



COVID-19

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COVID-19 and Myths

We are not out of the woods yet with Covid-19. While we had seen a decline over the last few months as people were getting vaccinated, a new variant is rearing its ugly head. The Delta variant of the COVID-19 virus has caused me to write about the importance of masks and vaccines.

The CDC is recommending everyone wear a mask when indoors. Yes, the vaccines will protect us from a serious case of the disease, but they aren't 100% effective at preventing infection. The Delta variant, a subtype of the COVID-19 virus, is very easily transmitted, even to those vaccinated. The available information is that it is as easily transmitted as chicken pox, which is very contagious.

Even now, I'm still encountering patients and acquaintances who haven't been vaccinated and have no interest in it. As a result, I'm going to use this month's article to address some sadly common myths about the vaccine.

Next on the list is about whether parts of the vaccines can shed in or outside of the body. The currently **approved vaccines DO NOT contain any live COVID virus**. There is nothing to shed from these types of vaccines. There are vaccines that do contain a mild version of a live virus and there is shedding from those types, but not the COVID vaccines.

There are reports that those wanting to have a family are concerned about fertility issues after receiving the vaccine. This is just not true. **There is no evidence that infertility results from receiving the vaccine**. The same is true for men and women—no evidence of infertility.



Our DNA is safe from the COVID vaccines. None of the components of either vaccine enter the nucleus of our cells, where our DNA resides. Our genetic makeup will not be changed by the vaccines.

The last myth listed is that receiving the vaccine will cause a person to test positive for COVID. Again, this is not possible. **The vaccines do not cause infection, even a mild case.**

I'm going throw one in just because it is preposterous. **There are NO microchips in the vaccines.** **The key is that the available COVID vaccines are saving lives.** If you or someone in your circle is still hesitant about receiving the vaccine, please reach out to find good information. When it comes to this current surge, the life you save could be your own.

Coronavirus (COVID-19) healthdirect

How to avoid infection or spreading the virus			
	Wash your hands regularly with soap and water for at least 20 seconds	Avoid touching your eyes, nose or mouth	Cover your mouth or nose when coughing or sneezing
Use only disposable tissues, and dispose of them immediately after use	Avoid close contact with anyone showing respiratory symptoms	Monitor travel advice on Smarttraveller smartraveller.gov.au	Stay at home when you are sick



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QPIC Corner

Covid-19 Vaccines



Find a free COVID-19 vaccine near you.

<https://www.vaccines.gov/search/>

Call **1-800-232-0233**

Text your **zip code** to **438829**

Message & data rates may apply.

<https://www.cdc.gov/other/privacy.html>

Who can get the Covid-19 Vaccine:

Your Covid-19 Vaccine for everyone 12 years of age and older

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/your-vaccination.html>

Healthy Corner Recipe

Mega C Super Citrus Juice

<https://www.foodmatters.com/recipe/12-immune-boosting-recipes>

Food Matters

By Rachel Morrow

Ingredients:

- 1 orange
- ½ lemon
- ½ lime
- 1-inch piece of ginger
- 1 small cucumber
- 1 bunch of fresh mint
- 1 tsp vitamin C powder



Directions:

1. Prep your ingredients by cutting everything up and ready to juice.
2. Leave skin on for extra health benefits if you like it tangy (and if you are using organic)
3. Put everything through the juicer and stir in your vitamin C powder

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