

COVID-19 vaccine: Facts you should know

STAR HEALTH DESK

Vaccines to prevent the coronavirus disease 2019 (COVID-19) are perhaps the best hope for ending the pandemic. Looking to get the facts about COVID-19 vaccines? Here is what you need to know about the vaccines and the benefits of getting vaccinated.

What are the benefits of getting a COVID-19 vaccine?

COVID-19 can cause severe medical complications and lead to death in some people. There is no way to know how COVID-19 will affect you. If you get COVID-19, you could spread the disease to family, friends and others around you.

Getting a COVID-19 vaccine can help protect you by creating an antibody response in your body without your having to become sick with COVID-19. A COVID-19 vaccine might prevent you from getting COVID-19. Or, if you get COVID-19, the vaccine might keep you from becoming seriously ill or from developing serious complications. Getting vaccinated also might help protect people around you from COVID-19, particularly people at increased risk of severe illness from COVID-19.

Can a COVID-19 vaccine give you COVID-19?

No. The COVID-19 vaccines currently being developed do not use the live virus that causes



COVID-19. Keep in mind that it will take a few weeks for your body to build immunity after getting a COVID-19 vaccination. As a result, it is possible that you could become infected with the virus that causes COVID-19 just before or after being vaccinated.

What are the possible side effects of a COVID-19 vaccine?

A COVID-19 vaccine can cause mild side effects after the first or second dose, including pain, redness or swelling where the shot was given, fever,

fatigue, headache, muscle pain, chills and joint pain.

You will likely be monitored for 15 minutes after getting a COVID-19 vaccine to see if you have an immediate reaction. Most side effects happen within the first three days after vaccination and typically last only one to two days. The COVID-19 vaccine may cause side effects similar to signs and symptoms of COVID-19.

If you have been exposed to COVID-19 and you develop symptoms more than three days after getting vaccinated or the

symptoms last more than two days, self-isolate and get tested.

Can I get a COVID-19 vaccine if I have a history of allergic reactions?

If you have a history of severe allergic reactions not related to vaccines or injectable medications, you may still get a COVID-19 vaccine. You should be monitored for 30 minutes after getting the vaccine.

If you have had an immediate allergic reaction to other vaccines or injectable medications, ask

your doctor if you should get a COVID-19 vaccine. If you have an immediate allergic reaction after getting the first dose of a COVID-19 vaccine, do not get the second dose.

Can pregnant or breastfeeding women get the COVID-19 vaccine?

There is no research on the safety of COVID-19 vaccines in pregnant or breastfeeding women. However, if you are pregnant or breastfeeding and part of a group recommended to get a COVID-19 vaccine, you may choose to get the vaccine. Talk to your health care provider about the risks and benefits.

Should I get the COVID-19 vaccine even if I have already had COVID-19?

Getting COVID-19 might offer some natural protection or immunity from reinfection with the virus that causes COVID-19. But it is not clear how long this protection lasts. Because reinfection is possible and COVID-19 can cause severe medical complications, it is recommended that people who have already had COVID-19 get a COVID-19 vaccine.

If you have had COVID-19, you might delay vaccination until 90 days after your diagnosis. Reinfection with the virus that causes COVID-19 is uncommon in the 90 days after you are first infected.

Source: Mayo Clinic

POST COVID VACCINE

Do vaccinated people need to maintain social distancing?

DR ZUBAIR KHALED HUQ

The world has successfully completed history's fastest development of a new vaccine. The vaccines for COVID-19 are said to be safe. Will life be the same after vaccination?

The new vaccines will probably prevent you from getting sick with COVID-19. No one knows yet whether they will keep you from spreading the virus to others but that information is coming. The new COVID-19 vaccine leaves the possibility that some vaccinated people can get infected without developing symptoms, and could then silently transmit the virus especially if they come in close contact with others or stop wearing masks. If vaccinated people are silent spreaders of the virus, they may keep it circulating in their communities, putting unvaccinated people at risk.

It seems if vaccination begins, it shall have to have the policy of vaccinating all not leaving anyone behind, probably phase by phase. A lot of people are thinking that once they get vaccinated, they are not going to wear masks anymore. It is really going to be critical for them to know that they have to keep wearing masks because they could still be contagious.

So, it will be a little longer until vaccinated individuals can let their guard down. Even after you get your two shots of vaccination, you should wear a mask and avoid crowds and situations where you could spread the virus to a lot of other people.

To protect yourself from the virus, you should get vaccinated. One should not keep any stone unturned. We should understand vaccination is not protective, it is preventive. Even if you are vaccinated it shall take months to get immunity, before that we should use all other ways and means to be protected.

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HEALTH bulletin



Without vaccination mortality in children under five would be 45% higher in LMICs

Vaccinations against 10 major pathogens have a substantial impact on public health in low-income and middle-income countries (LMICs), according to new modelling research published in The Lancet. The study estimated that from 2000 to 2019 vaccinations have prevented 37 million deaths, and that this figure will increase to 69 million deaths for the period 2000-2030.

The study assessed impact of vaccination programmes against ten pathogens in 98 LMICs: hepatitis B (HepB), Haemophilus influenzae type b (Hib), human papillomavirus (HPV), Japanese encephalitis (JE), measles, Neisseria meningitidis serogroup A (MenA), Streptococcus pneumoniae, rotavirus, rubella virus and yellow fever virus (YF).

In terms of the impact of vaccination over the lifetime of people born between 2000 and 2030, the study estimated that vaccination will prevent 120 million deaths, of which 65 million are in children younger than five years. 58 million of deaths would be prevented by measles vaccines and 38 million by hepatitis B vaccines.

How occupational therapists can help COVID-19 survivors

ARIFA JAHAN EMA

This was the time last year that the world was getting familiar with the word 'Coronavirus'. In the previous year, we could not stop talking about it because it interrupted the daily life of people all over the world of all ages and races. The symptom of COVID-19 in Bangladesh ranges from mostly asymptomatic infections, with or without mild pneumonia to severe respiratory failure. However, emerging literature suggests a relationship between COVID-19 and neurologic illness. People who were mostly on the ventilator and needed specialised care needs more care than the other COVID-19 patients. The frontline health care professionals may have saved their lives but the coronavirus can leave a long-lasting impact on the affected individual. Therefore, it is equally important to work on increasing their quality of life.

Overall, the pandemic is causing different problems to people all over the world such as stress, anxiety, sleep disruption, overburdened household routine, excessive screen time for both children and adult group etc. Additionally, research suggests that the affected individual can face difficulties in the following aspects: musculoskeletal/ physical, cardiopulmonary, communication, neurological and psychological.

If the pandemic left you with a sense of frustration with a loss of normalcy in your daily routine after you have recovered from it, now is the perfect time to see an occupational therapist for post-

COVID-19 rehabilitation treatment.

The occupational therapists specifically deal with persons with physical, cognitive, psychosocial and developmental impairments. They can help you in the following ways:

- Promote mental health and self-care to decrease anxiety and depression symptoms and enhance coping skills
- Positioning for maximising respiratory function, bed mobility and early mobilisation
- Communication management to increase social participation
- Cognition training and reorientation, sensory stimulation and energy conservation

- Modifying home and work environment and ergonomics suggestion to work from home and office
- Facilitating children to cope with this collective catastrophe

Overall, an occupational therapist can play a vital role in helping individuals improve their self-management skills during these unpredictable times. Meet an occupational therapist and make the most of your post-COVID-19 occupational participation.

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Progress on new HIV prevention strategies announced at HIV research for prevention conference

Important advances in HIV prevention research were announced recently at the 4th HIV Research for Prevention Conference (HIVR4P // Virtual), convened by IAS – the International AIDS Society.

Highlights included findings from a pair of trials evaluating whether infusions with a broadly neutralising antibody (bNAb) can prevent HIV acquisition and positive interim results from a study of long-acting injectable pre-exposure prophylaxis (PrEP) in women.

Other announcements included promising data from a study of islatravir as a once-monthly PrEP pill, a study warning that many African countries are not on track to meet key UNAIDS prevention targets, new data on global uptake of PrEP, and a promising new method to induce bNAbs that could help speed HIV vaccine development.

"COVID-19 has disrupted research around the world, so it's especially exciting to see this new progress," said IAS President Adeeba Kamarulzaman. "These research advances on options like broadly neutralising antibodies and injectable PrEP could help significantly strengthen our HIV prevention toolkit."

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