

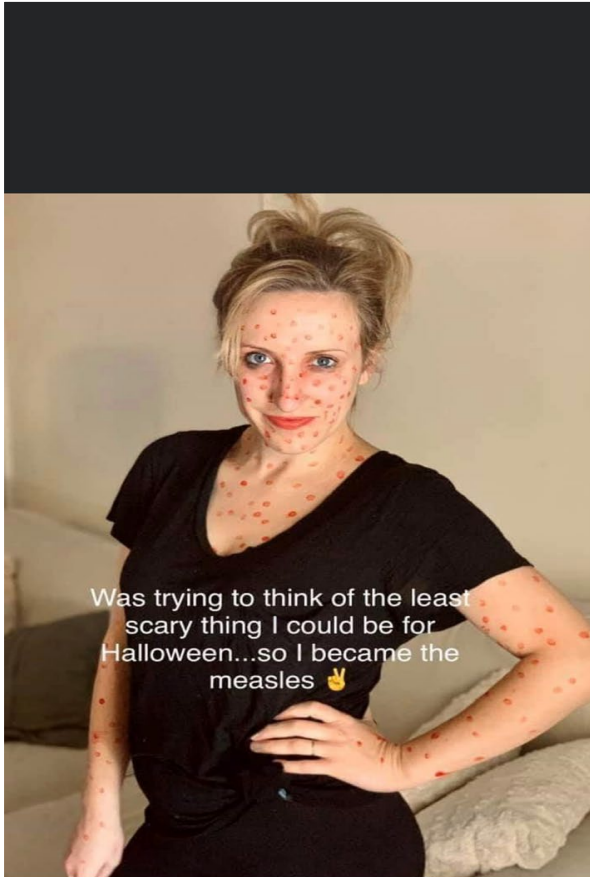
Strategies to Improve Covid-19 Vaccine Uptake in Children



Who I Was as a Public Anti-Vaxxe

Polio was not eradicated by vaccines.

**It was eradicated
because it was
renamed to
something else.**



Was trying to think of the least scary thing I could be for Halloween...so I became the measles 🙄

**1,082,535 cases of
measles in 2014.**

**This is an epidemic which
needs to be addressed...**

Oh wait.. did I say measles?

I meant autism.



**I'm not vaccine
hesitant. I'm
quite certain I
don't want
them**

Who I Actually Was

- A mom to a child who had health issues
- I didn't sleep much
- My ex-husband worked so much we hardly saw him
- I had no community support or family close by, so I found my tribe in online anti-vax communities
- I truly thought vaccines were going to kill my baby
- I absolutely could not fathom how parents were vaccinating their kids
- I was also equally horrified of tetanus, which left me in a state of constant terror
- Tip the scale



How I Went From Getting All of My Vaccines to Hating Them

- My ex-husband and I watched a 9 hour docuseries called “The Truth About Vaccines”
- This docuseries gave us the impression that if you avoid all vaccines for your baby, you’ll keep them from all forms of disease
- I was then convinced that vaccines were the ultimate source of all things bad



What can be done?

The Response From My Medical Providers

- We had decided not to vaccinate our baby before I was even pregnant.
- However, there was a lurking sense of the possibility of being wrong that kept me slightly holding onto vaccines.
- When I brought up my fears with my OBGYN, his response was “You’re not one of those crazy anti-vaxxers, are you?”
- Once my child was born, I brought up the docuseries to my pediatrician in hopes of talking through my fears that came from it. She responded by immediately shutting me down, and refused to talk through my detailed fears.

What Made Me Change My Mind

- “The Vaccine Book” by Dr. Robert Sears (I didn’t read the end.) He acknowledged side effects which gained my trust.
- Scientists and doctors messaged back, kindly and patiently, and answered my questions extremely thoroughly
 - Aluminum
 - Polysorbate 80
 - Formaldehyde
- The reality of tetanus hit me
- Pro-vaxxers related to my anxiety

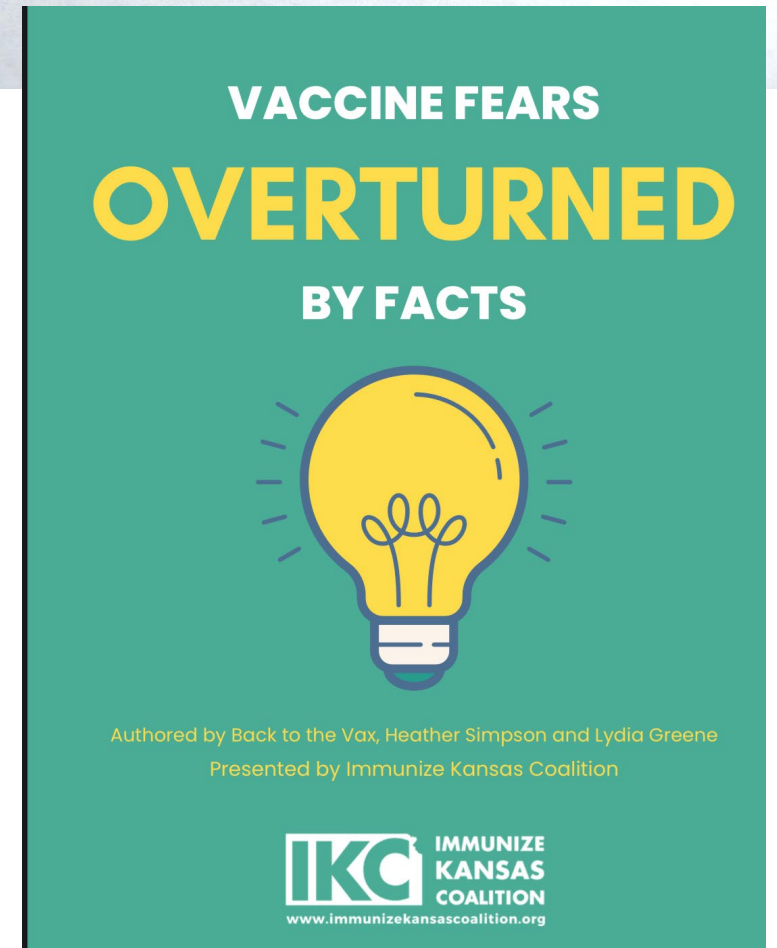
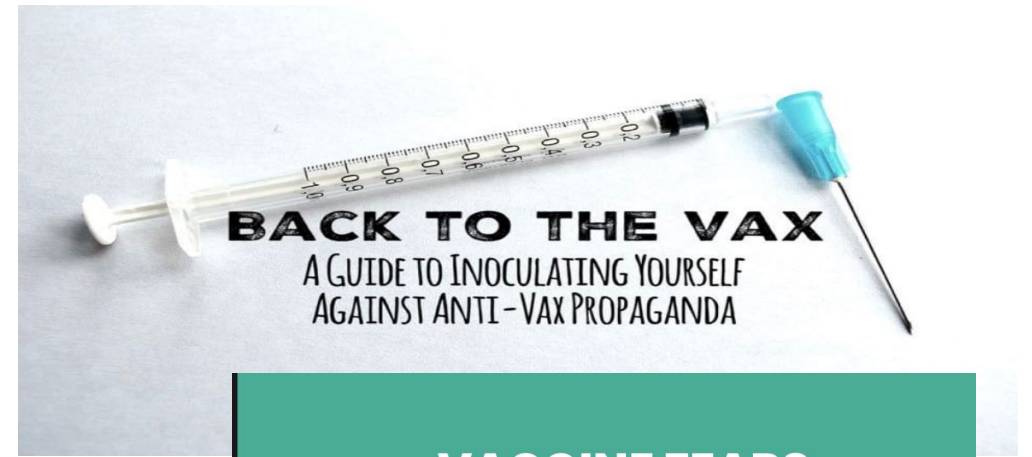
What Helped Me the Most

- My pediatrician let me text him for any reason whatsoever after my daughter's first shot
- Dr. Paul Offit changed my view on every doctor
- Allow the slow schedule, especially at first



Use us & other resources!

- Utilize Facts Vs Fears ebook and mini book
- Stock your waiting rooms and offices



VACCINE FEARS OVERTURNED BY FACTS

Booklet

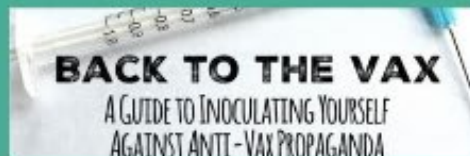


Overcoming vaccine hesitancy
with the truth behind vaccines.

Addressing 23 common vaccine myths
with personal stories and facts!



View the Booklet



Does the COVID Vaccine Cause Sudden Adult Death Syndrome?

By Heather Simpson,
Back to the Vax

If you have an anti-vax friend on your Facebook list, the odds of you coming across an article that supposedly links sudden death in adults to the COVID-19 vaccine is pretty high. An article from Daily Mail recently made the massively viral social media rounds, with the fear-inducing title "Healthy Young People are Dying Suddenly and Unexpectedly From a Mysterious Syndrome - as Doctors Seek Answers Through a New National Register."

This post was often shared with the caption "Himm...I wonder what new medical intervention this could possibly be linked to..." with sarcasm spilling over. The term "Sudden Adult Death Syndrome" was coined and taken over. Fast.

Before we can even begin to break down how this argument holds zero merits, we have to start with the most basic thing this rumor got wrong: the diagnosis. It is not called SADS because it stands for "Sudden Adult Death Syndrome." It is called SADS because it stands for "Sudden Arrhythmic Death Syndrome". Meaning it's a literal heart condition and not simply an unexplained cause of sudden death.

WHAT?

IS SUDDEN ARRHYTHMIC DEATH SYNDROME?

Sudden Arrhythmic Death Syndrome is caused by one of several genetic conditions that can disturb the heart's rhythm and can lead to sudden death in seemingly perfectly healthy young people.



The thing is, life goes on at the same rate it did before and after the COVID vaccine came out. Life happens at the same exact time as vaccinations happen, so if a case of SADS were to happen in June of 2022, it was going to happen with or without the vaccine. Unfortunately, if that person just so happened to have recently been vaccinated, then people are going to connect the imaginary dots. It's what we do. We are curious beings who desperately want to make sense of the chaos of the world.



Does the COVID Vaccine Cause Infertility & Miscarriage?

By Heather Simpson,
Back to the Vax

Rumor: "The COVID vaccine causes infertility and miscarriage."

This is one of the most powerful rumors I've seen floating around online for what seems like forever now. And the thing that gets you - at least, this is what convinced me when I was an anti-vaxer - is how scientific the anti-vaccine argument sounds when explaining exactly how the COVID vaccine could cause infertility and miscarriage.



The theory goes that the vaccine contains a spike protein called Syncytin-1, which is vital for the formation of the human placenta. Their logic is that if the vaccine causes the body to form an immune response to Syncytin-1, then the body will also attack the placenta.

That checks out at first glance, it sounds sciency!

At the time, it really hit home for me because it made sense. That's the tricky thing about anti-vaccine information. It can make sense and sound extremely detailed and scientific and still be 100% wrong.

IKC's Vaccines for My Baby During Pregnancy Education Module

Learn about the vaccines you need during pregnancy to protect both you and your baby.



The Truth About Vaccine Mercury

By Heather Simpson,
Back to the Vax

This myth feels like it is as old as time itself. If I had a dollar for every time someone warned me about mercury in vaccines, I would be rich!

When I was an anti-vaxer, I remember doing a "Facebook live debate" with a pro-vaxer in the absolute height of my anti-vaccine beliefs. Then I had an "Oh no, what if I am wrong?" moment. It was at this moment, you see, that I learned and finally understood that there are many different kinds of mercury, including the bad kind of mercury found in fish, and a safe kind found in vaccines. I was frozen with regret when I realized how categorically wrong I had been. I immediately dropped the mercury argument and moved onto a different topic for the debate.



Mercury has scared people away from vaccines for decades- namely, because it sounds scary. Who wants to inject their child with mercury? Isn't mercury the stuff in glass thermometers that if you so much as spill it then it shuts down schools and causes people in hazmat suits to appear?

But even if you were scared about mercury in vaccines, you might ask yourself:
Why am I still scared about mercury in vaccines?

Remember, "mercury" was removed from most childhood vaccines over twenty years ago! So how many vaccines still contain mercury? While none actually contain "mercury," multi-dose flu vaccine vials do contain **thimerosal**, a preservative that contains an ethylmercury group.

Notice how I just said thimerosal, not mercury. That is because mercury and thimerosal are completely different molecules, just like water (H₂O) and formaldehyde (CH₂O) are completely different compounds. Heavy metal mercury breaks down into methylmercury. The mercury found in thimerosal, (aka what's used in multi dose vials of the flu shot), breaks down into ethylmercury.

Below are the ingredients to two different vaccines that are available for children right now, Pfizer and Moderna. Beside each ingredient, I have written what that means in real life.

Vaccine Ingredient	Meaning/Use
Sodium phosphate dibasic [dihydrate] (Pfizer)	Emulsifier
Sodium chloride (Pfizer)	Salt
Potassium chloride (Pfizer)	Potassium
Sucrose (Moderna, Pfizer)	Table sugar
Acetic acid (Moderna)	Vinegar
Sodium acetate trihydrate (Moderna)	Shelf-life extender, pH regulator
Monobasic potassium phosphate (Pfizer)	Buffer
Tromethamine hydrochloride (Moderna)	Makes blood or urine more alkaline or less acidic
DSPC (Moderna)	Used in prep of liposomes for transfection & drug delivery applications
Lipids (Moderna, Pfizer)	Tiny balls of fat called lipid nanoparticles (LNPs) <ul style="list-style-type: none"> • Ionized lipids • Pegylated lipids • Phospholipids • Cholesterol
mRNA (Moderna, Pfizer)	Messenger ribonucleic acid is a type of RNA found in cells. They carry the genetic information needed to make proteins.



Vinegar and table sugar sound way less scary than their scientific names. And they should, because they are not scary ingredients. Remember, all of these ingredients were put into vaccines for a reason – to make them safer and more effective.

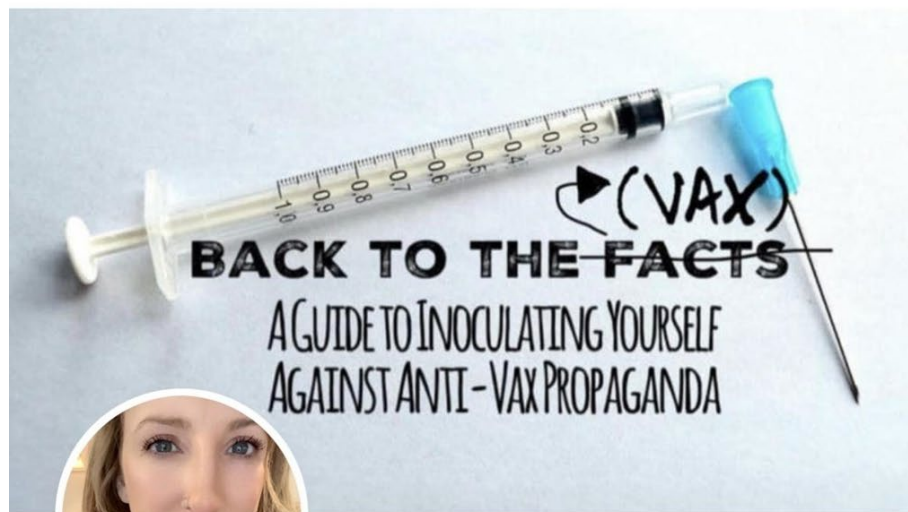


Reviewed by: Melody Mitchell, Medical Oncology Researcher

Finally, don't lose hope

- The sliding scale
- I thought any vaccine would immediately kill my kid
- I believed it was a global conspiracy to harm our children
- I influenced hundreds of thousands of people
- And here I am, telling you why vaccines are important
- No one is untouchable or unbreakable
- Every single patient has a deep fear that can be found, touched, and melted away.
- Please do not give up on anyone





Heather Simpson