

## Three Different COVID19 Vaccines

By

Mark N. Monroe, M.D.

I get asked multiple times a day what is the difference between the three COVID19 FDA Approved Vaccines so I thought that it would be advantageous to you to put it in writing so that you can make your own decisions.

Pfizer's and Moderna's COVID19 vaccines are both 95% effective starting one week after the second dose. They both use mRNA technology that is common to all three strains of COVID19. But new strains such as the one from South Africa is yet to be determined. Pfizer's requires special storage and transport at -97 degrees Fahrenheit whereas Moderna's requires a regular freezer at 0 degrees Fahrenheit and transport at -4 degrees Fahrenheit. Johnson and Johnson's COVID19 vaccine is a single shot and is easier to store and transport in a regular refrigerator or ice cooler. It uses a harmless common cold type adenovirus to carry the genetic code for the COVID19 spike protein so that the body's immune system can make antibodies against it. Efficacy is 50% at 2 weeks and 72% (ranging from 66-85%) after 4 weeks post single injection. All are indicated for adults 18 years of age and older although there are ongoing studies for ages 12-17 years of age. Although no studies have been done on pregnant or lactating women, the American College of Gynecology recommends getting the COVID19 vaccine whichever one that you choose. The vaccine is much better than the risks of getting the COVID19 disease and its possible severe complications. They all carry side effects such as COVID arm (injection site soreness), chills, mild fever, body aches, and muscle aches which last 24 to 48 hours. Rare allergic anaphylactic potentially life-threatening reactions were reported especially if you have severe allergies. All vaccines provide 9 to 12 months of immunity, whereas natural immunity lasts only up to 3 months. This also means annual vaccine booster shots just like the annual flu vaccine. You can register for vaccination appointments on [othena.com](https://www.othena.com), [cvs.com/vaccines](https://www.cvs.com/vaccines), [walgreens.com/vaccines](https://www.walgreens.com/vaccines) for Orange County residents. Los Angeles county residents can register [myturn.ca.gov](https://myturn.ca.gov).