



# WELLCOME MD

## Booster & Flu shots

### New COVID Booster

Since this past spring, the BA.4 and BA.5 Omicron sub-variants of COVID have become the two most widespread variants of COVID-19. As of this month, the BA.5 variant is estimated to account for [80% of new infections](#). The BA.5 variant is spreading more easily because of its ability to evade immune protection.

Unlike the first COVID-19 boosters which were monovalent or univalent meaning they only protected against a single variant of COVID-19, the new booster will protect people from both Omicron sub-variants along with the original strain.

"I highly recommend everyone who is eligible getting the new COVID booster," says WellcomeMD's Dr. Edward Espinosa. "It's important to be up-to-date on COVID and flu vaccines as immunity from previous COVID vaccines and boosters fade."

Pfizer's bivalent booster has been cleared for anyone 12 years and older and Moderna's booster is cleared for those 18 and older. Currently, children under the age of 12 are not eligible for the new booster. It is recommended to wait two months after receiving your first vaccine series or other COVID shots before getting the new booster. If you had COVID, it is generally a good idea to wait about [three months](#) after having COVID to get the booster.

You can [mix and match](#) Moderna and Pfizer vaccines, but several studies indicate that Moderna's vaccine is slightly more effective than Pfizer's at producing a higher number of antibodies because of the higher dosage of the vaccine. Moderna's vaccines are 50 micrograms versus Pfizer's which are 30. Bivalent booster shots are now available at your local pharmacy.

### Flu shots

It's time to make your appointment to get your flu vaccine. It takes about two weeks after receiving a vaccine for antibodies to develop in the body and provide

protection. Peak flu season is generally from December through February. The CDC recommends annual flu shots for everyone over six months of age before the end of October to help reduce the spread of flu.

WellcomeMD has received its first supply of flu vaccines. **Please schedule your flu vaccine in advance by calling our office at (804) 774-7099** to help minimize wait times.

Your doctor will be able to help you make a decision around when to get your flu and/or COVID booster shots. Taking wellness precautions, wearing a mask when recommended, and getting vaccinated are the best ways to protect yourself during a pandemic.

WellcomeMD, 91 W Wieuca Rd NE, Bldg A, Ste 1000, Atlanta, GA 30342, United States, (404) 257-5585

[Unsubscribe](#) [Manage preferences](#)