

# Parish Nurse: Covid 19 - 2021

FDA grants full approval to Pfizer's - BioNTech Covid-19 August 23 for 16 and older which replaces the emergency use. There is hope the full approval might make it easier and more people might be willing to get the vaccination. The public can be confident that all 3 vaccines meet the high standard for safety, effectiveness, and manufacturing quality. Moderna's Covid 19 and Johnson and Johnson vaccination full approval should be coming soon.

Covid 19 Booster shot of Pfizer and Moderna are available for the most vulnerable populations now. The first recommendations for the booster shot are for people with conditions that lowers or weakens their immune response and those who are taking treatments that suppress immunity. Individuals who have received transplants have shown to have some of the lowest immune response. People who have received a stem cell transplant within the last two years or are taking medicine to suppress the immune system. Advance or untreated HIV, active treatment with high-dose corticosteroids or other drugs that may suppress the immune system. All other people who have had the Pfizer or Moderna will be offered the booster especially long term care residents, health care workers, seniors, and others with medical conditions.

If you received the Pfizer adolescents 16 and older, and Moderna 18 and older, a booster shot is recommended 8 months after your second vaccination. People who got the Johnson and Johnson most likely will also need an additional shot but that data is not complete yet. If you have questions check with your doctor. The Pfizer and Moderna vaccinations train our body to recognize the spike protein and make antibodies. The Johnson vaccine instructs human cells to make the spike protein and trigger our immune response. The booster will probably help your immune system make the virus less transmissible.

The COVID 19 vaccines are highly effective, but a small percent of people will still get COVID 19 after vaccination. Your symptoms are more likely to be mild. You could pass the virus to others who are not vaccinated. Every-one should continue to social distance, wear a mask, clean hands, cover a cough or sneeze and avoid poorly ventilated areas. We have all heard about the controversies about getting a vaccination or not getting, wearing a mask or not. Some schools have decided that masks will be worn; other schools say they do not have to be worn. There is a lot of misinformation out there and it can be hard to sort out the fiction from the real facts. More children are being hospitalized with Covid 19. Many people believe that they should have the choice if they are going to receive the vaccine or not. Many people are worried about the side effects of the Vaccinations. Side effects of the vaccine usually show up early. We have to do what we need to do to keep our children, families, friends, and co-workers safe. Wash Hands (sanitize), social distance, wear masks, have proper ventilation, and get the vaccination. Any questions contact Charlotte Spencer.

**God is with us at all times.**

**Peace I leave with; you my peace I give to you. Not as the world gives so do I give to you. Let not your hearts be troubled, neither let them be afraid. John 14:27**

*ALWAYS wash your hands (sanitize) Keep healthy.*

*If you want your Blood Pressure checked, please contact Charlotte Spencer*

*If anyone has any questions please contact me. Charlotte Spencer ULC parish nurse at 479-855-4605*

**VOLUNTEER DRIVERS WANTED**

Looking for volunteer drivers to transport members to doctor/dentist appointments or pick up groceries. If interested, contact the church office to have your name placed on the list.