



**The Quick Fix**  
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I grew up watching Doan's commercials. Each began with actors bending over, then wincing as they grabbed their back. Downing a couple of Doan's pills, they would instantly be shown doing some crazy maneuver, like felling a tree or hoisting the davenport (as it was called then). To me, these pills seemed like a very bad idea. The person was obviously injured. The pain was saying, "Take it easy, and let your back heal." Instead, the actor popped two pills to mask the pain and immediately resumed strenuous activities that would aggravate the injury.

Perhaps because those commercials came at a formative stage, I don't take medicine whenever I can avoid it. I rarely take pain relievers, recognizing pain as a symptom of something that needs attention. I practice a healthy diet to lower my cholesterol instead of statins. I don't use cold medicine because a runny nose and cough are my body's way of getting rid of the virus.

As soon as I'm eligible, I will get the COVID-19 vaccine.

Some charge the promotion of masks and social distancing and the vaccine as fear-mongering. I'm not afraid to die, but (1) I'd rather not die in 2021 because I've made other plans; and (2) I'd rather not die gasping for breath in a confined ward of other dying people, unable to see my family. That sounds like really cruddy way to die. With our improved understanding of COVID-19, I might recover. From what I've learned about the continuing fatigue and scar tissue in the lungs, survival doesn't sound very pleasant either. I'd rather avoid the coronavirus altogether. Similarly, I'd rather not die in a car accident by smashing through the front windshield and landing on the pavement. So, I wear my seatbelt. Simple protective measures might not make me impervious, but they significantly improve my odds.

In that sense, the vaccine is all about me. Until we know whether a vaccinated person can still transmit the virus to others, the vaccine is also about us. For all the reasons that I don't want to get the virus, I also don't want to give it to you. That means I'm going to continue wearing a mask after I'm vaccinated unless you are, too.

Until we have confidence that the vast majority of people in this country are vaccinated, we won't emerge. Businesses will limp along, churches will remain split between virtual and in-person gatherings, and travel will be limited. If we love this country and want it to come roaring back, we need to do our patriotic duty and get vaccinated.

If we love our neighbors as ourselves, we need to do our Christian duty and get vaccinated. I give thanks to God for the tens of thousands of volunteers who participated in the vaccine trials, so we could establish their efficacy and safety.

Now, it's our turn to honor the healthcare workers who have endured so much for us and to remember those we've lost in the pandemic. When it's your turn, get vaccinated. Go further by [opening your church as a vaccination site](#) under the supervision of your local health departments. Help people get registered for their vaccination or drive them to their appointments. Have trustworthy conversations with anyone who is reluctant to get the vaccine.

We can do this. We just can't do it alone.

