

HealthyBy Choice

...One Day at a Time

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COVID-19 VACCINES

Last year's April Newsletter was dedicated to everything known about COVID-19 at that time.

Fortunately, one year later, we have COVID-19 vaccines to help stop this pandemic.

In the United States, individual states are prioritizing vaccine distribution to various populations. Check your state's Department of Health website for their eligibility requirements and for assistance in finding a location for the vaccine. This information is changing weekly, so check back often.

As of this date, three COVID-19 vaccines have been approved for emergency use in the U.S. The CDC recommends that eligible individuals receive whichever of these vaccines is available as soon as you can.

Vaccine Manufacturer	Pfizer-BioNTech	Moderna	Johnson & Johnson
Recommended For	Age 16 and older Still testing ages 12-15	Age 18 and older Still testing ages 12-17	Age 18 and older
Dosage	2 shots 21 days apart	2 shots 28 days apart	1 shot
Common Side Effects	Chills, headache, pain, tiredness, redness/swelling at injection site	Chills, headache, pain, tiredness, redness/swelling at injection site	Fatigue, fever, headache, injection site pain, muscle pain (currently reported milder side effects than Pfizer or Moderna)
How it Works	Messenger RNA	Messenger RNA	Carrier vaccine – a shell produced to carry genetic code
Efficacy	95% efficacy against symptomatic illness 7 or more days after 2 nd dose	94.1% efficacy against symptomatic illness 14 days after 2 nd dose	72% efficacy overall 14 days after shot, 86% efficacy against severe disease 28 days after shot

VACCINE SAFETY

Andrew Badley, M.D., COVID-19 Research Task Force Chair, Mayo Clinic: *"The safety of these vaccines has been studied extensively. They've been tested now in about 75,000 patients in total, and the incidence of adverse effects is very, very low."*

These vaccines were fast-tracked, but the parts that were fast-tracked were the paperwork; so the administrative approvals, the time to get the funding — those were all fast-tracked. Because these vaccines have such great interest, the time it took to enroll patients was very, very fast. The follow up was as thorough as it is for any vaccine, and we now have months of data on patients who received the vaccine or placebo, and we've compared the incidence of side effects between patients who received the vaccine and placebo, and that incidence of side effects, other than injection site reaction, is no different.



We Can Do This!



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Alcohol Awareness Month

You may have heard that regular light-to-moderate drinking can be good for the heart. With heavy or at-risk drinking, however, any potential benefits are outweighed by greater risks, including:

Injuries. Drinking too much increases your chances of being injured or even killed. Alcohol is a factor, for example, in about 60% of fatal burn injuries, drownings, and homicides; 50% of severe trauma injuries and sexual assaults; and 40% of fatal motor vehicle crashes, suicides, and fatal falls.

Health problems. People who drink heavily have a greater risk of liver disease, heart disease, sleep disorders, depression, stroke, bleeding from the stomach, sexually transmitted infections from unsafe sex, and several types of cancer. They may have problems managing diabetes, high blood pressure, and other conditions.

Birth defects. Drinking during pregnancy can cause brain damage and other serious problems in the baby. Because it is not yet known whether any amount of alcohol is safe for a developing baby, women who are pregnant or may become pregnant should not drink.

Alcohol use disorders. An alcohol use disorder is a medical condition that doctors can diagnose when a patient's drinking causes distress or harm. In the United States, about 17 million people have an alcohol use disorder.

Beyond these physical and mental health risks, frequent heavy drinking is also linked with personal problems, including losing a driver's license and having relationship troubles.

If you choose to drink, have only a moderate (limited) amount. This means:

- No more than 1 drink a day for women
- No more than 2 drinks a day for men

Different types of beer, wine, and liquor have different amounts of alcohol. In general, 1 drink is equal to a:

- Bottle of beer (12 ounces)
- Glass of wine (5 ounces)
- Shot of liquor (1.5 ounces)

National Institute for Health



Know how much is too much!

