



Town of New Castle, NH  
Settled 1623  
Incorporated 1693

## COVID Update October 4, 2021

Yes, we are still talking about this. This will focus on booster shots, which are different from the 3<sup>rd</sup> dose of vaccine that was recommended for immunocompromised individuals and summarized in the September 3 update.

**1. Currently there is a lot of discussion about booster shots for COVID. Currently the only booster shot available is for those who initially received the Pfizer vaccine series.** In the future there may be a recommendation for boosters for people who received the other initial vaccines (Moderna and J&J).

Here is the official CDC link with the recommendation and answers to more specific questions (you may need to cut and paste this into your browser):

[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html?s\\_cid=11626:cdc%20gov%20vaccines:sem.ga:p:RG:GM:gen:PTN.Grants:FY22](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html?s_cid=11626:cdc%20gov%20vaccines:sem.ga:p:RG:GM:gen:PTN.Grants:FY22)

**Basically, a Pfizer booster shot is recommended for these groups of people who completed 2 doses of Pfizer vaccine at least 6 months ago:**

**A) Recommended:**

Individuals age 65 and over

Individuals who are age 18+ who live in long term care settings, and people ages 50-64 with several underlying medical conditions including:

Cancer

Chronic Kidney Disease

Chronic lung diseases including-COPD, asthma, interstitial lung disease, cystic fibrosis, and pulmonary hypertension

Dementia or other neurological conditions

Down Syndrome

Heart conditions- heart failure, coronary artery disease, cardiomyopathies

Hypertension

HIV infection

Immunocompromised state

Obesity and overweight

Pregnancy

Sickle cell disease or thalassemia

Smoking- current or former

Solid organ or blood stem cell transplant

Stroke or cerebrovascular disease

Substance use disorder (alcohol, opioid, or cocaine)

**B) These groups may choose to receive a booster shot based on their individual risk and benefit:**

- 1) People ages 18-48 with certain medical conditions. These are the same as in the above section (Cancer...)
- 2) People ages 18-64 who are at increased risk for COVID-19 because of where they live or work including:
  - First responders (healthcare workers, firefighters, police, congregate care staff)
  - Education staff (teachers, support staff, daycare workers)
  - Food and agricultural workers
  - Manufacturing workers
  - Corrections workers
  - US Postal Service workers
  - Public transit workers
  - Grocery store workers

**C) You can receive a COVID-19 shot anytime, even if you recently received a flu shot. You can get them both on the same day.**

**2. Reminder of Third vaccine shot for people who had Pfizer or Moderna (different from a booster shot):**

The Centers for Disease Control (CDC) now recommends a 3rd dose for people who are moderately to severely immunocompromised and received the Pfizer or Moderna COVID-19 vaccines. Immunocompromised means that the immune system (body's defense system against infection) is weakened. **This 3rd dose is not a booster. It is considered part of the primary vaccine series.**

This includes people who have:

- Active treatment for solid tumor and hematologic malignancies
- Receipt of solid-organ transplant and taking immunosuppressive therapy
- Receipt of CAR-T-cell or hematopoietic stem cell transplant (within 2 years of transplantation or taking immunosuppression therapy)
- Moderate or severe primary immunodeficiency (e.g., DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids (i.e.,  $\geq 20$ mg prednisone or equivalent per day), alkylating agents, antimetabolites, transplant-related immunosuppressive drugs, cancer chemotherapeutic agents classified as severely immunosuppressive, tumor-necrosis (TNF) blockers, and other biologic agents that are immunosuppressive or immunomodulatory.
- The 3rd dose should be given at least 28 days after the 2nd dose
- You do not need a doctor's note to get the 3rd dose. You will need to attest to being immunocompromised.



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- The CDC recommends that if possible you get the same vaccine (Pfizer or Moderna) for your 3rd dose as you have for the first two. But you may also receive the other vaccine if that is what is available.

#### 4) Resources:

##### A) Website for where to get a vaccine:

<https://www.vaccines.gov/>

##### B) NH COVID testing site options:

<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/covid-testing-options.pdf>

##### C) More details of CDC latest mask guidance:

<https://www.ama-assn.org/delivering-care/public-health/cdcs-latest-mask-guidance-explainer-your-patients>

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