



Registered Charity No. 11071005

Hindu Forum
of BRITAIN 2021
info@hfb.org.uk

COVID--19 Vaccine

Information guide



Hindu Forum Britain

info@hfb.org.uk

Adapted from DOH UK Gov and aligned resources as per the available information on 22nd January 2021.

What is the Corona virus illness?

The Corona virus illness is an infection caused by the SARS-CoV-2 virus.

The illness results from an exposure to this virus. The virus mainly gets transmitted via airborne droplets while coughing, sneezing or talking. The virus also can infect via any object that is contaminated with it. It is not quite known how long the virus remains active on any object or surface but it is likely to remain active for 72 hours.

The illness is manifested in around 4-5 days after the infection. Majority of infections however do not result in an illness.

The illness can be mild, moderate or severe which may need admission to the hospital and also support in an Intensive Care Unit. Those with severe illness develop low oxygen levels and difficulty in breathing. They also can develop complications as

damage to other organs like the kidneys and also increased risk of blood clots in addition. COVID-19 infection can also result in long term illness also.

What is the treatment for coronavirus illness?

Currently there is no specific treatment available to kill this virus. There are a number of drugs for example Dexamethasone that the U.K. Government has approved to use in severe cases in the hospital according to specific selection criteria.

The virus infection is more severe in older individuals and those with other long term illnesses, particularly those with low resistance to fight infections. With severe infection the death rate is around 20-50%.

The main stay of treatment at present is prevention, which we are following as per the Gov guidance by wearing a mask, keeping with social distancing, self-isolating and washing hands.



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Vaccine

The other prevention option, which we now have, is the vaccine. Vaccines have been known to prevent many illnesses during our lives such as measles and polio.

Vaccine manufacturing and approval

With Gov support the vaccine now has been made available to fight with COVID-19 infections. There are a number of companies, which have prepared these vaccines. Like any other drug, the Gov has supported designing, manufacturing and the approval process throughout. The U.K. has a national body called the Medicines and Healthcare Products Regulatory Agency (MHRA), which goes through all the details of steps in production of any drug for safety and efficacy before it is approved for use in the UK. All the currently approved vaccines had to go through this process from designing, laboratory studies, studies on animals with criteria set according to Good Laboratory Practice. This is then followed by trials on human volunteers. Once efficacy and safety are confirmed to the satisfaction of U.K. standards, the vaccine or the drug gets approved or licensed for use for specific purpose.

Currently the U.K. Government has approved 3 types of vaccines manufactured by 3 different companies for the COVID-19 infection. The designing and manufacturing process is different for these vaccines but the criteria used for manufacturing them the same as set by the U.K. MHRA.

Details of the approved vaccines

The Pfizer/BioTech and Moderna COVID-19 vaccines are synthetic vaccines, which use manufactured protein similar to a virus particle to be used as a trigger to generate immunity against the virus in the body. The protein is manufactured in the laboratory and not sourced from any animals as per the information from the vaccine manufacturing process.

The word used as “recombinant” vaccine in simple terms means “synthetic”. The molecules, which natural substances harbour, are created in the lab. There are many examples of substances produced in a similar way but one most common example is insulin, which many people with diabetes take, is made in a similar way.

Also synthetic colours, flavours etc. that we eat, and also perfumes which we smell have synthetic chemicals. The vaccine made of a synthetic substance involves manufacturing of virus like particles. These particles when injected as vaccine produce the same immune response as the virus itself in the body without the damage, which the real virus can cause.

The Oxford/AstraZeneca COVID-19 vaccine uses a weakened adenovirus particle. This is a protein of a different virus used to imitate coronavirus in order to produce an immune response. The licensed COVID-19



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vaccines do not use the real COVID-19 virus.

The manufacturing process involves the use of laboratory grown body cells to see the effect of vaccine protein. The modern science uses a lot of cultured (laboratory grown cells) tissues from various resources to test most of medicines. The original cells taken from dead tissues are not used. The cells are instead modified and grown to copy the living cells. The cultured (grown) lung cell lines have been used to see the effects of vaccine in the prevention of infection from coronavirus. This is necessary to see how effective the vaccine is and whether it will work.

The use of artificial intelligence software the MHRA and the manufacturing company uses helps to make sure the vaccine is safe. It is used for a compulsory protective net to capture any nonsense side effects even to magnify them. In short all the allopathy medicines are processed in a similar way before they are licenced to be used.

Sanatan Hindu Dharma (religion) on Vaccination

As far as our Sanatan Hindu Dharma (religion) there is no real prohibition from our scriptures to use this vaccine for our health. For scientific and medical purpose to find a cure for any new illness, the use of dead tissue or anything, which can be used for the betterment of the mankind, is acceptable.

The process here does not kill anyone, has not killed anyone, and

does not intend to kill anyone. The approved 3 vaccines do not contain any animal products or egg as ingredients. However all the medicinal products have to go through laboratory studies on animals as per the laws in the U.K. There is no short cut. A commonly used drug like paracetamol also has to go through the same process when it is being researched.

The process of approval in this country is quite strict and robust. The Gov, MHRA and the company together have responsibilities to make sure the vaccine is safe to be used before approval.

Vaccination process (Process of administering vaccine)

It is recommended to have 2 doses of a COVID-19 vaccine by the manufacturer at a few weeks apart to have the maximum effect. However, the first dose still gives up to 90% protection in a week or two.

The role out of vaccine requires time, space, availability of the vaccine and storage at very low temperatures. These aspects are required to be set before vaccination.

Currently keeping all these aspects in mind the Government has decided to give one dose to start with, which provides better protection (far more than being unvaccinated) to more people.

The initial round is for the high exposure individuals as health care frontline workers, the elderly and high risk individuals while the Government is setting up more resources to



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expand this on a larger scale.

Is it compulsory to take the vaccine?

The vaccine is not compulsory but it is advisable to protect the individuals.

Do I still need the vaccine even if I had COVID-19 infection in the past?

The vaccine still protects even if one has had the COVID-19 illness in the past and therefore it is advisable to take. One can have the vaccine 4 weeks after having the COVID-19 illness.

What are the side effects of COVID-19 vaccines?

There are no known major side effects reported so far other than some initial local pain at the injection site, mild fever, headache, body ache or feeling tired.

The vaccine cannot give the coronavirus illness.

Currently individuals with allergies are not given the Pfizer vaccine. Do not go for the vaccine if you have any acute, sudden illness. Please contact your doctor for further advice.

Do I still need to self-isolate after I had the vaccine?

The vaccine will prevent one getting severe illness, however it does not stop virus coming in to the body. Therefore all protective measures to avoid infection are still mandatory until the whole population is vaccinated which is going to be sometime still.

How long will it take for vaccine to work?

It is not definitely known but from 7-14 days depending on the type of vaccine. The vaccine can protect up

to 95%, which means one can still catch coronavirus infection after the vaccination but chances will be less to become seriously ill.

How long the protection will last for?

It is not definitely known yet but the ongoing trials will give the answers. So far the studies have shown protection for at least 2 months.

Can I catch infection from someone who had the vaccine?

The vaccinated individuals if carrying the virus can still infect the others who are not vaccinated.

Do I still need the Flu vaccine?

COVID-19 vaccine does not give any protection against flu. One can have flu vaccine and COVID-19 vaccine around 7 days apart. There is no set protocol but this is to see which vaccine has given any side effects, if any.

Is the vaccine quality still good in spite of being prepared in a very short period?

The fast development of vaccine does not mean that there have been shortcuts in preparation. The process of approval, which usually takes longer, has been faster, the trials, which usually are done one after the another, have all been done at the same time. Most importantly the companies started manufacturing

before the trials and approval taking the risk of wasting their money if it did not work.

Can children and pregnant women have the vaccine?

Currently the children under 16 and pregnant and breast feeding women are not offered the vaccine except in the circumstances of increased risk. The doctor will decide.

Does vaccine change person's fertility?

The vaccine does not change any DNA and does not affect person's fertility.

Does the vaccine work against the new strain of COVID-19 strain of virus?

The vaccine is likely to still be effective against the newly identified mutant strain COVID- 19 virus strain.

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Please note that this leaflet is prepared according to the information available at the time of preparation. As we know that medical science has only limited experience and knowledge about this novel virus and the illness, it is likely that there will be new and more information available as the time passes on. Please contact your health team for any further queries. You are also welcome to contact the above helpline number for any general queries.

Note: Currently this leaflet is being prepared in various Indian languages. Please contact Hindu Forum of Britain (HFB) if you require it in any Indian language.

Useful help line

 **0208 167 4189**



Covid Response
We're here to help,
call our HELPLINE:
020 8167 4189

sewa day

helpHub Sewa Day - Reg Charity No: 1146848 | www.sewaday.org | info@sewaday.org



We're here to listen.
ALWAYS.
Call: 0208 167 4189
Monday - Sunday 09.00-21.00

sewa day

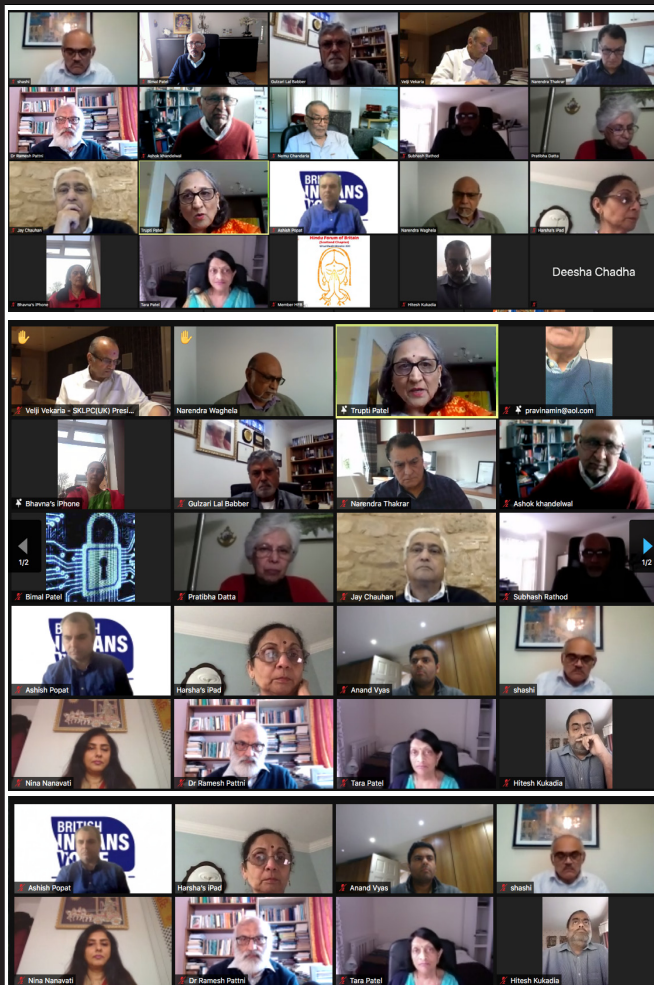
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The HFB has collaborated to form HEART (Hindu Emergency Action Response Team), working together with the HSS (Hindu Swayam Sevak Sangh), VHP (Vishva Hindu Parishad), HCUK (Hindu Council UK) and NCHT (National Council of Hindu Temples)



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Useful web links

You may find the following web pages useful for further information

Corona Virus information NHS UK:
https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/?gclid=EAlaQobChMk9XezY-7gIVCbrtCh013ALhEAAYASAAEgKcmfD_BwE

Coronavirus vaccines explained in five South Asian languages
<https://www.bbc.co.uk/news/uk-55171293>

[Latest vaccination data](#)

[Action fraud](#)

Bristol University "Global experts urge everyone to talk about COVID-19 vaccines responsibly - YES
NIHR - Covid and me videos - case studies portrayed through actors - coronavirus and vaccination - TO TAKE PART IN COVID RESEARCH TRIALS

Vaccine committee :

Mrs Tupti Patel	HFB
Mrs Harsha Shukla MBE	HFB
Dr Bhavna Pandya	HFB
Dr Sapana Bhansali	HFB
Dr Ashok Khandelwal	HFB
Dr Pratibha Dutta	VHP
Mr Anand Vyas	SEWA UK