

## POST VACCINATION COVID

Covid-19 vaccines are highly effective but some people will still be vulnerable to the virus even after receiving their shots.

Experts say people, who have been vaccinated against Covid-19, can get infected with the virus but the chances are low. Covid-19 vaccines have been highly effective in preventing the coronavirus disease, lead to lower hospitalisations and deaths. **They also reduce the risk of spreading the virus.**

### NATURE OF BREAKTHROUGH COVID

COVID vaccines have been highly effective in preventing COVID-19, especially hospitalisation and death, and are generally working as expected.

*The vaccines also reduce the risk of spreading the virus. This is the importance of vaccination, more than just preventing Covid re-infection.*

Although the risk of vaccinated people becoming infected with the virus is low, it can still happen, experts said.

The chances of people getting Covid-19 after being vaccinated are rare **this is called a breakthrough infection** and might have mild symptoms or no symptoms at all.

Dr Eric Cioe-Peña, a New York-based physician, said an infected person who had been vaccinated might have mild symptoms or no symptoms at all.

*In the post-vaccine era, testing Covid-positive is a lot less scary.*

According paediatric infectious disease specialists at South Shore University Hospital in Bay Shore in New York, the most serious symptoms include nasal congestion and mild body aches.

It would be the mildest of the end of the spectrum of Covid-19. It may be just a mild common cold.

However, this could be different for those vaccinated individuals, who have weak immune systems.

## **STEPS TO BE TAKEN AT HOME IN SUCH CIRCUMSTANCE**

The infected person should stay in a separate “sick room” or area and use a separate bathroom, if available. Experts say a fully vaccinated person who experiences symptoms consistent with Covid-19 should isolate themselves from others for 10 days.

- “If possible, maintain 6 feet between the person who is sick and other household members,” the CDC said.
- This is important because an infected person — even one without symptoms — could pass the virus to someone who is unvaccinated, including children under the age of 12
- The condition also infect people who cannot get a vaccine because of immune-related or other health issues.
- It might be helpful to turn on fans and open doors and windows for fresh ventilation in the residence. Sharing household items such as utensils, cups and towels for the quarantine period should also be avoided to prevent droplets being (according to the CDC).

- While most infections are likely to produce mild or no symptoms, many of these cases would not have been discovered without routine screening.

So, the guidelines are the same as they are for someone who is not vaccinated and test positive. Contacts of such people have to be traced and they have to wear a mask and practice social distancing if they are going out.

Also people should also inform their health care provider of their positive result. If you leave home to go to the doctor, wear a mask and *practice social distancing*.

*“Fundamentally, though, someone should isolate and then retest, with the latter probably in consultation with a provider.”*

## **FREQUENCY OF POSTVACCINATION COVID**

Still, doctors emphasize the effectiveness of the vaccines and encourage people to be fully vaccinated as supplies and appointments are now widely available in the United States. This is particularly true as the new highly contagious **Delta variant** becomes more widespread during the summer travel season.

Vaccination is a must but as it will increase in number, breakthrough Covies may increase exponentially but is natural and so vaccination should continue as it provides a solid degree of protection.

More the vaccination more will be the chance of herd immunity and will provide the freedom to move around and go on with your daily life and activities almost before it was this pandemic.

### **Possible cause of getting post vaccination Covid.**

Professor GD Puri, Head of Anesthesia department, Post Graduate Institute of Medical Education & Research Chandigarh, who is spearheading the Covid-19 vaccination and treatment programme in Chandigarh has speculated and most likely correctly. As per him the causes could be as follows:

- Many times both the jabs , may be due to the gaping are forgotten.
- After completion of vaccination , people forget that this vaccination process , of all available vaccines are still in Phase -3 trial and, as of date has proved to give complete protection against Covid, but surely more than a 80% protection and most importantly prevent spread of further infection.
- Having thus this misconception, people stop taking the recommended universal protections advised even after vaccination.
- They stop wearing face masks which still remains important.
- Additionally, maintaining social distance (at least 2 metres or 6 feet) commonly seen at eating at a crowded place which can give the virus a chance to enter your body.
- Eating in a crowd is to be avoided as because when you eat something, you will have to remove your mask. That is the time when the barrier is broken and the virus will catch you because everybody is talking in the gatherings.
- People are releasing lots of aerosols at that time and if any person is carrying a disease or is a silent carrier, he will be transmitting the virus.

## SUMMARY

- Vaccination is mandatory, but is still under trial and though it gives a high protection but is not absolute.
- It is important to develop herd immunity.
- It is important to prevent spreading of the virus and hence bringing Corona under control.
- But universal protections should be continued even after vaccination.
- Finally, breakthrough Covid can occur, but is usually mild, except in the immune-compromised.