My log-Book of c.y.s.i.

DAY 1 By: Omar

1. reserch about COVID-19 vaccines

2. Make a table

Info:

- When the Immune System comes into contact with the weakned virus, its defences, such as antibodies and T cells Attack the Virus, or Infected cells. In the Process the: Specialised memory cells take note of the specific antigen and Prime the Immune System to Produce cells and antibodies that will quickly target these Proteins.

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- So the next time that person is exposed to the same virus, The Immune System is ready to fight it off.

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# Day 2

= How to get Corona Virus:
- When a Person gets covid-19 and talks, Sneezes or Coughs, the spit or droplets get on a ~~the~~ Surface, And you touch that surface, you eventually tuch you eyes, Mouth or nose and thats How the viris spreads.

- When you have Corona and Symptoms,
- 99% of the people have Fealers,
70% of the people have fatige,
59% of the people have cough,
35% of the people have Body aches,
15% of the people have hypoxia
which means you are low at Oxygen. The People with severe ~~Symptoms~~/diesease, 50% of them have Lung Involvement that means they will start to have Infiltrates. 5% of the People have to take a tube Placed in your throat and there connected to a life support, which is a very big deal. Other Symptoms that can happen is that your organs may start to Fail. You can also get Sepsis where your Blood Pressure gets really low. The People that have Severe diesceases are the People that are older than 65 years old and above, that had a heart attack, or ~~that~~ they had/have diabetes or if ~~they~~ had/have COPD or emphysema or if you smoke or if you have high blood pressure or if you're curantly being treated for cancer or have/had cancer and are currently on Immunsuppressants like Prednisone or other Prednisone like medications, Those are the Patients that tend to have more severe disease for those that have severe disease, here's a timeline of what we're feeling

day 3

-Shortness of breath usually happens at about 5 to 6 days, admission to the hospital usually happens at about 7 to 8 days and ICU (Intensive care unit) admission and Incubation usually happens at about 10 days But the progress to respitory failure can be really quick which is concerning.

- How Effective is the Covid-19 Vaccine?

There are 2 Vaccines that are currently available are the Moderna Vaccine and the Pfizer Vaccine Both of them are estimated around 95% effective

day 4

-An early warning sign for severe disease is something called Hypoxia. Hypoxia is what a low to overload But you may not have that much many symptoms but that is something that your doctor should be aware of hour and take note of. You should also be in daily communication with him/her if you're found to have hypoxia but you're not having other symptoms. The most intriguing thing about this virus is that the viral shedding can happen before symptoms even develop they begin to decrease 5 days after exposure but they can last up to 10 days. So people that don't report mild symptoms are actively shedding this disease. Giving it to other people. A really great bit of information about Covid-19 is that kids are greatly spared from these effects from Covid-19.

DAY 5

- We don't see very a lot of death from kids and I'm very thankful for that.
- Wash your hands very well in order to stay safe from coronavirus.

- Should I continue to wear a mask after I get vaccined?

After you get vaccined it's really important to continue to wear a mask. Scientists know that the vaccine is protective against causing COVid, but they don't know a 100% if It's going to protect no symptom spread. It's very Important to wear a mask so that you can Protect yourself and others from Covid-19.

Day 6

- What are the signs and symptoms of Covid-19?
- A lot is still to be learned about coronavirus in Covid-19 but the Basic Symptoms are known. The world health organisation currently state that the incubation period is up to 14 days. But sometimes it could be ~~even~~ long. Even up to 24 days but usually symptoms show in about 5 days. The current World Health organisation Figures said that Based on 44,000 Patients with the virus. 81% developed mild symptoms, 14% develope severe symptoms, and 5% become critically ill. The Death rate stated by the world Health Organization appears to be between 1 and 2% but the current initial Figures are obviously reckless. Given this is currently changing situation. That about 80% of People Feel better without medical treatment and some people become infected but they don't Grow any symptoms or Feel Unwell. It Starts with a fever followed by a dry Cough, it can then lead to a Shortness of breath and Some patients require hospital treatment, other symptoms are headache, tiredness, nasal congestion, Sore throat, diarrhea, and muscle aches. Symptoms often show as mild and begin slowly. If you're in a high risk group with existing medical conditions or the elderly or if the first developed of Fever, Cough and Breathing difficulties. You should Seek medical attention by calling the medical services rather than going to hospitals or medical centers where there is a risk that you will spread the virus to other People.

Day 7

- Is it Possible to get covid-19 from the vaccine?
it's not Possible to get covid-19 from the covid vaccine. Just like all vaccines, this is just to turn your Immune system on. It doesn't contain any live virus.

- What are the Potential side effects of the covid-19 vaccine?
So Covid Vaccine, like all vaccines will actually cause a sore arm, which is very common. It lasts for about a day or 2. Some people get low-grade temperatures and chills. Also that lasts about a day or 2. Some people get a little more reaction, and that shows that their Immune system is Working really well, So you can feel a little sick or, may be needing to take some for your symptoms. But you usally feel better within two days.

Day 8

- Should I get the vaccine if I have allergies?

If you have a lot of allergies, it's really important to talk with your doctor first, but most people with lots of allergies can take the vaccine. The only case that you wouldn't wanna take it is if you've ever had a covid-19 vaccine and had a reaction to that, or if there were any ingredients in the COVid-19 vaccine. All other types of allergies, you should let your vaccinator know, and they can watch you longer. You can also review with your doctor ahead of time with any of your concerns, and they can let you know any particular risks that you can decrease by doing the things before your vaccine.

Day 9

- Is it safe for children to get the vaccine?
Currently for kids, The only vaccine that kids can use is the Pfizer vaccine which is only for 16 and up. Scientists are going to be offering the vaccine to those age ranges when they get to them, and it's really important that you talk with your doctor about Health care. Future vaccines will hopefully will allow younger patients to get the vaccine, but as of now, it's Pfizer only.

- What does Vaccine hesitancy mean?
You may hear the term vaccine hesitancy. That means that someone's thinking about the vaccine and it's side effects and concerned about them and may not take a vaccine. It's really important if you fall into that category or if you know someone that's in that category, that you look up and talk to a well thought of sources. don't go to Instagram or facebook.

# Day 10

-If you already had Covid-19, Why do you need the Vaccine?

-If you had Covid-19 before Scientists think that the Immunity lasts from that illness/covid-19 about 90 days, maybe a little shorter, maybe a little longer. So Scientists are encouraging People that have had Covid-19 in the Past to get the Vaccines, because Scientists had cases of People getting it again. They also have multiple health care workers that are getting Covid-19 vaccines that have a history of it and not seeing any major issues.

-Is it Safe to travel after getting the Covid-19 vaccine?

After you get the covid-19 vaccine, unfortunately it's not a passport to go to life as normal. You should still follow your county and local guidelines and remember again, you need both vaccines to be effective, and also remember around you others likely haven't fully been vaccinated. In addition, Travel restriction should be obeyed and not Ignored just because you got the vaccine.