

Coronavirus side-effects: People who are more at risk for developing adverse reactions from COVID-19 vaccines

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01 /8 | People who are more at risk for developing adverse reactions from COVID-19 vaccines



Side-effects with the coronavirus jab are highly talked about. While most reactions that kick in some hours after the shot is administered are likened to be mild, flu-like symptoms, certain adverse reactions, some of which also require hospitalization have also been reported, with most vaccines...

Now, while most of these serious-natured side-effects are still considered to be a rare reaction, they can be concerning for someone who is at risk or can get them. Therefore, not only is it important to identify and be aware of what one can expect with COVID-19 vaccination but mitigate risks beforehand if one has a higher risk. Here are some particular risk factors which may heighten the risk for a person to get side-effects:

02 /8 | How does an adverse reaction differ from a mild one?



A mild side-effect with a COVID shot is an immune reaction that causes low levels of inflammation in the body, mostly causing reactions nearby to the site of injection. Mild side-effects include running a fever, pain at the injection site, body pain, weakness and chills. Compared to this, an adverse reaction to the COVID-19 vaccine is termed to be the one that has the potential to cause serious damage, may often be resultant of an autoimmune flare-up and impact vital organs as well. Adverse reactions are considered to be an 'undesirable' side-effect and can be local, systematic or allergic in nature.

While milder intensity reactogenic side-effects tend to resolve in a span of 2-3 days, severe, adverse reactions can come up a while later, and take a longer time to resolve, along with the need for a clinical check-up as well.

03 /8 | What are some of the serious reactions observed with COVID-19 vaccines right now?



While the COVID-19 vaccines we have right now have been found to be safe and effective for use, there have been rare incidental risks of adverse reactions noted. Again, while the side-effects could differ from vaccine to vaccine, these are considered to be the most concerning side-effects right now and may often require hospitalized care:

- Thrombotic events (Blood clotting disorders with J&J, AstraZeneca (Covishield) vaccine)
- Guillain-Barre Syndrome (seen with J&J vaccine)
- Myocarditis, pericarditis and problems related to heart inflammation (Pfizer vaccine)
- Neurological complications (With AstraZeneca vaccine)
- Anaphylaxis and allergic reactions (seen with most vaccines)



04 /8 | Who has a higher risk for adverse vaccine-related reactions?





Do remember that getting vaccinated cuts down the many side-effects related to catching the infection, even if you are at risk.

Again, serious side-effects may not always happen, and for those at risk, alternatives could be studies and effects therapeutically managed.

Having said that, according to case studies and observations, these can be the groups of people who may possibly have stronger reactions and need to be aware:

05 /8 | Those with a prior history of adverse events



It's also important to remember that the ones who have a prior history of adverse reactions- to a known vaccine, or even any sort of drug are also likely to be placed amongst the 'sensitive' group who may be more prone to serious side-effects. While there's no real way to predict how likely these adverse reactions are to happen or occur with the COVID-19 vaccines, previous history or reaction may create scope for flared-up immune reactions.

Those suffering from autoimmune reactions, or certain diseases may also have a slightly higher risk than the general population and may need to practice due precautions before they get their vaccine jab.



06 /8 | Those allergic to vaccine ingredients, or suffering from a serious allergy





Suffering from an allergy, or people who are specifically allergic or sensitive to one or more ingredients present in the COVID vaccine may be more prone to developing a serious, adverse reaction, including anaphylaxis. These people are asked to more careful and inform healthcare officials present at the site about specific health risks beforehand so that any unpleasant development (which may come up within minutes post vaccination or upto a week later) can be managed well and treated too.

For example, people with egg allergies could be reacting a bit harsher to COVID-19 vaccines and are more likely to have intense reactions. Watch out for symptoms of any kind post getting the shot.

07 /8 | Those who are taking multiple medications at a time



There are certain medications that experts pinpoint may lower or interfere with the efficacy of COVID-19 vaccines, and are not really advisable to be used in the same manner. Similarly, people who may be on multiple medications, be it prescription ones or OTC medicines also raises one's risk of getting adverse reactions to the vaccine. Similar is the case with other drug-related adverse reactions. Higher the number of medicines being taken disproportionately may raise the risk. Hence, it is suggested that people suffering from chronic medical conditions or those put on heavy dosage medications consult a doctor before scheduling their COVID-19 vaccine.

08 /8 | Age and hereditary factors



In many cases, age, gender and some hereditary risks could play a part in impacting the side-effects one may get.

For example, while blood clotting (thrombotic) disorders and myocarditis are the riskiest side-effects noted down with traditional and mRNA vaccines, it has been seen that these side-effects have a higher likelihood of impacting certain age groups. The Astrazeneca vaccine was paused for use by senior citizens as well as women in the healthier ages since there was an established risk of women getting more blood clots than men. The same was noted with the Johnson and Johnson vaccine.

The Pfizer vaccine, which was recently linked to having caused myocarditis, was again halted since the most serious side-effects were seen amongst younger men (those between the ages of 15-35). Therefore, before scheduling and selecting a vaccine, it's critical to study and check for the side-effects and risks mentioned on individual fact sheets to lower the risk and make an informed call.
