



WELLCOMEMD



COVID Updates

Moderna Booster

Last week the [FDA expanded](#) emergency use authorization (EUA) for the Moderna COVID booster. The groups approved for the Moderna booster are the same authorized for the Pfizer booster back in September: those at extreme risk of COVID infection. This includes those who are 65 and older, immunocompromised individuals, and those at high risk of infections at work such as healthcare workers and teachers.

The Moderna booster consists of a 50-microgram dose, half the dose of the initial shots.

Johnson & Johnson Booster

EUA was also expanded for a booster dose of the Johnson & Johnson (J&J) vaccine for all Americans 18 years and older who previously received a single dose.

Unlike the approval for the two mRNA vaccines (Moderna and Pfizer), which targets those considered high risk, the J&J booster recommendation includes anyone who received the J&J vaccine. The booster should be given at least two months after the initial dose.

Mixing Vaccines

Mixing vaccines refers to a patient who receives a second or third dose from a different manufacturer than their primary dose. Getting a vaccine from more than one manufacturer is called a "heterologous" vaccine. The FDA also extended EUA for heterologous vaccines last week. This means anyone over 65, or considered to be at high risk for severe infection, and who originally received a Pfizer or Moderna vaccine, can get any of the three brands of COVID-19 shots as a booster, six months after their second dose. Anyone over the age of 18 years old who received the J&J vaccine as their first dose can get any shot as a booster two months after their initial shot.

"Getting a booster shot is going to give your immune system additional protection against COVID-19 and its variants," said WellcomeMD's Dr. Martha Litos. "Those eligible for a booster do not have to get the same brand of vaccine they received for their first dose. In fact, some studies have shown if you received the J&J vaccine for your first dose, following up with the Moderna or Pfizer booster may give you a greater [immune response](#) than compared to a second J&J booster."

Booster shots for all three brands are available at pharmacies nationwide. WellcomeMD is well stocked in PCR and rapid tests for any member who feels they may have been exposed to COVID-19. If you feel you may have been exposed, please contact our office immediately. Your doctor can help determine the best testing and treatment options for you, based on your health history.