

Vaccine Hesitancy

The Physicians at Cardiology Specialists of Virginia encourage all of our patients to receive a COVID 19 vaccination, unless of course you have a known medical reason to not get one. Fortunately, actual medical reasons to not get a vaccination are very few, and can be found in the information linked below and in discussion with your personal physician or care provider.

Many people have expressed a real concern, however, about getting vaccinated. This is understandable. We've been through a very frightening, difficult time since the COVID 19 pandemic began, and it's natural and reasonable to be concerned about something that's new. A Kaiser Family Foundation survey in early December 2020 revealed that over a quarter of the American population has strong reservations about receiving the COVID-19 vaccine, should it be made freely available to them. And that's concerning, because it's estimated that we need more than 70% of our population to get vaccinated to control COVID 19 and move back to more normal lives.

Reasons cited in the study for vaccine hesitancy include:

- Potential vaccine side effects.
- Safety concerns and questions about effectiveness.
- Distrust of the government or political positions.
- The rush to push the vaccine to market with the perspective that it is "too new."

Getting a vaccination isn't about the government, and it isn't about politics. The virus doesn't care about either. It's about science and facts. It's about taking steps to protect your own health and to prevent the spread of the virus. That's good for you, for those you love, for the economy, and for a faster return to a more normal life.

We would like to provide some resources to help you with your decision and encourage you to review them to learn the facts about COVID 19 and the vaccinations.

Pfizer-BioNTech: <https://www.fda.gov/media/144414/download>

Moderna: <https://www.fda.gov/media/144638/download>

The Centers for Disease Control and Prevention (CDC) also provides easy-to-read fact sheets on their website: [Benefits of Getting a COVID-19 Vaccine](#) and [Facts about COVID-19 Vaccines](#).

We strongly encourage you to register for and receive a COVID 19 vaccination. If you have any specific questions that aren't covered by any of these materials, please ask your doctor.

We wish you the best of health!