



## CARNEYS POINT CARE CENTER

Nursing & Rehabilitation

### COVID-19 VACCINE FAQ

#### **Is the COVID Vaccine approved for use?**

At this time, the COVID vaccine is licensed in the United States under emergency use authorization (EUA), which means that it met safety and efficiency goals. Typically you need ~ 50 percent efficiency to get approval under a EUA. The good news is that the COVID vaccines that are licensed in the United States have been proven in studies to be 94-95 percent effective!

#### **Usually, vaccines take years to develop. How can I trust a vaccine that took only 11 months from start to finish?**

Having a vaccine out in a short period is a huge accomplishment. Usually, it takes several years to recruit enough people to enroll in the studies, because of the strong interest in being in the study, both the Pfizer group and the Moderna vaccine had about 30,000 people each in their study groups.

The second point, usually there is no rush to write up these reports and process the data. It then needs to go before several government committees. It usually will sit at someone's desk for several weeks. Since we are in the middle of a Pandemic, scientists were working day and night and the process moved very quickly. The government was working with the vaccine manufacturers so that nothing sat on someone's desk and wasted time.

Thirdly, vaccine manufacturing usually doesn't start until the vaccine is approved. This time, the vaccine is already made and distributed BEFORE the vaccine was approved; this cuts months from the timeline. In short, they cut out all the fluff without cutting corners.

#### **Can I get COVID from the vaccine? Is it a live vaccine?**

No, you cannot get COVID from the vaccine; it's not a live vaccine, such as the nasal flu or rotavirus vaccine. You can get some side effects from the vaccine, such as muscle aches and tiredness, but you will not get the COVID disease from the vaccine.

#### **What's the story with the DNA in the vaccine? Is it going to change my genetic information?**

The vaccine is based on using mRNA, or messenger RNA, which are floating genetic instructions that tell the cell what proteins to make. We have billions of mRNA in our cells at this time, telling our body how and what protein we need to function.

#### **DNA? mRNA? Proteins? I wasn't paying attention in class!**

DNA (deoxyribonucleic acid) is a double-stranded molecule that stores the genetic instructions your body's cells need to make proteins. Proteins, on the other hand, are the 'workhorses' of the body. Nearly every function in the human body – both normal and disease-related – is carried out by one of many proteins.

mRNA is just as critical as DNA.

Without mRNA, your genetic code would never get used by your body. Proteins would never get made. And your body wouldn't – actually couldn't – perform its functions. mRNA is a single-stranded molecule that carries genetic code from DNA in a cell's nucleus to ribosomes, the cell's protein-making machinery.

It's important to note: DNA is in the inner part of the cell, and the mRNA works in a different location in the cell and doesn't affect your DNA at all. It will not change your Genetics!

*Good care. Good times.*

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It's like both DNA and mRNA are in America, just one is in California and the other in Connecticut.

### **How long does mRNA last? I don't want anything genetic in my body!**

The COVID vaccine mRNA will only last for several hours, and then it's broken down by the body. Your bodies mRNA works the same way, it only works for a few hours, otherwise, you'd be creating the same proteins forever.

### **What else is in the vaccine?**

A mix of lipids, which are fat particles that protect the mRNA until it gets into the cell, a mix of salts and sucrose. There are long fancy names for some of these, but they are given long names so that doctors and scientists can know the shape and structure of the molecules.

### **I heard it causes infertility!**

Short answer: Absolutely not!!

The theory behind this is that the COVID virus has a protein called a spike protein, which the COVID vaccine tells the body to recreate. Since the proteins of the uterine lining are also spike proteins, that can cause the body to attack the uterus. This is nonsense. The proteins on the uterus are very different from those of COVID.

### **What about microchips and Fauci getting rich from this vaccine?**

There are many conspiracy theories regarding both the COVID-19 vaccine and COVID-19 in general. But we urge you to let science lead the way. See <https://newsnetwork.mayoclinic.org/discussion/covid-19-vaccine-myths-debunked/>

I don't have access to Fauci's bank accounts, so I can't disprove the above theory, as is the case with most of those theories.

### **Is it mandatory for school?**

Currently, there are no vaccines that are approved for children, the current age range is 16+.

### **What if I'm pregnant?**

There isn't enough information to recommend the vaccine for pregnant people at this time. If you are pregnant, have other medical concerns, and would like this vaccine, please let us know. You would need to have approval from your OB-GYN.

### **How many shots will I need?**

The Moderna COVID vaccine is a 2 dose series - given 28 days apart, you need both to get to the 95% efficiency.

### **We don't have long term data on this vaccine. So why take the risk of getting the vaccine?**

While doctors don't know what the long term side effects are they have data for about 6 months. The Data is very encouraging, both for the lack of serious side effects and that of its effectiveness. The CDC and the opinion of the doctors is that the benefits of getting the vaccine, and the protection that it offers, far outweigh the risks. These vaccines can rid the world of this Pandemic, which has changed this world and cost us so many lives, nationally and in our neighborhoods, schools, and homes.

### **The other unknown: For how long will this vaccine protect against COVID-19?**

The studies show that patients who took the vaccine had lasting immunity. There are encouraging signs that the immunity can last for many months-hopefully years. At this point, we are hopeful, but only God knows how long the vaccine immunity will last.

*This information is based on publicly available information and should not be construed as medical guidance. Please check with your doctor for any concerns you may have.*