

COVID-19: 2021

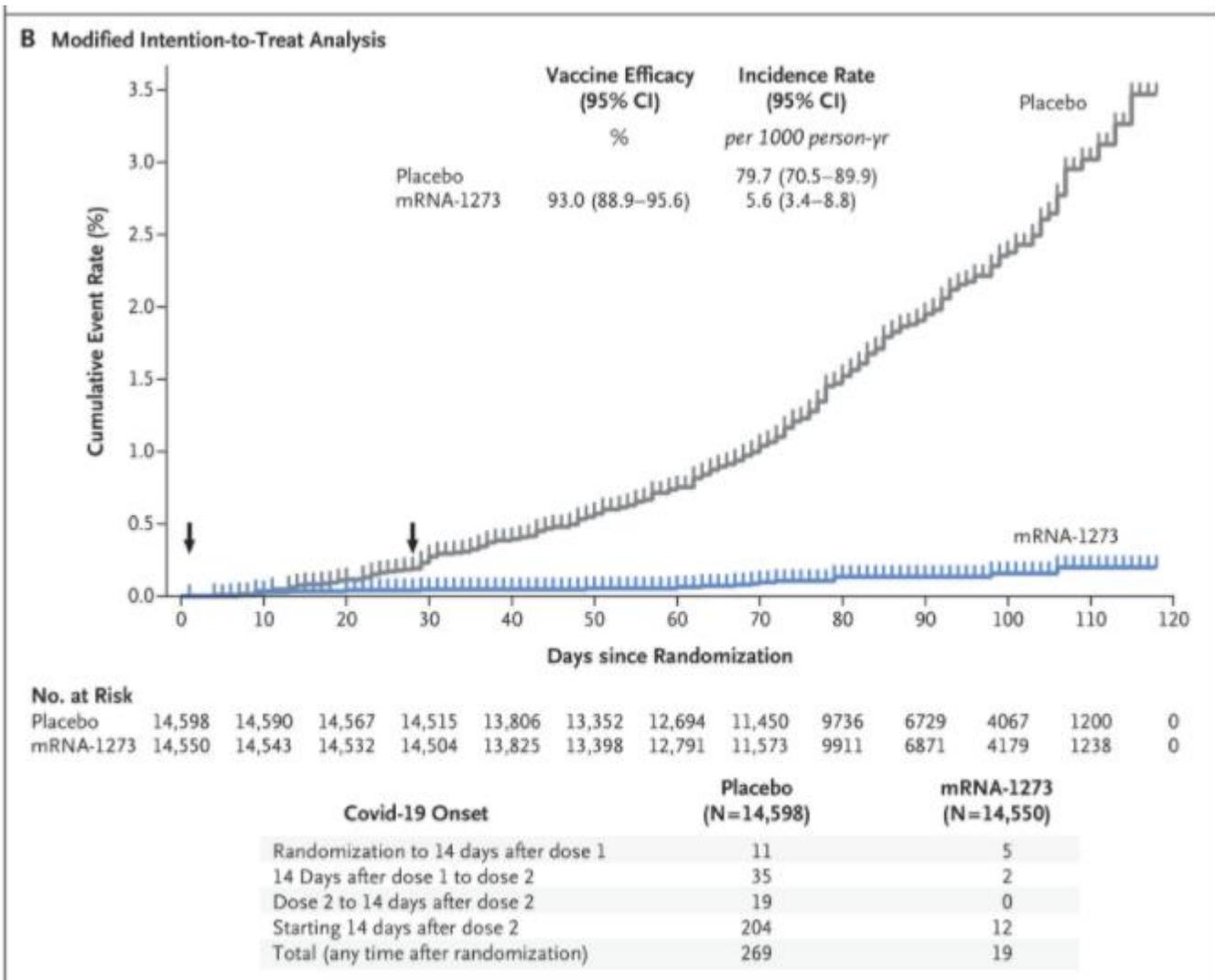
Heading Towards a New “Normal”

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This shall be one of my last articles dedicated to the pandemic that defined 2020. My overview on supplements for prevention and treatment can be found on [Part VII](#). I am writing the current update at the most hopeful time we have seen in one year, unfortunately after the death of over 500,000 Americans. I wish to cover several areas of concern and hope in the 2021 series, but will focus on the most pressing issue: vaccination.

The Vaccine(s): As promised, the peer-reviewed analysis of the Moderna vaccine (<https://www.nejm.org/doi/full/10.1056/NEJMoa2035389>).



The above table demonstrates the ridiculous efficacy of this vaccine even after 14 days of the *first* dose. If anyone tells you the vaccine doesn't prevent COVID-19 infection they haven't been reading, or understanding what they have read. The 94% efficacy at preventing any COVID and 100% efficacy at preventing severe COVID along with an mRNA technology that requires no adjuvants or preservatives makes this the most effective and safest of all known vaccines (0.5% of placebo vs 0.3% vaccine recipients did not get a second dose due to serious adverse events).

I have received two doses of Moderna and Miranda will get her second Pfizer dose in about one week. Neither are gene therapy, neither have microchips, both provide specific immunity. It will take two shots and five to six weeks for full immunity; this will prove especially true for the new variants from UK, South Africa, and Brazil. I am still preferring Moderna over Pfizer especially for those with history of severe allergic reactions, those who consider themselves medically frail, and those over age 75. Soon they will be available to all and you will have a choice. If you are given a choice between these two, choose Moderna. Decline J&J and Astra Zeneca as they are not nearly as effective with much higher risk of adverse reaction.

Do vaccines prevent transmission to others? As of yet, this question has not been answered to a point of scientific certainty. Due to the prolonged latency of this virus, usually 4-5 days, up to 14 days, whereby the virus is actively replicating in the host, it would make absolutely no biological sense that the vaccines would not prevent transmission as well as infection. Preliminary data indicates that this is proving true. What this means is the end of mask mandates for those who vaccinate, or have previously had the infection! For those who choose not to vaccinate, I would recommend to continue wearing a mask until clear herd immunity has been obtained. Once everybody has access to the vaccine, we can let go of unnecessary restrictions!

What about the reported deaths associated with the vaccine? The over 75 crowd, and nursing home populations that have been targeted have a high preexisting morbidity/mortality, thusly we will be hearing many reports of heart attacks, strokes and deaths within weeks of the vaccine. Yet early results from Israel ([https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)00448-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)00448-7/fulltext)) indicate solid efficacy and unpublished results show a lower overall mortality especially in the over 75 crowd!

The time is coming soon for a society moving into a new normal. For those who choose to not vaccinate, honor them as they take a significant risk of their own volition. By summer time, if the vaccination prevents the expected fourth wave (we will know by mid-March), we can step into the new normal, maybe have dinner and a movie together!

Your Journey to Health and Healing,

Gary E Foresman MD