



## Are We Safe Now?

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### Editorial

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COVID-19 pandemic affected everyone in the world despite their socio-cultural economic background and geographical locations. Everyone followed social distancing policy, mask and sanitization to protect them from COVID-19. Then the time came of vaccination. Vaccines were developed in short time to protect the public and control the COVID-19. Vaccine development authorities claimed that vaccine is safe and proved in clinical trials. However, we all are aware about limitations of these clinical trials in pandemic situations of COVID-19. Additionally these clinical trials were limited by factors like participants' number, age group, gender, ethnicity, geographical areas, health conditions, time duration for the study etc, just to name few.

History shows that vaccine development took more than 5 years. However, during Covid-19 pandemic, this process was dramatically altered. U.S. Food and Drug Administration (FDA) stated that there is no set time period required for vaccine development and vaccine development can be done based on understanding the pathogen. Application of this statement to support rapid development of COVID vaccine is not an excuse because till date scientists are still exploring and understanding the COVID virus mutations and its effects. Scientists need time to understand the virus fully in order to invent and propose an appropriate vaccine which will be safe and effective for human beings. Previous studies on virus mutations have showed few thousands mutations. For example, study conducted by Ewen Callaway (2020) reported "researchers have catalogued more than 12,000 mutations in

SARS-CoV-2 genomes".

Another argument is that many individuals must have had upper respiratory tract infection or flu like symptoms number of times since their childhood till the COVID-19 pandemic year. In the past, no one had ever undergone any test to detect the infective pathogen causing these symptoms. Symptoms were just the same: cold, cough, fever, malaise, headache etc. Current literature also reported that some individuals were tested 'Covid positive' more than one time during this pandemic and reported cold, fever, malaise etc as symptoms. Clinical symptoms and individual immune response to Covid-19 in vaccinated individuals is yet to be fully understood. Then what is the difference between the past and the present? Just that we are now aware of the laboratory test and current psychological condition of people makes them panic and vulnerable and victims of this pandemic. Important point is how long we have to be in this state of panic and fear? Are we safe despite invention of these vaccines?

The question is how are we going to adjust / adapt ourselves with these viruses: by repeated vaccination (for lifelong?) or by natural mechanism? or combination of both? Should we leave it to the nature to take care of it and develop natural immunity, at the same time take appropriate precautions, maintain healthy diet, do exercises and develop healthy lifestyle.

