
May Health Newsletter

What Do You Really Know About Vaccines?

Vaccines are one of the most important medical discoveries in human history. They have saved countless lives and prevented the spread of deadly diseases that once plagued humanity. In this article, we will explore the history of vaccines, how they work, and why they are essential for public health.

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Welcome to our May Health Newsletter!

The history of vaccines dates back to the 18th century, when British physician Edward Jenner discovered that he could protect people from smallpox by inoculating them with the less severe cowpox virus.



Process of Vaccines:

This process, known as vaccination, was a revolutionary development that paved the way for the eradication of smallpox and the prevention of other infectious diseases. Vaccines work by triggering an immune response in the body. When a vaccine is administered, it introduces a weakened or dead version of a virus or bacteria into the body. This prompts the immune system to produce antibodies, which are specialized proteins that recognize and attack specific pathogens. Once the immune system has created these antibodies, it can more easily recognize and fight off the actual virus or bacteria if the individual is exposed to it in the future. Vaccines have been used to prevent a wide range of infectious diseases, including measles, mumps, rubella, polio, influenza, and many others. They have been instrumental in reducing the incidence of these diseases and preventing epidemics.

Truth of Vaccines:



Despite the tremendous benefits of vaccines, there is still some controversy surrounding their use. Some people question the safety and efficacy of vaccines, while others express concerns about their side effects or the role of the government in mandating vaccination. However, the scientific consensus is clear: vaccines are safe, effective, and essential for public health. The vast majority of people who receive vaccines experience no serious side effects, and the benefits of vaccination far outweigh the risks. Furthermore, vaccines have been rigorously tested and monitored to ensure their safety and efficacy, and they have a proven track record of preventing diseases and saving lives.

Are Vaccines Halal?

In general, vaccines are considered halal, or permissible under Islamic law. Islamic scholars and authorities have stated that there is no issue with receiving vaccines, as they are intended to prevent and protect against diseases and improve overall health. However, some individuals may have concerns about the ingredients used in vaccines, such as animal-derived components or alcohol. It is important to note that the majority of vaccines do not contain any animal-derived ingredients, and any that do are usually derived from halal sources. Additionally, the small amounts of alcohol that may be present in some vaccines are considered permissible as long as they are not consumed as a beverage.

COVID-19

In recent years, vaccines have played a critical role in the fight against COVID-19. Multiple vaccines have been developed and distributed around the world, offering protection against a virus that has caused a global pandemic. As more people get vaccinated, we can hope to see an end to the COVID-19 pandemic and a return to normal life.

In conclusion, vaccines are one of the greatest achievements in modern medicine. They have saved countless lives, prevented epidemics, and contributed to the overall health and well-being of society. Despite some controversies, vaccines remain an essential tool for public health and the fight against infectious diseases.

What vaccines are suggested for you?

The vaccines recommended for adults in Maine can vary depending on factors such as age, occupation, and health status. However, there are certain vaccines that are generally recommended for most adults in Maine:

1. Influenza (flu) vaccine - recommended annually for all adults

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2. Tdap (tetanus, diphtheria, and pertussis) vaccine - recommended for all adults who have not received a dose in the last 10 years
 3. Shingles vaccine - recommended for adults aged 50 years and older
 4. Pneumococcal vaccine - recommended for adults aged 65 years and older or for those with certain medical conditions
 5. Hepatitis B vaccine - recommended for adults who are at risk of exposure to blood or body fluids, including healthcare workers.


Adults should consult with their healthcare provider to determine which vaccines are recommended for their individual needs and circumstances. Additionally, certain vaccines may be required for individuals in certain occupations or travel to certain countries.

What vaccines does your child need?

In Maine, children are required to receive certain vaccines in order to attend school or daycare facilities. The vaccines required for children in Maine include:

1. Diphtheria, tetanus, and pertussis (DTaP)
2. Polio (IPV)
3. Measles, mumps, and rubella (MMR)
4. Varicella (chickenpox)
5. Pneumococcal conjugate vaccine (PCV13)

In addition, Maine requires certain vaccines for students entering seventh grade:

1. Tetanus, diphtheria, and pertussis (Tdap)
 2. Meningococcal conjugate vaccine (MenACWY)
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Parents should consult with their healthcare provider to ensure their child receives all required vaccines according to the recommended schedule.

Check with your provider before getting any vaccine.

Current News and Updates on Vaccines :

As of April 12, 2023, the current 7-day average of weekly new cases (14,491) decreased 17.3% compared with the previous 7-day average (17,519)

Wastewater surveillance: Currently, about 33% of sites across the country are reporting moderate to high SARS-CoV-2 levels in wastewater. About 8% of sites reporting wastewater data are currently seeing some of the highest levels for those sites since December 1, 2021. About 54% of sites are experiencing a decrease in SARS-CoV-2 levels, and about 39% are reporting an increase.

On April 18, 2023, the Food and Drug Administration (FDA) [announced](#) changes to simplify the use of Bivalent mRNA COVID-19 vaccines. As a result, the Monovalent COVID-19 vaccines produced by Pfizer BioN-Tech and Moderna are no longer authorized for use in individuals aged six months and older.

A monovalent vaccine is a vaccine with one strain of a virus. A bivalent vaccine is a vaccine with two strains of a virus. Many different vaccines have both monovalent and bivalent versions, including flu vaccines and COVID19 vaccines. The original COVID-19 vaccines for most primary series and original boosters are monovalent. These vaccines were created from the original strain of the virus that causes COVID-19 illness. The updated Pfizer and Moderna COVID-19 boosters are bivalent. They were created with the original strain of COVID-19, and newer omicron variant strains, BA.4 and BA.5

References:

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<https://immunise4life.my/vaccination-is-halal-in-islam/>

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New England Arab American Organization

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