

# COVID INFORMATION

Brought to you by the SFX Health & Wellness Team

**Do masks work? Yes – most all masks block a large percentage of droplets.**

Although individual virus particles are incredibly tiny and could go through the pores of most mask materials, it has been demonstrated that the virus is transmitted from person to person through respiratory droplets of various sizes. These droplets, made of mucus and saliva, are expelled when people cough, sneeze, and speak. Although no mask is perfect, studies have shown that almost all of them block a large percentage of the droplets, protecting those around us.

**Is natural immunity enough protection? Studies indicate that vaccine-induced immunity provides superior protection**

Prior infection with the COVID-19 virus does provide some immunity to reinfection. Studies indicate that vaccine-induced immunity provides superior protection and there is not increased risk of vaccination for those with prior infection. It is recommended by the CDC that all Americans 12 years of age and older receive a vaccine active against COVID. These vaccines have been some of the most intensely studied in medical history and are not experimental vaccines.

**Do we know enough about the vaccine side effects? These vaccines have been some of the most intensely studied in medical history, so we know a tremendous amount about their side effects.**

Because these vaccines have been some of the most intensely studied in medical history, we know a tremendous amount about their side effects. Over 5 billion people have been vaccinated, so vaccine experts worldwide have gathered tremendous amounts of data demonstrating their safety. It is impossible to have long-term data because the vaccines have been developed to combat the pandemic that is upon us. What we know is this: no side effect from a vaccine has ever been demonstrated beyond 2 months after its administration. This knowledge, in addition to the reality that billions of people have received these vaccines many months ago assures us of their safety.

**Is the vaccine safe if you're pregnant? Yes – COVID-19 vaccines are safe for pregnant women, including those who are planning to get pregnant.**

COVID-19 vaccines are safe for pregnant women, including those who are planning to get pregnant. According to the CDC, pregnant and recently pregnant people are more likely to get severely ill or die due to COVID-19 compared to non-pregnant people. Data from tens of thousands of pregnant women shows that not only is the vaccine safe in pregnancy but that it protects pregnant people from the devastating consequences of severe COVID-19. The American College of Obstetricians and Gynecologists (ACOG), the Society for Maternal-Fetal Medicine (SMFM) and the Centers for Disease Control (CDC) recommend that all pregnant women and people trying to get pregnant be vaccinated against COVID-19.

In addition, there is no evidence or scientific concern that the vaccine could impact fertility. Recent studies have shown that the COVID-19 vaccine does not cause sterility in [men](#) or [women](#) nor does it increase the [risk of miscarriage](#).

**Is the vaccine effective against the Delta variant? Yes – the vaccines protect against the Delta variant, which now makes up almost all of the cases in the United States.**

The current COVID-19 vaccines are remarkably effective at preventing COVID-19 infections, including providing protection against the Delta variant, which is the predominant COVID-19 strain that is impacting our country.

While this variant is relatively new, here's what we know so far:

- Vaccines appear to prevent 75-85% of symptomatic infections.
- Vaccines appear to prevent 90-98% of hospitalizations and death.
- Vaccines appear to reduce transmission of the virus.
- Those who have previously had the virus are more than twice as likely to become reinfected by the Delta variant if they are unvaccinated.

No vaccine is 100% effective, so it's still possible to become infected with COVID-19 even after being vaccinated. However, the number of people who have become infected with COVID-19 after being vaccinated is less than 1% of all infections, which is remarkable effectiveness. And of those vaccinated, the majority of people do not experience a severe illness from the infection.

**I had COVID. Do I still need the vaccine? Yes – vaccination provides a strong boost in protection for people who have recovered from COVID-19.**

Vaccination provides a strong boost in protection in people who have recovered from COVID-19. Vaccinated people also have a much lesser risk of getting ill if they do contract the virus. Getting COVID-19 may offer some protection, known as natural immunity. Current evidence suggests that reinfection with the virus that causes COVID-19 is uncommon in the 90 days after initial infection. However, experts don't know for sure how long this protection lasts, and the risk of severe illness and death from COVID-19 far outweighs any benefits of natural immunity.

No vaccine offers 100% protection against an illness, but the COVID-19 vaccine gives people a better chance to fight off symptoms and minimizes risk of hospitalization and death due to the virus. And those who have previously had the virus are more than twice as likely to become reinfected by the Delta variant if they are unvaccinated

Learn more about the [safety and benefits of getting a COVID-19 vaccine.](#)

**Other vaccines caused a fever. Should I get this one? A fever is actually expected after the vaccine. That is your immune system working.**

Fever is a sign that your immune system is working. With the COVID vaccine, real contraindications are limited. If you had a severe anaphylactic reaction to the first dose of the vaccine (speaking of the mRNA vaccine from Pfizer or Moderna because the J&J vaccine is only one dose), then you probably should not get the second dose. That should not stop you from getting a different vaccine that you are not allergic to. If you have a proven severe neurologic illness in close proximity to the vaccine with no other reason, then you shouldn't get the second dose.

**If the vaccine really works, why will a booster shot be required? Our immunity can wane over time. A booster stimulates the immune system again.**

Just because you need a booster does not mean that the vaccine didn't work. As an example, we all know we need a tetanus booster after ten years, but no one would argue that the tetanus vaccine doesn't work. Our immunity can wane. That means when you aren't exposed to the virus anymore, your immunity diminishes. Then when you are exposed to the virus, specifically one that has mutated, you might not have the full immune response that you should have. That is why you want to stimulate your immune system again with the booster.

**Does the vaccine cause heart issues? From 177,000,000 vaccine doses in the U.S., about 1000 cases of Myocarditis occurred.**

Early in the summer of 2021, when about 177 million doses of the vaccine had been given in the U.S. there were approximately 1000 cases of Myocarditis, an inflammation of the heart muscle. That's about 4.8 cases per 1 million.\* It typically resolves on its own. When it occurs, Myocarditis seems to happen in young males.

Sources:

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>.

[https://s3.amazonaws.com/cdn.smfm.org/media/3044/Press Release with ACOG.pdf](https://s3.amazonaws.com/cdn.smfm.org/media/3044/Press+Release+with+ACOG.pdf)

[Preliminary Findings of mRNA Covid-19 Vaccine Safety in Pregnant Persons | NEJM](#)

[Receipt of mRNA COVID-19 vaccines preconception and during pregnancy and risk of self-reported spontaneous abortions, CDC v-safe COVID-19 Vaccine Pregnancy Registry 2020-21 | Research Square](#)

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For more information, see: <https://www.cdc.gov/coronavirus>

and taken from OneCentraCare website -one.centracare.com