

My COVID-19 Vaccine Experience



Elizabeth (Lizze) Radford, Parishioner 29 Years

One of my Favorite Episcopal Camp Songs tells me all I need to know

*“Love, love, love, love | Christians, This is your call
To love your neighbor as yourself | For God Loves us all”*

How do I feel Called to answer God’s call to
love?

- Wearing my (cute patterned) Masks
- Washing my hands
- Watching my Distance
- Vaccinating when it’s my phase

COVID-19 Vaccination Record Card

Please keep this record card, which includes medical information about the vaccines you have received.

Por favor, guarde esta tarjeta de registro, que incluye información médica sobre las vacunas que ha recibido.

List Name: Radtford First Name: Elizabeth MI: C

D: [REDACTED] Patient number (medical record or IIS record number)

Vaccine	Product Name/Manufacturer	Date	Healthcare Professional or Clinic Site
1 st Dose COVID-19	<u>Pfizer</u>	<u>12/23/20</u> mm dd yy	<u>TCCHD</u>
2 nd Dose COVID-19	<u>Pfizer</u>	<u>1/13/21</u> mm dd yy	<u>TCCHD</u>
Other	/ /	mm dd yy	
Other	/ /	mm dd yy	

How Vaccines Work (All information directly sourced from CDC website)

- How our Bodies Fight Illness
 - When germs or viruses invade our bodies, they attack and multiply (infection)
 - Our immune systems respond with white blood cells or immune cells
 - Macrophages (think Baby shark song) swallow and digest germs and leave behind parts that become antigens to help the body identify and attack any like germ cells in the future
 - B-lymphocytes (BL): defensive cells that produce antibodies to attack the pieces of virus left behind by the macrophages (street sweepers). They'll remember how to fight
 - T-Lymphocytes (TL): Another type of defense cell that attacks cells in the body that have already been infected. They'll remember how to identify viruses
 - Immune systems work better when they know what and how to fight (strategy games)
- COVID-19 Vaccine helps our bodies develop immunity to the virus without us having to get the virus first.

Vaccines Cont'd

- Our bodies typically take a few weeks to process the information from the vaccine and make the BL and TL to remember how to identify and attack any COVID-19 virus it might encounter
 - This means you are still at the same risk of developing COVID-19 for several days-weeks after your vaccine - maintain safety precautions!!
- Vaccines can still cause symptoms
 - Best is to ask your vaccine provider what to expect, read the information they give you thoroughly
 - If you have additional questions, reach out to your PCP
 - By phone or many have web portals and virtual visit options now!

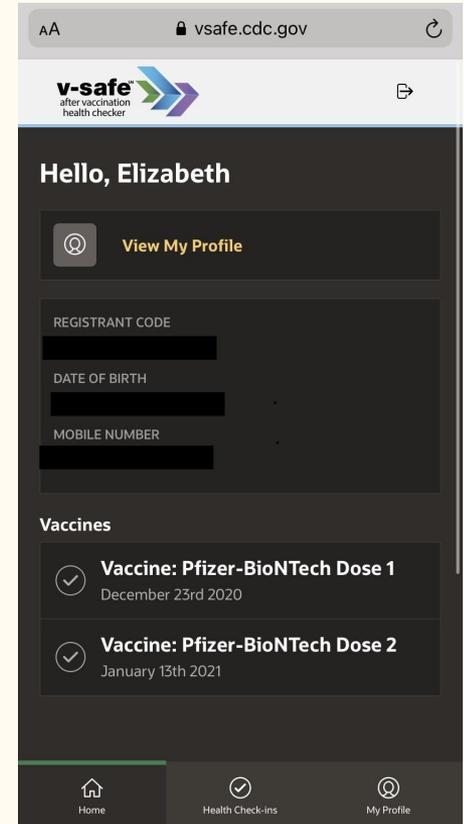
But wait, Vaccines - There's more!

- mRNA Vaccine development
 - “New but not unknown” - studied for decades before COVID-19 for flu, zika, rabies and other.
 - mRNA vaccines do not need “weakened or inactivated” virus to work
 - They do NOT interact with our DNA bc it does not go to the same part of the cell (nucleus)
 - Give instructions to our body’s immune system on how to fight specific viruses
 - So fast? Yes, mRNA vaccines already studies - the missing piece for them to work for COVID was inputting the correct “information” or “spike protein” specific to COVID-19
- If in doubt or on the fence don’t hesitate to call your PCP to ask about the vaccine and YOU
- How to get vaccinated?
 - Look on the website for (or call) your local/county health department
 - If you strike out here, call your local pharmacy or PCP (where you are an existing patient) and ask their advice

V-Safe After Vaccine Health Checker



- Follow instructions given to you by your vaccine provider
- Smart-Phone Based Tool
- Report and Side-effects directly to the CDC
- Answers may trigger follow up calls from CDC staff
- Helps keep vaccines safe for everyone
- Comforting to have the oversight!



In this season

- I've been scared, sad, frustrated, paralyzed by indecision and fear, overwhelmed
- I've also been overwhelmed in a good way at the selflessness I see in the bedside caregivers I have the honor and privilege to work with
- I've been SO impressed with the creativity and dedication I've seen in online learning from teachers and students.
- I've learned how to have Zoom happy hours and have a desperate appreciation for app developers that keep me in touch with my family and friends
- I've OBSESSED over anything Bish. Curry puts out - podcasts, books, instagram posts - anything. "If it's not about love, it's not about God."
- Learning to take everything in through the lens of "extra grace required"
- SO Grateful for the Trinity community, social medias, virtual services, virtual classes and knowing that while right is not how I want to worship or serve God, or be in community with you all but right now is what I have and Thanks be to God for that!!

References

1. https://www.cdc.gov/coronavirus/2019-ncov/vaccines/different-vaccines/how-they-work.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fvaccines%2Fabout-vaccines%2Fhow-they-work.html
2. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>