

HOPE

“If you only carry one thing throughout your entire life, let it be hope...
Let it be hope that you can get through even the toughest of times...
Because during these times, hope will be the very thing that carries you through.”
– Nikki Banas, Walk the Earth

Considering the innumerable challenges of 2020, it is only natural to feel a sense of apprehension regarding the COVID-19 vaccine. There is so much about the COVID-19 virus that we continue to learn. At this time, as physicians and stewards of this community, we wish to share our own experiences with the COVID-19 vaccine with you. We hope it will provide some reassurance through this difficult time. My partner, Dr Skorpinski, has shared his experiences in an excellent piece on our website, and I encourage you to read it as it provides useful facts in addition to his personal experience.

With regards to my own experience, I received my first dose of the Pfizer-BioNTech COVID-19 vaccine on 01/02/2021 (starting the year off with a bang, quite literally)! I received the vaccine at Tower Health Reading Hospital and found the process to be smooth and well organized with friendly and efficient staff. I was observed for the standard 15 minutes thereafter, although those with certain indications may be observed longer. I have, thus far, not experienced any related side effects and my next dose of the vaccine is scheduled in 3 weeks.

Many of my colleagues have already received the vaccine. However, there are many (including health professionals across the world) who are still waiting to receive this vaccine. I was recently told by a friend that I am lucky to have received the vaccine. Indeed, we should not forget the blessing of resources that many parts of the world lack. We should not forget the many lives lost due to this pandemic, the sacrifices of healthcare workers, frontline staff, grocery store workers and many other essential workers who have gone above and beyond to serve during this pandemic. We should not forget the moments we have lost and the heavy price we have paid.

To me, this vaccine offers hope. It is not a cure. It will not provide the immediate gratification we have become so used to, but it does provide a step in the right direction and hope of a better tomorrow. To me, this vaccine is about protecting those I love and also those you love. In the words of Mac Anderson, “You’re always one choice from changing your life”. I hope you will join me in choosing hope.

-Aparna Daley