



by **FIELDGATE**
Retirement Living



Active Ageing

COVID-19 VACCINES—GET THE FACTS

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Vaccines to prevent coronavirus disease 2019 (COVID-19) are perhaps the best hope for ending the pandemic. But, one of the biggest barriers standing in the way of ending the pandemic isn't medical or logistical. It's the misinformation about the COVID-19 vaccines.

Demand for vaccine currently exceeds supply, but there are many people who are either unsure whether they should take the vaccine or staunchly against it. This is often because they have heard incorrect information about the vaccine or its effects.

Many experts estimate that between 70% and 90% of the population must be vaccinated to block the spread of the virus and reach herd immunity, which occurs when enough individuals are immune to a disease that it prevents its spread. If the population is to achieve herd immunity, it is important to start dispelling myths so that when there is widespread access to the vaccine, people will not hesitate to get their shot.

Let's set the record straight on some of the myths circulating about COVID-19 vaccines.

MYTH: The COVID-19 vaccine is not safe because it was rapidly developed and tested.

FACT: Many pharmaceutical companies invested significant resources into quickly developing a vaccine for COVID-19 because of the world-wide impact of the pandemic. The emergency situation warranted an emergency response but that does not mean that companies bypassed safety protocols or didn't perform adequate testing.

To receive emergency use authorization, the biopharmaceutical manufacturer have followed at least half of the study participants for at least two months after completing the vaccination series, and the vaccine must be proven safe and effective in that population.

MYTH: I already had COVID-19 and I have recovered, so I don't need to get a COVID-19 vaccine when it's available.

FACT: There is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again. This is called natural immunity. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this. Mayo Clinic recommends getting the COVID-19 vaccine, even if you've had COVID-19 previously. However, those that had COVID-19 should delay vaccination until about 90 days from diagnosis. People should not get vaccinated if in quarantine after exposure or if they have COVID-19 symptoms.

Continued on Pg. 2

Continued from Pg. 1

MYTH: There are severe side effects of the COVID-19 vaccines.

FACT: There are short-term mild or moderate vaccine reactions that resolve without complication or injury. The early phase studies of the Pfizer vaccine show that it is safe. About 15% of people developed short lived symptoms at the site of the injection. 50% developed systemic reactions primarily headache, chills, fatigue or muscle pain or fever lasting for a day or two. Keep in mind that these side effects are indicators that your immune system is responding to the vaccine and are common when receiving vaccines.

MYTH: I won't need to wear a mask after I get vaccinated for COVID-19.

FACT: It may take time for everyone who wants a COVID-19 vaccination to get one. Also, while the vaccine may prevent you from getting sick, it is unknown at this time if you can still carry and transmit the virus to others. Until more is understood about how well the vaccine works, continuing with precautions such as mask-wearing and physical distancing will be important.

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MYTH: More people will die as a result of a negative side effect to the COVID-19 vaccine than would actually die from the virus.

FACT: Circulating on social media is the claim that COVID-19's mortality rate is 1%-2% and that people should not be vaccinated against a virus with a high survival rate. However, a 1% mortality rate is 10 times more lethal than the seasonal flu. In addition, the mortality rate can vary widely and is influenced by age, sex and underlying health condition.

While some people that receive the vaccine may develop symptoms as their immune system responds, remember that this is common when receiving any vaccine and not considered serious or life-threatening. You cannot get COVID-19 infection from the COVID-19 vaccines; they are inactivated vaccines and not live viruses.

It's important to recognize that getting the vaccine is not just about survival from COVID-19. It's about preventing spread of the virus to others and preventing infection that can lead to long-term negative health effects. While no vaccine is 100% effective, they are far better than not getting a vaccine. The benefits certainly outweigh the risks in healthy people.

MYTH: The COVID-19 vaccine was developed to control the general population either through microchip tracking or "nanotransducers" in our brains.

FACT: There is no vaccine microchip, and the vaccine will not track people or gather personal information into a Database.

This myth started after comments made by Bill Gates from The Gates Foundation about a digital certificate of vaccine records. The technology he was referencing is not a microchip, has not been implemented in any manner and is not tied to the development, testing or distribution of COVID-19 vaccines.

MYTH: COVID-19 vaccines will alter my DNA.

FACT: The first COVID-19 vaccines to reach the market are likely to be messenger RNA (mRNA) vaccines. According to the CDC, mRNA vaccines work by instructing cells in the body how to make a protein that triggers an immune response. Injecting mRNA into your body will not interact or do anything to the DNA of your cells. Human cells break down and get rid of the mRNA soon after they have finished using the instructions.

Continued on Pg. 3

Short Term Stays

When you need to heal, or just want a break.

Respite Stays

Respite stays at Kingsway Place are designed to give your loved one a comfortable, caring experience. Professional care staff ensure they are well attended to and cared for, while other staff provide meals, entertainment and companionship, so you can recharge and enjoy a holiday with peace of mind.

Convalescent Stays

After surgery or a visit to the hospital, seniors need a little more time to regain their strength and vitality. A convalescent stay gives them a positive, safe place to heal. With our 24 hour care, exercise classes, medication monitoring, nutrition and wellness being our top priority, your loved one will mend in quick time. Plus, all of our entertainment and activities are available when they feel ready to join in the fun.

Vacation Stays

Tired of groceries, cooking and cleaning? It's time to vacation at a place that's fun and entertaining, in an environment designed for seniors. Stay in a furnished private room with private bath. Enjoy three nutritiously delicious meals served to you each day. Grab snacks and refreshments anytime in our lovely Bistro. Join in daily activities, games, and recreation to keep you as active as you would like.

COVID-19 AND VACCINATIONS

Continued from Pg. 2

MYTH: COVID-19 vaccines were developed using fetal tissue.

FACT: Neither the Pfizer/BioNTech COVID-19 vaccine nor the Moderna COVID-19 vaccines contain fetal cells nor were fetal cells used in the development or production of either vaccine.

MYTH: COVID-19 vaccines cause infertility or miscarriage.

FACT: No, COVID-19 vaccines have not been linked to infertility or miscarriage.

While there are no formal studies, the best evidence comes from women who got sick with COVID-19 while pregnant. While data clearly indicate pregnant women are at higher risk of hospitalization due to COVID-19 infection, there is no evidence of increased miscarriage rates.

MYTH: I am allergic to eggs so I shouldn't get the COVID-19 vaccine

FACT: Neither the Pfizer/BioNTech COVID-19 vaccine nor the Moderna COVID-19 vaccines contain egg nor were eggs used in the development or production of either vaccine. However, those with severe allergic reactions to eggs or any other substance (i.e., anaphylaxis) are encouraged to remain after vaccination for 30 minutes for observation.

MYTH: COVID-19 vaccines must be stored at extremely low temperatures because of preservatives in the vaccines.

FACT: Pfizer/BioNTech and Moderna have reported that their vaccines contain no preservatives.

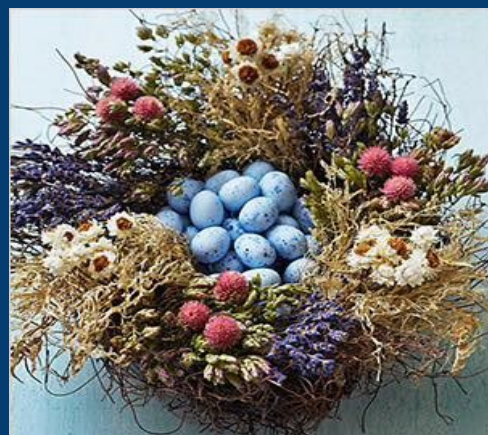
Different vaccines have different storage requirements. For instance, the Pfizer/BioNTech vaccine must be stored at minus 94 degrees Fahrenheit (minus 70 degrees Celsius), while Moderna has said that its vaccine needs to be stored at minus 4 degrees Fahrenheit (minus 20 degrees Celsius). You should not worry about these temperatures. Vaccines are thawed before injection.

<https://www.mayoclinichealthsystem.org/hometown-health/featured-topic/covid-19-vaccine-myths-debunked>

THIS AND THAT

WHAT A HISTORIC DAY AT KINGSWAY PLACE!

We are happy to report that all residents at Kingsway Place have received their second dose of the Pfizer vaccine. Many thanks to the many health care professionals that showed up to vaccinate everyone. Paramedics, Public Health Nurses, Southlake Nurses and Physicians, as well as our own Doctor, were here to make sure everything ran smoothly.



Thank You
**ESSENTIAL
WORKERS!**