

October 22, 2021

To our patients:

The FDA has approved, and the CDC director has now endorsed the ACIP committee recommendations for the remaining COVID booster vaccines (Moderna and J&J). The Western States Scientific Safety Review Workgroup has also approved this measure, so pharmacies and offices in the state of Washington are now approved by the Washington Department of Health to proceed with vaccination according to the updated recommendations.

The recommendations are as follows. For those who are at least 6 months after completion of the primary series of either COVID 19 Pfizer or Moderna vaccine series, the following groups are eligible for a booster dose:

- *Those 65 and Older
- *Those 18-64 in long term care settings
- *Those 18-64 with certain high risk underlying medical conditions
- *Those 18-64 who live or work in high-risk settings

For those who are at least two months from a single dose of the J&J vaccine, it is recommended that everyone 18 and older receive a booster dose.

Eligible individuals may choose which vaccine they wish to receive as a booster (meaning 'mix and match') is allowed. Pfizer and J&J booster is the same dose as the primary vaccination, while the Moderna booster is 1/2 dose.

We do not have a specific recommendation about mixing and matching mRNA vaccines (Pfizer and Moderna). For those of you who received J&J, feel free to speak with us directly about any questions or concerns you may have on your booster choice. There are several considerations you may make depending on your circumstances.

If we can offer a Moderna booster in the office, we will let you know. However, there are several logistical challenges including ethical considerations with waste of vaccine that we are working to navigate as we balance trying to offer this to you without wasting resources as well. Otherwise, if you are urgently wishing to receive a booster shot, we advise that you go ahead and proceed with scheduling at your local pharmacy.

As a reminder, we do recommend that you get your flu vaccine starting now through mid-November if you haven't already. There is no requirement to separate the flu shot from a COVID booster shot, though you may want to separate these vaccines by at least a few days if you historically experience vaccine side effects.

Please feel free to contact us if you have questions about your circumstances.

Wishing you good health this fall,

Drs Rick Kaner and Jen Mills