



Voice of the Participant

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National Advisory Child Health
and Human Development Council

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About Me



Science is in my DNA...

Undergrad: cell biology & molecular genetics

Postbaccalaureate Intramural Research Training
Award Fellow at the National Cancer Institute

Completed Master's of Public Health

Relocated from DC to DFW

Career focused on health policy and advocacy,
and now on evidencebased poverty alleviation



...but “Mama” is my most important role.



September 2019: first child born

December 2019: returned from maternity leave

March 2020: stopped daycare, started working from home

October 2020: resumed daycare, began pregnancy #2

COVID -19 Vaccination



My Decision

Better safe than sorry -- in favor of vaccination

No hesitancy: I follow my doctors' recommendations

The right thing to do

Accepting the unknowns

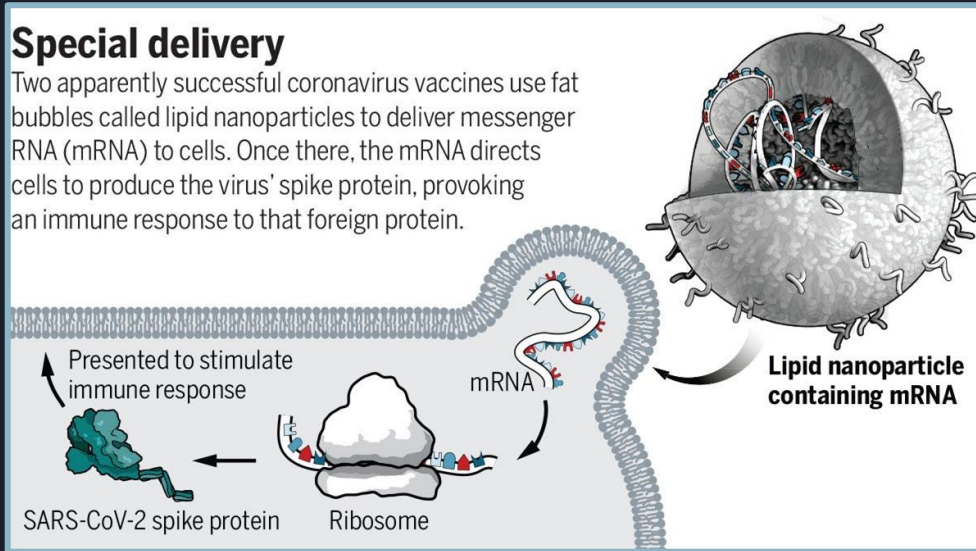


"Strong and consistent evidence that COVID-19 makes them more likely to become very sick or die"

Not your average mom?

Special delivery

Two apparently successful coronavirus vaccines use fat bubbles called lipid nanoparticles to deliver messenger RNA (mRNA) to cells. Once there, the mRNA directs cells to produce the virus' spike protein, provoking an immune response to that foreign protein.



My Experience

Moderna: first dose end of January, second dose end of February

Limited acute side effects

Improved mental health

Vaccination rates in my area are still relatively low

Smooth pregnancy



Part of Something Bigger

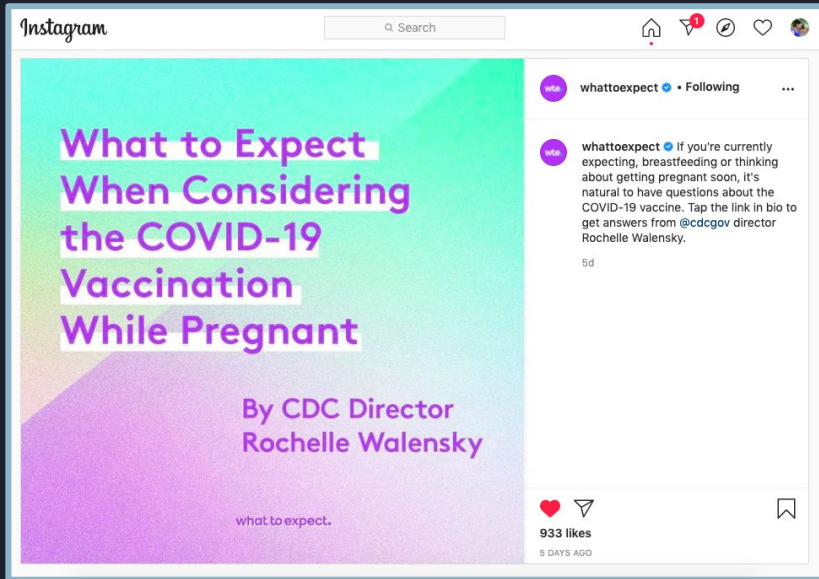


Looking Back

- Clinical trial participation
- Understanding the mRNA platform
- Solid physician recommendation

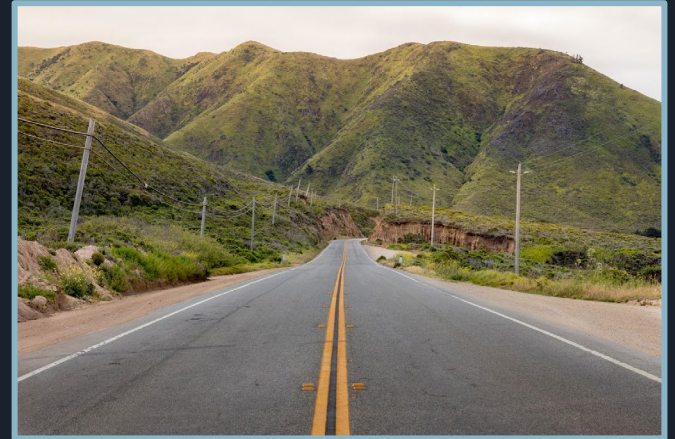


Now we have this!



Looking Ahead

- Children receiving the vaccination
- Benefits or detriments to a breastfed infant
- The scientific community and parents can help



Thank you for advocating
for parents and children!

