

## FALL VACCINE UPDATES

*As always, we DO plan on administering the flu vaccine to our patients and their immediate families. However, we have not received our supply yet. We do not anticipate delivery until 9/22/22 or so. Once we receive our supply, we will communicate more specific information regarding vaccination clinics. We also encourage you to get the flu vaccine in the community if it is available!*

*New coronavirus boosters are available in the community. They are designed to provide a stronger protection against the BA.4 and BA.5 omicron subvariants. This will often be referred to as the bivalent COVID vaccine.*

- **Can I get the COVID bivalent booster with other vaccines?**
  - You CAN get this booster at the same time as the annual flu vaccine (or any other vaccines). No spacing between other vaccines is needed.
- **If I got a booster recently, when should I get the new bivalent booster?**
  - If you got a booster of the original vaccine recently, you should wait *at least 2 months* before getting the updated booster.
- **Who is eligible?**
  - 12 year old and up for Pfizer's new booster.
  - 18 year old and up for Moderna's new booster.
  - Anyone who received Novavax or Johnson and Johnson is also eligible.
- **What about children under age 12?**
  - An updated booster in children <12 years is expected in the next few months.
  - We DO recommend 5-11 year olds get their 1st booster of the current formulation (monovalent) if they are >5 months from their primary series.
  - <5 year olds are not eligible for boosters yet.
- **Is the "old" monovalent vaccine still being used?**
  - If you have not received ANY mRNA COVID vaccine yet, you should still receive the original formulation for your primary (2 dose) series.
  - Your booster should then be the new bivalent formulation.
- **What are the typical side effects?**
  - Possible redness/ swelling at the site; fatigue; headache; muscle soreness.
- **Will CAP be offering the new bivalent booster?**
  - CAP encourages all our 12 year old+ patients to receive this bivalent booster if they are eligible. We will *not* be offering the bivalent booster in the office at this time, in hopes to focus on vaccinating our younger patients that have not started or completed their primary series and launching flu vaccine. It will be readily available in the community and we do hope to offer it in the offices soon.
- **Where else can I get vaccinated (all ages, all doses)?**
  - [Vaccinate Virginia](#), [Vaccines.gov](#), [CDC VAMS](#)

Please feel free to portal message your provider if you have other specific questions! Have a safe, happy, and healthy back to school season!