

HEALTH & WELLNESS GUIDE

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Sources to Check Vaccine Safety and Effectiveness

By Kitty Mayo

Medical information and personal views have often become intertwined during pandemic reporting, and some may find it difficult to get “just the facts” about Covid-19. As this summer has gone on with surges in cases around the country, pandemic fatigue and uncertainty seem to be on the rise.

From a Fox News poll published August 11th (from 1,002 randomly selected registered voters) confidence in whether the pandemic is under control has fallen since April 2021. Of those polled, 31% responded “not at all” to the question “is the coronavirus under control in the U.S.,” compared to 10% in April.

Much is unknown about Covid-19 and the vaccines, and as new information comes out with changing recommendations it can be confusing, leaving many to wonder who to trust.

Here I will try to address some of what is known about the safety and effectiveness of Covid-19 vaccines, and provide references for readers to research on their own.

Pfizer and Moderna. These mRNA vaccines work by sending messages to the immune system. A total of (approximately) 212 million doses of Pfizer and 146 million doses of Moderna have been given in the U.S. according to ourworldindata.org. (This count of “doses” is not broken down by number of people, since they are a two-dose series.)

- Of those over 350 million doses of mRNA vaccines no deaths have been documented as linked to an mRNA vaccine. Zero deaths in Minnesota have been reported as caused by an mRNA vaccine.
- A severe allergic reaction has been known to occur in some people from an mRNA vaccine. It is estimated that five people out of every 1 million have had a severe allergic reaction to an mRNA vaccine (both Pfizer and Moderna). However, no deaths related to an allergic reaction have been documented.

- A study published in the Journal of American Medical Association recently reported that there were no serious health effects linked to the two mRNA Covid-19 vaccines from records of 6.2 million people between December 2020 and June 2021. You can view that report, which was funded by the CDC, here: <https://jamanetwork.com/journals/jama/fullarticle/2784015>.

Johnson & Johnson.

A more “traditional” virus-based vaccine, the J&J vaccine is a one-shot vaccine.

- 14 million J&J doses have been given to people in the U.S.
- According to CNBC News three deaths have been linked to blood clots resulting from the J&J vaccine. The FDA paused use of the J&J vaccine for ten days in April 2021 while the issue was investigated. Determining that serious health risks from a Covid-19 infection were much greater, the use of J&J vaccine was reinstated.

The Joint Commission, a nonprofit that is the country's oldest and largest company for standard-setting and accreditation in health care, estimates that about 170 million people in the U.S. are vaccinated, leaving approximately 165 million unvaccinated (roughly half and half). Here is some information they have shared regarding risk analysis related to vaccines and Covid-19 infections.

- During a one week period in August 2021 (August 15th to August 21st) there were 5,564 Covid-19 deaths in the U.S.
- Approximately 5,286 of the people who died from Covid-19 were not vaccinated. (Unvaccinated)
- Fewer than 300 of the people who died from Covid-19 during that one week in the U.S. had received a vaccine. (Vaccinated)
- They estimate the proportion of vaccinated people who died from Covid-19 to be between 0.1% and 5% (varying by state).

Fall Sports Schedule Two Harbors Agates

TWO HARBORS BOYS

VARSITY SOCCER

Date	Time	Opponent	Location
9/14	7:00 pm	Proctor	Ergerdahl
9/16	5:00 pm	Grand Rapids	Grand Rapids
9/20	5:00 pm	Hayward	Two Harbors
9/21	4:30 pm	Marshall	Marshall
9/23	4:30 pm	Hibbing	Two Harbors
9/28	6:00 pm	Hermantown	Centricity Stdm
9/30	4:30 pm	Mesabi E.	Two Harbors
10/2	11:00 am	Legacy CA	Legacy CA
	2:00 pm	North Lakes	North Lakes
10/7	5:00 pm	Mesabi E.	Mesabi E.
10/9	12:00 pm	Ashland	Ashland

TWO HARBORS GIRLS

VARSITY SOCCER

Date	Time	Opponent	Location
9/9	5:00 pm	Gr. Rapids	Two Harbors
9/11	12:00 pm	Hibbing	Hibbing
9/13	7:00 pm	Proctor	Proctor
9/14	6:00 pm	Duluth E.	Duluth E.
9/16	4:45 pm	Cloquet	Cloquet
9/21	7:00 pm	Esko	Two Harbors
9/27	5:30 pm	Denfeld	PSS
9/30	5:00 pm	Mesabi E.	Mesabi E.
10/2	12:00 pm	DeLaSalle	Two Harbors
10/5	4:30 pm	Mesabi E.	Two Harbors
10/7	4:00 pm	Marshall	Marshall

The staff at the Northshore Journal would like to apologize for inadvertently not publishing the Two Harbors Soccer schedule in last week's issue. We are very sorry for the error and wish all our local high school sports teams a successful season. **Go Agates - Go Bay - Go Vikings!**

9/11 20th Anniversary Commemoration Observance

This year marks the 20th anniversary of the 9/11 attacks on U.S. soil. It is a time to remember the courage of so many firefighters, paramedics, New York police officers, and New York's Port Authority Officers who sacrificed their lives to save others, and to honor the memory of all who perished at Shanksville, Pennsylvania, the Pentagon, and the Twin Towers.

It is a time to show reverence for the lives lost in just 102 minutes of the clock. As Americans, we still remember and we must never forget.

Most recall that day and what they were doing. Many born after 1995 may not remember because they were too young or not even born yet. Some have learned about the tragic events of 9/11 through the reminders televised and the memorial ceremonies that take place every year at fire departments, military bases, and cities nationwide.

As a country, we lost so much and shed tears for so many. Every year these observances help us to remember and mourn.

There will be a 20th Anniversary 9/11 Commemoration Observance at the Two Harbors Band Shell Park, from 3:00-3:30 p.m. Guest speakers will include representatives from the county and local cities. There will also be representatives from law enforcement, fire departments, ambulance services, search and rescue, and the military.

This is an opportunity for our community to join together in showing support for all law enforcement, ambulances, fire departments, first responders, and rescue services, for these are the units in NYC that arrived at the Twin Towers 20 years ago. We not only recognize them but all who serve in cities and small towns across our nation. By doing this locally, we show our support and pride in our own. The American Legion Honor Guard will fire a three-shot rifle volley and play Taps for all of those who perished on that day and others who died later due to the events of 9/11.

For more information please contact the American Legion Post 109 Chaplain, Chris Belfield, at 218-510-0780.

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