

## Guidance on booster dose for Moderna and Johnson & Johnson's (J&J) COVID-19 Vaccine

Dear Inova VIP 360° Member,

We know many of you have been awaiting guidance on Moderna and Johnson & Johnson's (J&J) COVID-19 vaccine boosters and may have some questions. Last week, the CDC expanded eligibility of the booster to certain populations who received Moderna and Johnson & Johnson (J&J).

With this new guidance, millions of people are newly eligible to receive a booster dose.

### Am I eligible to receive a booster dose?

The CDC says the following individuals **should** receive booster shots:

- People age 65 and older
- Adults 50-64 years with [underlying medical conditions](#)
- Anyone age 18+ who lives in a long-term care setting

The CDC says the following individuals **may** receive booster shots:

For Pfizer and Moderna:

- Anyone age 18-49 who have [underlying medical conditions](#)
- Anyone age 18-64 who [work or live in high-risk settings](#)

For J&J:

- All people 18 years and older, regardless of underlying medical conditions, should receive a COVID-19 vaccine booster dose at least 2 months after receiving the Johnson & Johnson COVID-19 vaccine.

The CDC outlines who is eligible for a booster shot [here](#).

### When should I receive a booster dose?

- Those who are eligible should receive a booster dose only after being fully vaccinated. Those who have completed a primary vaccine series (i.e., two-dose mRNA vaccine series or a single dose of the J&J vaccine) are considered fully vaccinated  $\geq 2$  weeks after completion of the primary series).
- For those who received the Pfizer or Moderna COVID-19 vaccine in their first series, boosters are available to those who are eligible at least 6 months after their second dose. For those who received the Johnson & Johnson COVID-19 vaccine, boosters are available to those who are eligible at least two months after their first dose.

### What type of booster should I receive?

- The CDC's ACIP recommends the same product that was used for the primary vaccine should be used for the booster. If that is not available, or another product is preferred, booster doses can be "mixed and matched" with any of the authorized COVID-19 boosters.
- Mixing products may be considered for the **booster dose only**.

- If you have questions about which booster is right for you, please speak your VIP 360° Physician to help you weigh the risks and benefits of each option.

**What is the difference between a booster and an additional dose?**

Per the CDC, a [booster](#) is administered when a person has completed their vaccine series and protection against the virus has decreased over time. [Additional doses](#) are administered to people with moderately to severely compromised immune systems.

**Where can I get my booster or additional dose?**

- Inova VIP 360° is offering COVID-19 vaccinations, additional doses for those [moderate to severely immunocompromised](#), and booster doses to qualifying Inova VIP 360° patients.
- The CDC will provide the most up to date information on groups eligible for a booster – [Read More](#).
- If you meet the above booster criteria, you may seek vaccinations at a retail pharmacy or by using [Vaccine Finder](#) or you can call your [VIP 360° office](#) to schedule your booster.

If you've already had the booster, please let your physician know so we may update your record.

It is important to remember over than 65 million Americans remain unvaccinated, leaving themselves, their children, families, loved ones, and communities vulnerable. While no vaccine is 100 percent effective, the approved COVID-19 vaccines are proven to significantly reduce the risk of severe illness, hospitalization or death from COVID-19.

For additional questions surrounding the COVID-19 vaccine, please contact your VIP 360° physician or our clinical team. We encourage patients to continue to wear a mask indoors in public and get tested for COVID-19 if you develop symptoms.

Thank you for allowing us to be part of your healthcare needs.

Your Inova VIP 360° Team