

The Coronavirus Vaccine

The first non-trial dose of the coronavirus vaccine was administered earlier this week in the U.K, to a 90-year-old woman. Two of the first health care workers in the U.K have had severe allergic reactions to the vaccine. Pfizer has urged those with serious allergies not to get the vaccine.

The FDA has approved the coronavirus vaccine, and the first doses were administered yesterday (Monday, December 14th).

Pfizer was the first company to be approved by the FDA, Moderna with likely be next. Other companies such as Johnson and Johnson also have vaccine trials in the late stages.

More than nine in 10 people immunized with Moderna's coronavirus vaccine candidate registered some level of side effects.

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Most people are reporting some side effects. Common complaints include headache, fatigue, chills, muscle soreness, fever, and joint pain as well as general flu-like symptoms.

The most common reactions with Pfizer's vaccine were pain at injection site (84%), fatigue (63%), headache (55%), muscle pain (38%), chills (32%), joint pain (24%), and fever (14%).

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"Systemic events (fatigue, headache, chills, muscle pain and joint pain) were reported in small numbers of younger recipients of [the second shot]," Pfizer said in a report published in The New England Journal of Medicine. "But no severe systemic events were reported by older recipients of this vaccine candidate."

Here Are All the Side Effects of Every Top COVID-19 Vaccine in US

The data gathered has shown that you are even more likely to experience side effects after the second dose of the vaccine. The vaccine requires two doses over the course of a couple of weeks.

The vaccine has not yet been approved for pregnant women or children under the age of 16.

Currently, the U.S is planning to receive 100 million doses of the vaccine, enough for 50 million people. The Trump administration allegedly turned down an additional 100 million doses of the vaccine. Pfizer has said that they may not have extra doses available until mid-summer.

If you are worried about contracting or spreading the coronavirus, we recommend prioritizing gut health above all else and building a strong immune system.