

## The Case for Covid Vaccination

As a Family Practice doctor, I am a huge fan of prevention and I strongly encourage you to take advantage of the vaccine when it becomes available to you. Vaccines can be miraculous.

The Pfizer and Moderna vaccines now available have some reassuring qualities. Both contain no live virus. In fact, they don't even contain a fragment of the Corona virus. Both vaccines simply message our own bodies to prepare specific weapons against the virus ahead of time. How cool is that! Our own immune systems are warned and equipped before this sneaky silent and invisible virus is inhaled! Even better, because these vaccines specifically focus our bodies ability to fight against the "protein spike", it generates a stronger defense than you get by surviving a bout of Covid.

So how effective is this vaccination? Volunteers who received two doses were 95% assured of not being hospitalized in ICU or worse from COVID. I like those odds. Very much.

How safe is this vaccine series? Clinical trials of Pfizer vaccine have shown it to be safe to anyone over 16, and the Moderna vaccine to folks over 18. Because these vaccines contain no actual virus protein, its adverse reaction profile is also impressive. To date, after hundreds of thousands of doses, only ten episodes of anaphylaxis and no deaths have been reported. When you receive the vaccine you may have arm soreness like a tetanus or flu shot after the first dose. Younger people can expect to feel crummy for a day or two after the second dose.

What does taking the vaccine mean for our communities? The Corona virus is passed from one to another simply by 'sharing air.' When 70% of us are vaccinated against this virus ('herd immunity'), our combined resistance deprives the virus its chance to linger on in our community. This will allow our health care workers and our broader workforce to finally take a breath and get a reprieve from the threat they have been battling this past year, and gives our families hope from the sacrifices we have all been making for the greater good.

We can do this for one another!

Dr. Mary Wilkens MD  
Member of Nordland's Regathering Task Force