

An important message from HVEDC Board Member, Crystal Run Health

CRYSTALRUNCONNECT



A Message About Vaccine Hesitancy

Uncertainty – one word I’d use to describe this past year. Uncertainty surrounding COVID-19, the state of the economy, and life as we knew it prior to March 2020; as providers, we look at science and research to help determine certainty.

For the last several months, we’ve been looking forward with a hopeful gaze as some of the smartest brains in the world worked to develop vaccines to help stem the pandemic. And to our relief, they’ve been approved for Emergency Use Authorization (EUA). We signed up to get vaccinated ourselves and have encouraged family, friends, and colleagues to get the vaccine as soon as they are able.

What we weren’t expecting is how much concern about getting a COVID-19 vaccine, also known as vaccine hesitancy, we’d be faced with. The country’s history with past vaccines can’t be overlooked – and we understand why people may be hesitant about getting the COVID-19 vaccine, but it is important for us to overcome vaccine hesitancy, together. The state of immunity of the world is determined by all of us, and while we wait for the widespread availability of vaccine, whether eagerly or reluctantly, I’d like to take this opportunity to talk about some of the recent good news vaccine studies have been showing.

Here’s what we know...

The vaccines work really well

All of the approved vaccines currently being distributed provide **excellent** protection against serious illness caused by COVID-19. They provide **amazing** protection against dying from COVID-19. In fact, every vaccine **totally** prevented hospitalization or death from COVID-19 in studies.

The below chart by Ahish K. Jha, MD, MPH shows data gathered during clinical trials:

Vaccine trial	Approximate # of people who received the vaccine	Of people vaccinated in the trial		
		# hospitalized for COVID	# who died from COVID	# who died from the vaccine
Moderna	15,000	0	0	0
Pfizer	18,600	0	0	0
Novavax*	13,000	0	0	0
Astra-Zeneca	5,800	0	0	0
J&J*	22,000	0	0	0

For comparison, if you took a sample of 75,000 unvaccinated people you could expect about 150 of them to die of COVID-19 and several hundred more to be hospitalized. While one vaccine might seem to have prevented more people from getting symptoms of COVID-19 than others, all vaccines prevented serious disease and death – which was the goal for development (a huge win for science)!

You may be inclined, based on your research or experiences by family and friends, to prefer a specific vaccine to others. Since supplies fluctuate, and we currently don't have enough to vaccinate all that want and need it, you should get any vaccine you are offered. **They all work.** I recommend you NOT wait for any one in particular. After all, the goal is to get vaccinated to protect yourself and those around you from serious illness, hospitalization and even death.

It's also important to know that the percentage protection numbers of individual vaccines aren't directly comparable since the vaccines weren't studied against each other. Getting a vaccine is the most important thing - *any vaccine*. My advice is to get the one you can get!

Now is also a great time to start the conversation with your friends or family members who are vaccine hesitant – find out what their feelings are and direct them to credible sources (like the providers at Crystal Run Healthcare) to get answers and help calm fears.

Serious side effects are rare

I would be lying if I said there are no side effects with vaccination. That goes for COVID-19 vaccines and others – your body is having an immune response to the vaccine. Most side effects are just a nuisance - sore arm, body aches, low-grade fever for a day or so, etc. While it may feel unpleasant, mild side effects are a good thing.

I cannot stress this enough, **there have been very, very few severe reactions.** Allergic reactions have been caught during the post-vaccination monitoring period and have been treated. The news media makes them seem super common. They are not. It's important to remember that the goal of news companies is to get people to read their stories, and what are people more likely to read: "Patient has severe reaction from COVID-19 vaccine" or "Millions of people vaccinated with no severe reactions reported"? Just something to think about!

I'm actually not surprised there are some severe reactions. When you do something on a mass scale, to a couple of million people, rare things can occur. Death or serious reaction from COVID-19 vaccine is rare-super rare. We can all commiserate and compare our vaccine stories- *after we all get vaccinated.*

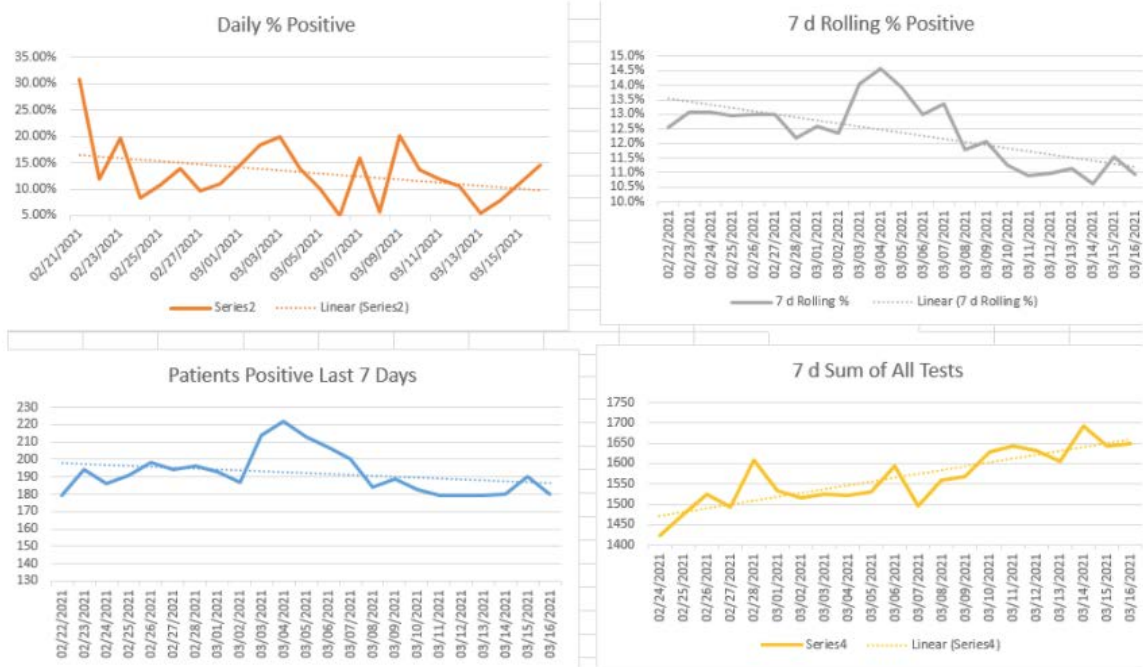
COVID-19 numbers are improving

Why are we so excited about COVID-19 vaccines? Because the vaccines already seem to be having an effect on the rate of COVID-19 disease spread in the community! Since the COVID-19 vaccine first became available, over 6.5 million people in New York alone have been vaccinated.

Hopefully, we will soon start seeing some seasonal effect of decreased virus transmission as well. Viruses in general are less likely to be transmitted in the spring and summer.

The numbers we're seeing locally agree with the improved broader numbers.

Here is a summary of Crystal Run Healthcare's numbers over the last few weeks:



As I write this, I remain hopeful, as do the other providers at Crystal Run Healthcare. We believe in the COVID-19 vaccines that have been approved and encourage you to get the shot when it's available to you. Please continue to wear masks, social distance, avoid crowds, wash your hands, and get vaccinated when you are able.

We need to come together to beat this virus – *we can do this!*

Gregory A. Spencer, MD, FACP
 Chief Medical Officer & Chief Medical Information Officer

DO YOU NEED TO GET TESTED FOR COVID-19?

TESTING



COVID-19 testing is available for patients who meet certain criteria.



We also offer Serological (Antibody) testing to help determine if you've been infected with coronavirus in the past.

LOCATIONS



Middletown
155 Crystal Run Road



Goshen
7 Hatfield Lane



Newburgh
1200 Route 300



Rock Hill
61 Emerald Place



West Nyack
2 Centerock Road

HOTLINE

CALL THE HOTLINE 845-643-3909 prior to coming into the office or Urgent Care locations.

If you think you've been:

- exposed to Coronavirus
- are experiencing common Coronavirus symptoms
- have been asked to self-quarantine for any reason including:
 - recent travel back from a high risk state within the past 14 days



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