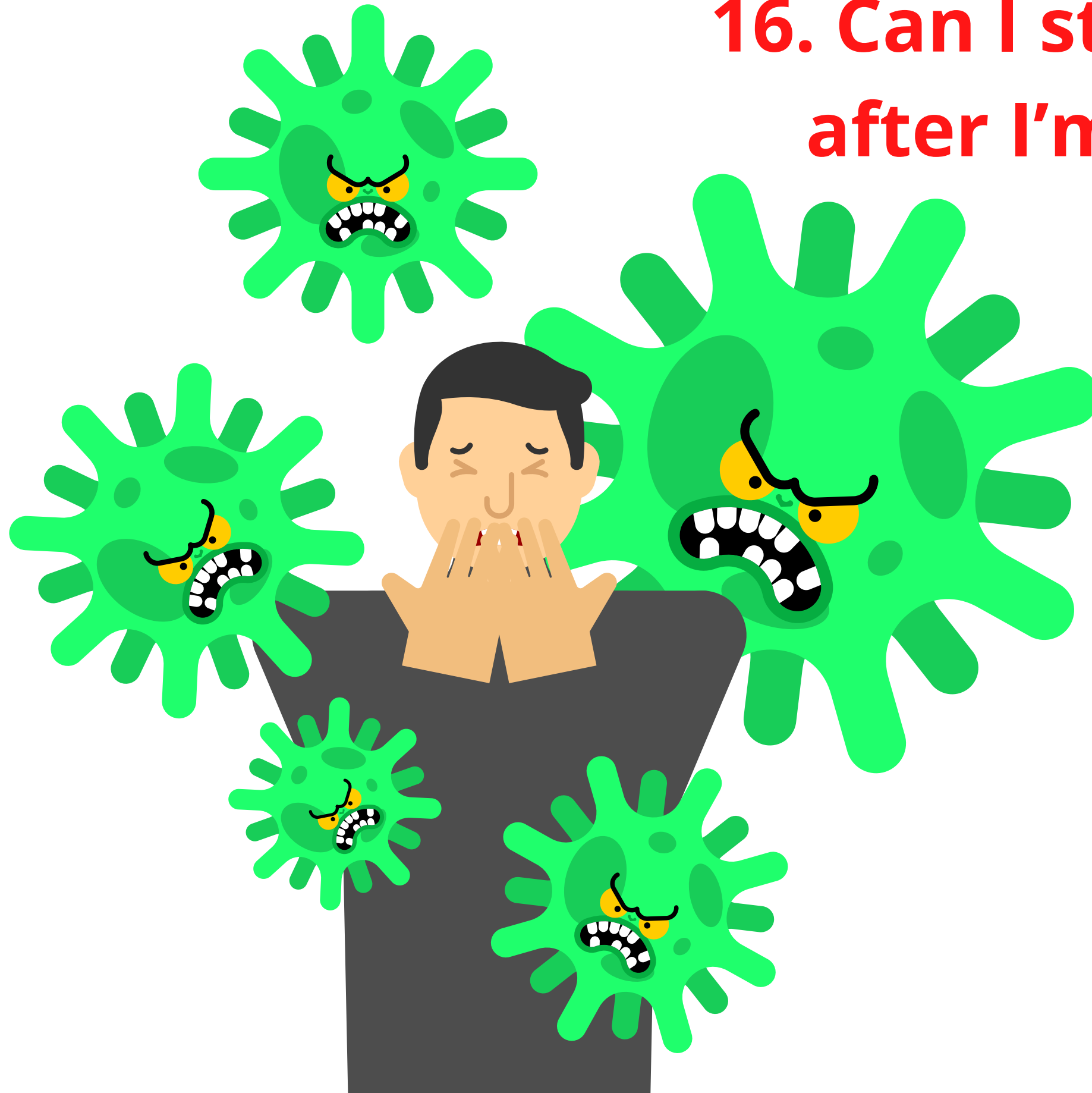
- Visit other fully vaccinated people indoors — without wearing masks or avoiding close contact.
- Visit unvaccinated people from one household but with both parties wearing a mask and maintaining a 2 metres distance.
- Gather or do activities outdoors, such as running or eating at restaurants, without wearing a mask, except in crowded settings where too many people may come too close to you.
- Travel without getting tested or needing to quarantine after you return.



However, no such guidelines have been issued in India, so please follow the rules set by the local administration as the Epidemic Act is still in force and you could face legal penalties.

For the time being, vaccinated people should continue to take safety precautions, such as wearing a mask and avoiding close contact (within about 6 feet, or 2 meters) with others who do not live with them.

16. Can I still get COVID-19 after I'm vaccinated?



A small percentage of fully vaccinated people will still get COVID-19 if they are exposed to the COVID-19 virus. These are called vaccine-breakthrough cases. Of these, some people might not experience any symptoms and some people could become sick due to COVID-19.

However, vaccination should make the illness less severe. If you are fully vaccinated, the overall risk of hospitalization and death due to COVID-19 will be far lower than among unvaccinated people with similar risk factors.

17. "My mother has Hypertension and is on medication." "My father has diabetes and misses his medication repeatedly." " My sister has Rheumatoid Arthritis and am on treatment." Can they get the vaccination?



Having Hypertension or Diabetes increases the risks of complications of serious CoViD - of hospital admissions and death if such people catch the infection. **Please get such people vaccinated at the earliest.** Patients with Cancer on chemotherapy, or Arthritis, Psoriasis/ Lupus (SLE) or Bronchial Asthma where the doctor is treating with Steroids or other immunosuppressants, should consult their doctors before taking the vaccine.

Patients MUST NOT STOP their medicines before or after vaccines. Well controlled BP in Hypertension and well controlled glucose levels in Diabetes can save patients from severe CoViD – remember that full protection against severe CoViD starts only after two weeks of the last dose of the vaccine, so please keep your BP and Sugar under control even if you have to take vaccines



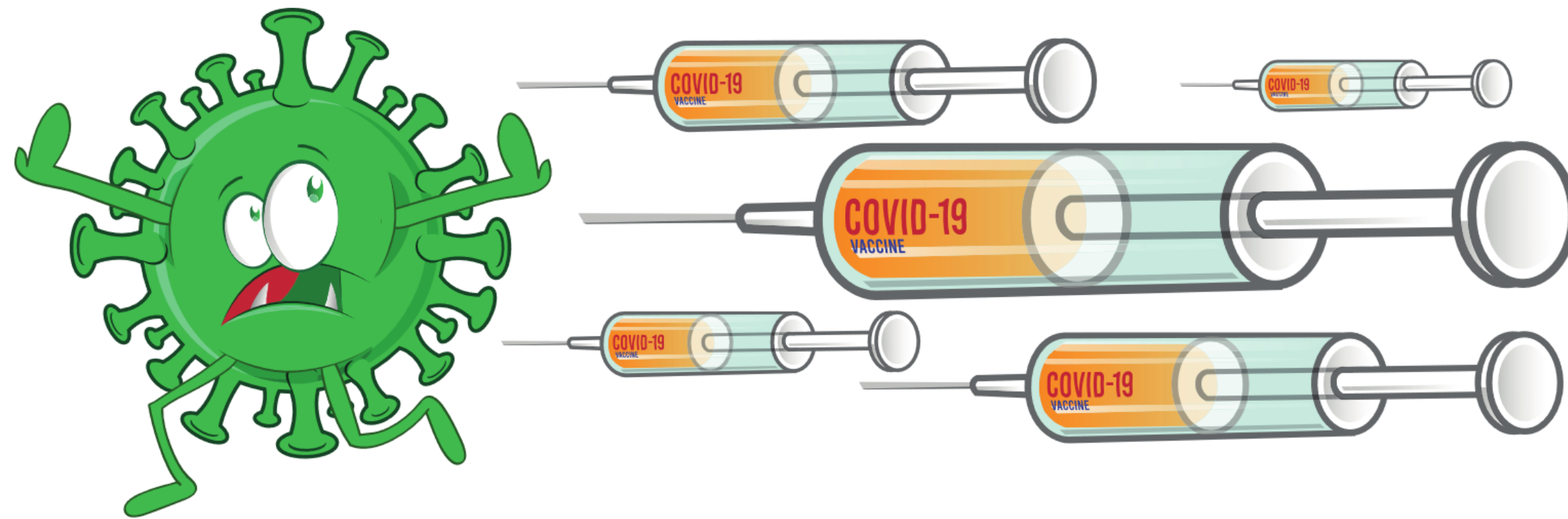
18. I had taken Covishield vaccine for my first dose. Now I want to take the CoVaxin as my second dose because Covishield is not available. Can I do so?

Theoretically, scientists can say that it is okay to do so. Such a practice may in fact be more protective than taking the second dose of the same vaccine.

In fact, such trials are now being conducted. *However, currently this is not advisable because the safety and efficacy of mixed vaccine doses has not been tested yet.*



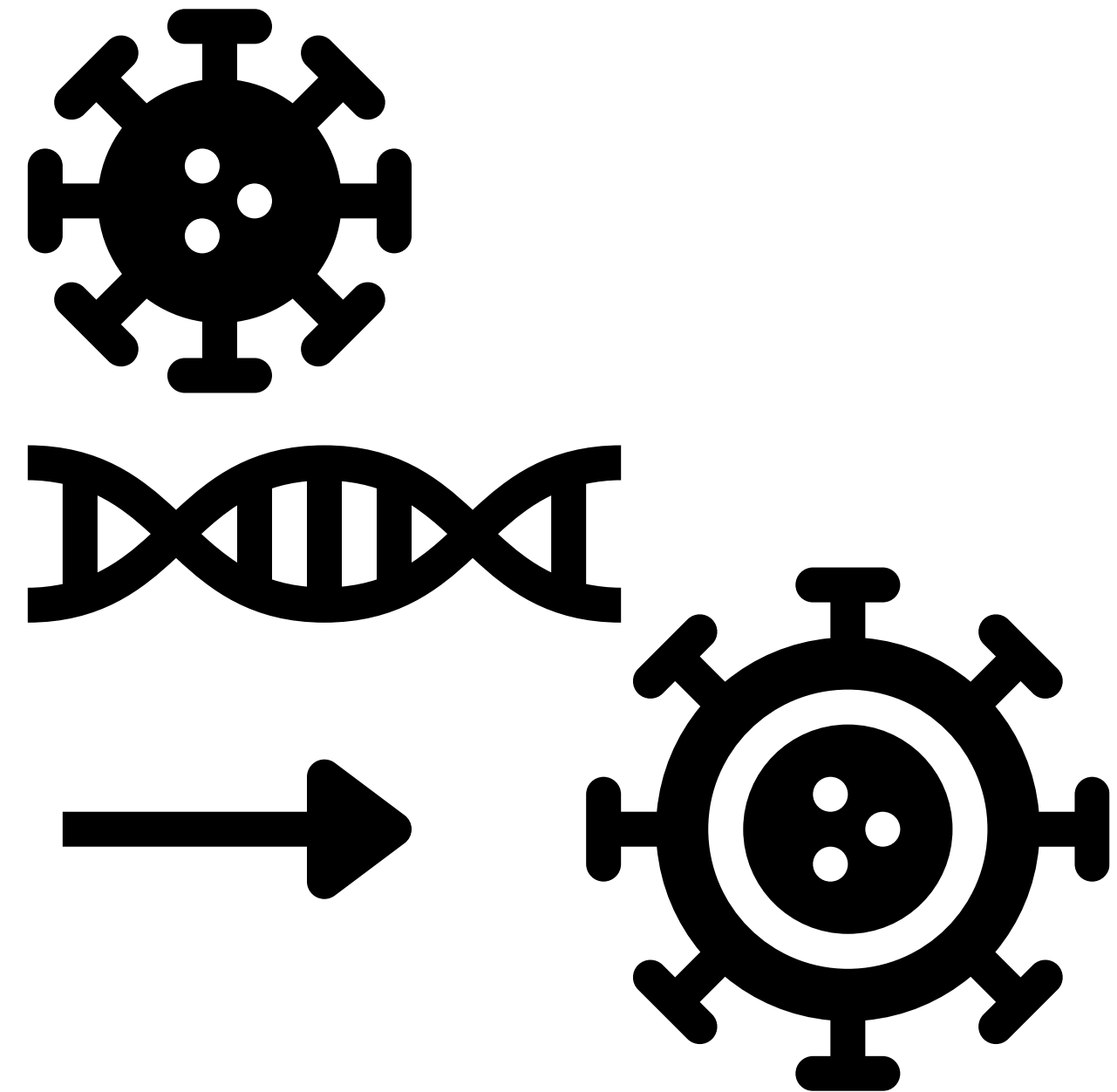
19. I could not take the second dose of my vaccine at the scheduled time. Can I take it now?



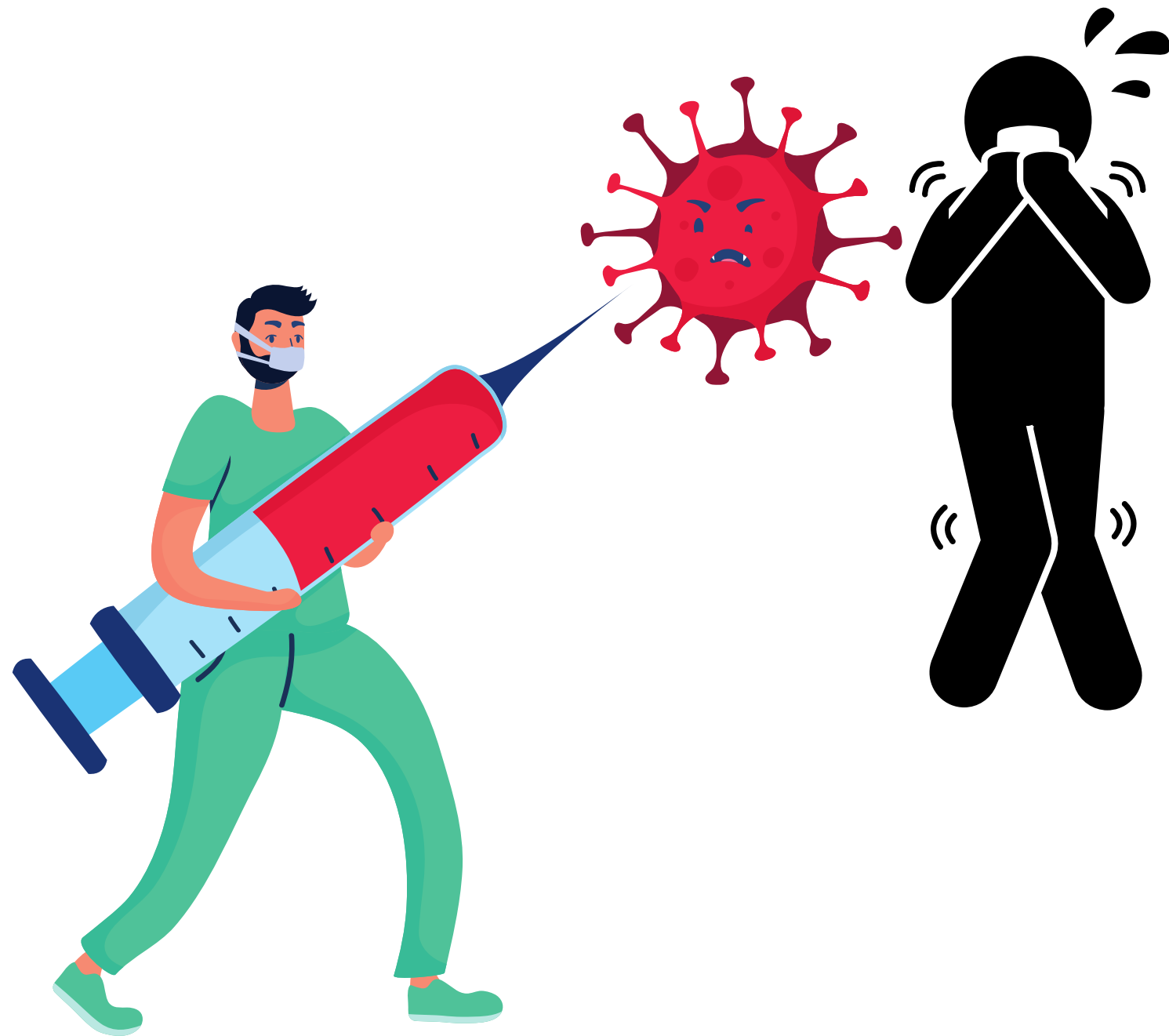
Often most vaccines give better immunity when the second dose is given after 6 to 12 weeks. However, one needs to check with the manufacturer and the Govt rules on the same. Besides, after six to twelve months of the first dose, the immunity may come down drastically and the booster may not be of any use. In such cases, one may have to take the vaccine starting with the first dose again.

20. A famous scientist has said that taking the vaccine would ensure that sooner than later, newer strains will keep coming out that will bypass the virus and this will ensure that the worst strain would come out within 3 years and kill all of us. Why should I risk taking the vaccine then?

It is not true. If germs could mutate so fast to save themselves from vaccines and hence create a very deadly strain that could kill all humans even after they took vaccines, this should be true for any vaccine. For example, the polio or measles vaccine is given to billions of children year after year and this kind of thing has not happened. The human race still survives and thrives defying this prediction!



21. This vaccine has been created to destroy my community. It will make us infertile and we cannot have children and reproduce.



Such rumours have come with every vaccine from Polio to Measles, Diphtheria and Japanese Encephalitis since the Immunisation programme started in 1985. Yet, many of those children have become adults and have had children. Surely, if the Govt wanted to reduce the fertility of men and women, it can mix something with water or salt or atta or rice so that no one would even notice. PLEASE, it sounds silly these days when someone brings up this excuse again and again!



**At this moment,
vaccination is the
only permanent
solution for stopping
corona virus spread.**

**Please spread
knowledge and not
fear.**