

You've Had Your Coronavirus Vaccine Now What?

—Part EIGHT in the Coronavirus Strategy Series—

POST VACCINE STRATEGIES—AN ONGOING PROJECT

Please review my handout: *An Introduction to Supplements for Coronavirus Prevention and Treatment* before embarking upon these suggestions. This "Introduction" provides a basic foundation for my philosophy regarding prevention, treatment, vaccine enhancement, and post-vaccine approaches regarding this pandemic.

The dominant theme regarding ALL vaccines is: "*Vaccines prevent disease, they do not prevent infection.*"

These strategies are not definitive coronavirus (SARS-CoV-2) or Covid-19 avoidance protocols.

How long should you use these post-vaccine strategies? I don't know. Nobody knows when this pandemic and the probable localized epidemics will end or at the very least, retreat into the background. It is unlikely that this novel coronavirus will ever be completely eradicated with the use of any vaccine.

My goal is to update this handout on a regular basis as new clinical and public health information becomes available. Please stay posted and check my website regularly for new suggestions.

Will the coronavirus vaccine prevent me from getting infected and developing Covid-19?

Vaccines prevent disease, they do not prevent infection. This proclamation is a scientific truth. This statement is true of all vaccines.

Let's look at the influenza vaccine, which has a very low effectivity rate compared to most vaccines. Once vaccinated, you can still get infected with the flu virus, but if the vaccine is effective you never develop symptoms of the disease influenza. If the vaccine is partially effective then you will get infected with the flu virus and develop a mild expression of the disease influenza.

Let's look at the Hepatitis B vaccine, which is highly effective. Hepatitis B virus is highly contagious and remains contagious in dried blood, on surfaces for weeks. If you are vaccinated and get exposed to Hepatitis B you will get "live" virus in your blood that will reproduce. That means that you will be infected with Hepatitis B virus. BUT, your body will rapidly recognize the virus and kill it with an immune response and you will NEVER develop the disease hepatitis.

Now what about the coronavirus vaccine? The final efficacy of this vaccine will most likely land somewhere in between the low values of the flu vaccine and the high efficiency of the Hepatitis B vaccine. The primary objective of the coronavirus vaccine is to prevent disease—Covid-19. It is proving to be effective at reaching this goal.

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What about the coronavirus “variants?”

Viruses like coronavirus (as a class of viruses) and influenza virus are highly contagious and rapidly mutate to form genetic variants. Most of the mutations in these common types of viruses are benign genetic changes. A small percentage of the mutations form variants that have unique characteristics that will make the current vaccines less effective.

All of the vaccines currently available elicit a broad immune response with both specific antibodies and memory cell immune responses. A few genetic changes in the virus will not make the vaccine ineffective.

At this point, vaccinated people have significant protection against the current variants. Even partial protection allows for someone to get infected with a variant and still only get a mild case of Covid-19. At this point, the research is incomplete regarding exactly how much immune protection each person will develop to the many potential variants. *bioRxiv, The Preprint Server for Biology*. <https://doi.org/10.1101/2021.01.15.426911>

Most vaccine manufacturers are rapidly mobilizing and changing their formulas to cover the most common variants. It is likely that we will need booster coronavirus vaccines in the near future. Until this pandemic and future epidemics are better understood and managed, it is likely that we will need regular coronavirus booster vaccines on a yearly basis,.

Do the vaccines protect as effectively as a natural infection?

Research shows that the neutralizing activity of antibodies in the blood of people who have been vaccinated against the coronavirus virus is equivalent to that in people with previous natural infection.

bioRxiv, The Preprint Server for Biology. <https://doi.org/10.1101/2021.01.15.426911>

How long will the vaccine last?

Early research shows that the current vaccines available in the US last at least one year and probably longer. But, since the pandemic has only been with us for just over one year, complete data is not available.

Will the vaccine make me test positive for coronavirus on a Covid-19 test?

NO! None of the vaccines available world-wide contain live or attenuated virus.

Should I get antibody tested after the vaccine to make sure that it worked?

NO! Antibody testing for the general population is not recommended after vaccination. This tool is reserved for research studies. In the future, those scientific papers will be published in an organized way to help us better understand coronavirus vaccine effectiveness.

Must people who've been vaccinated keep wearing masks and practice social distancing?

If you have been fully vaccinated (greater than 14 days after your second dose or 14 days after the one-shot vaccine) that means you have powerful protective effects. Remember, *vaccines prevent disease, they do not prevent infection*. Thus, reinfection is possible but unlikely. New Covid-19 disease is largely prevented, but not eliminated. Risks are greatly reduced. If disease does occur (and this is rare at this point) the clinical presentation is of a mild Covid-19. *medRxiv, The Preprint Server for Biology*. <https://doi.org/10.1101/2021.02.06.21251283>

The judgment to stop wearing masks is both a scientific and political decision. It is necessary to keep connected with your local and state guidelines regarding this evolving issue.

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Can you donate blood after being vaccinated?

Yes, according to the American Red Cross.

Can I travel by airplane after receiving the vaccine?

If you must travel, recognize that there is an increased risk of exposure to infected individuals in airports and in crowded airplanes. Many countries are requiring proof of vaccination or “vaccine passports” to cross borders.

If you choose to travel then wear a mask at all times during the travel process. Once at your destination then follow all local guidelines regarding mask use and restrictions with public gatherings.

Please see the closing section for Protective Supplements for travel and gatherings in the post-vaccine situation.

Can I now attend group events in crowded conditions?

If you gather, recognize that there is an increased risk of exposure to infected individuals in crowded conditions.

The answer to this question is political and based upon public health awareness. Once at your destination then follow all local guidelines regarding mask use and restrictions with public gatherings.

Please see the closing section for Protective Supplements for travel and gatherings in the post-vaccine situation.

Should I continue to take the “prevention strategies outlined in your Part 2 handout?”

No. *Stop all the supplements that you had been using to help prevent getting Covid-19.* Now that you are vaccinated, you can take the “protective supplements” on a situational basis, as needed. These strategies can help to decrease your chance of getting a mild Covid-19 infection when in a high risk situation.

PROTECTIVE SUPPLEMENTS

FOR TRAVEL AND LARGE GATHERINGS IN THE POST-VACCINE SITUATION

#1 **COLOSTRUM:** *450 mg of 40% Standardized IgG, 2 caps every 2 hours on the day of travel or on the day of the large gathering.*

Colostrum is the Swiss Army Knife of herbs to help prevent and fight infections. It is a great general immune system stimulator. It can also be continued for the acute treatment of the Covid-19. There is strong theoretical evidence that the antibodies (IgG) in bovine colostrum have cross protection against human coronavirus and provide partial passive immunity to SARS-CoV-2. *Frontiers in Nutrition.* 2018, 21 June, 5:52

#2 **GENERAL IMMUNE SYSTEM BUILDERS—MEDICINAL MUSHROOMS**

Medicinal mushrooms have powerful immune system stimulating effects. They form, in my opinion, the foundation for prevention or the acute care of any viral upper respiratory infection. Find one with a mixture of Reishi, Shitake, Maitake, Cordyceps, Turkey Tail, Tremelia, etc.

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Mushrooms stimulate the immune system in many beneficial ways in order to fight viral infections naturally, have anti-inflammatory effects, and help to increase the diversity of the gut microbiome. *PLoS ONE*. November 7, 2019. 14(11): e0224740. <https://doi.org/10.1371/journal.pone.0224740> and *BMC Immunology*. February, 20,2009; 10: 12 and *The Journal of Nutrition*. 2014 Jul; 144(7): 1128S–1136S and *The Journal of the American College of Nutrition*. April 11, 2015. Volume 34. 4780487.

My current preference is the *Ten Mushroom Formula*, it has the best broad spectrum of mushrooms and has the best per capsule price. There are many different brands that can be used, here are a few that I know and trust:

- **TEN MUSHROOM FORMULA™**: *Three caps 2-3 times per day the day before travel or large gathering, the day during the event, and for 3 day after.*
- **MYCO-IMMUNE™ TINCTURE**: *Three droppers 2-3 times daily—for the duration described above.*
- **HOST DEFENSE MUSHROOMS MYCOMMUNITY™**: *Two caps 2-3 times daily—for the duration described above.*
- **OM IMMUNE DEFENSE™**: *Two caps 2-3 times daily—for the duration described above.*

PLEASE NOTE: *There is a theoretical concern that taking immune stimulating herbs MIGHT make an auto-immune disease worse. If you have this category of medical illness, then your treatment MUST BE individualized by a knowledgeable medical practitioner.*

#3 NAC: *600 mg once daily, the day before travel or large gathering, the day during the event, and for 3 days after.*

N-Acetyl Cysteine (NAC) has been shown to be a powerful deterrent against influenza and is probably helpful for Covid-19. It specifically stimulates the immune system and helps the lungs. It helps to improve the healthy consistency of the mucus in the lungs. *European Respiratory Journal*. 1997 Jul; 10(7): 1535-41

#4 Zinc Lozenges: *Use Zinc Lozenges four times per day on the day of travel or on the day of the large gathering. Use for one day only.*

Zinc is a powerful topical anti-viral agent that can directly kill coronavirus and stimulate the immune system. Zinc is very beneficial in helping to fight many acute viral infections especially colds and influenza. *BMC Family Practice*. February 25, 2015; 16:24.

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