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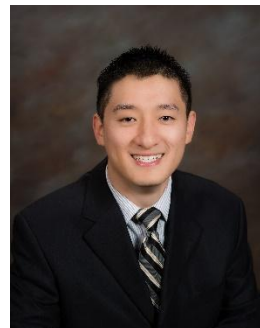


Family Medicine & Bariatrics

PFP August Newsletter: Booster Vaccine, Vaccine Questions, Back to school



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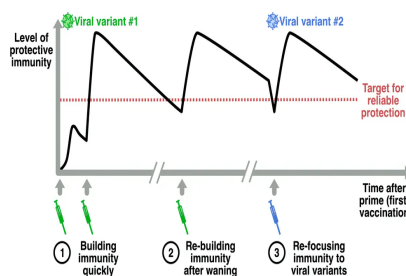
As the new 2021-2022 school year begins, we wish all the students and families to continue to be safe.

August newsletter :

- Booster Vaccine
- vaccines Q&A
- Returning to school

Booster Vaccine (CDC, Aug 2021)

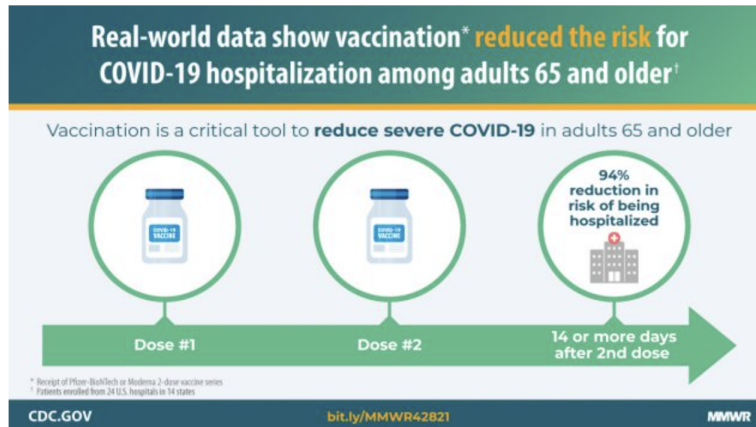
1. What is a booster vaccine?
 - It is an extra dose of vaccine that is intended to increase immunity against an infection.



2. On August 12, 2021, FDA has authorized EUA (emergency use authorization) for an **additional dose of Pfizer and Moderna COVID vaccine for moderate to severely immunocompromised and eligible individuals after 8 months.**
 - **Immunocompromised individuals** - individuals with cancer, organ transplant, or on immunosuppressive treatment
 - i. The additional dose can be administered **28 days** after the initial mRNA vaccine series
 - **eligible individuals after 8 months** - healthcare workers, residents of long-term care facilities, and elderly adults
3. Why is booster recommended?
 - Based on WHO (world health organization), COVID vaccine has shown to be most effective for 6 month.
 - One study in Israel shows ~40% effectiveness against COVID infection after 6 months (*New York Times*)
 - i. This means the risk of getting infected is 40% less among vaccinated people compared to unvaccinated
 - ii. In the same study, vaccine effectiveness against serious disease remained high, ~91%
 - Booster shot is believed to provide longer duration of effectiveness against COVID.
4. Is there a difference in the 3rd dose compared to the initial vaccine series?
 - No. At this time, Moderna and Pfizer booster vaccines will be the same as the initial vaccine series.
5. Is there a booster for Johnson & Johnson vaccine?
 - As of August 20th, No.
6. When will booster vaccine be available for others?
 - There is ongoing discussion at this moment.
7. Can I mix booster vaccine?
 - At this time, it is recommended to use the same booster as the original vaccine series.

COVID-19 Vaccine Questions and Answers (CDC, Aug 2021)

1. When am I fully vaccinated
 - 2 weeks after receiving 2nd shot of Pfizer, Moderna.
 - 2 weeks after receiving Johnson & Johnson



(CDC, May 2021)

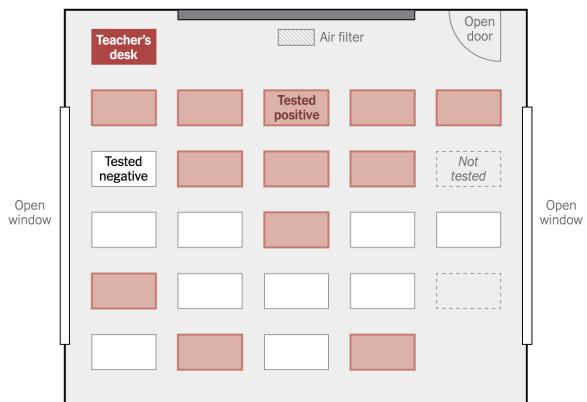
2. What if I delayed my 2nd shot of pfizer or moderna vaccine?
 - Pfizer - 2 dose completion in 21 days
 - Moderna - 2 dose completion in 28 days
 - Studies have shown 2nd dose of either vaccine can be given as late as 6 weeks (42 days) for the best result
 - However, if the 2nd dose is given after 6 weeks, there is no need to restart the vaccine series.
3. If I forgot which vaccine I received, what do I do?
 - If patient received mRNA vaccine. It is best to give the same mRNA vaccine. However, if unable to identify which mRNA vaccine, it is **ok to administer any mRNA vaccine** with minimum of 28 days between doses.
4. Can I receive my routine and COVID-19 vaccine at the same time?
 - Yes. COVID-19 vaccine can be administered with other routine vaccine including live vaccines such as MMR
5. If I got COVID, should I still get COVID-19 vaccine?
 - Yes. Studies have shown vaccination can provide strong boost in protection in people who have recovered from COVID-19 infection.
 - EXCEPTIONS:
 - i. If you were treated with monoclonal antibodies or convalescent plasma, it is best to wait 90 days before getting COVID-19 vaccine.
 - ii. In patients with multisystem inflammatory syndrome, wait for 90 days before getting COVID-19 vaccine

School year 2021- 2022

- As the new school year starts, we continue to recommend caution for families and students

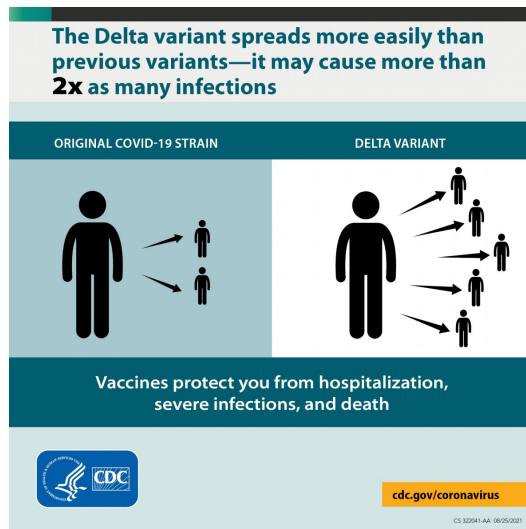


- **Masks and distance** continues to show effectiveness in preventing the transmission of COVID virus
- In a recent classroom outbreak, a symptomatic school teacher was reading without a mask to students in the classroom. 12 out of the 24 students later tested positive for COVID. Students sitting in front of the classrooms were affected more than the back of the classroom as the diagram shows.



By The New York Times | Source: Centers for Disease Control and Prevention

- Delta variant recap
 - more contagious
 - cause more severe illness
 - Fully vaccinated people with Delta variant breakthrough infections can spread to others; however, vaccinated individuals appear to spread the virus for a shorter time. (CDC)
 - symptoms include - **headache, loss of taste or smell**, sore throat, nasal congestion, runny nose, fatigue, cough



We continue to wish you all the best. Please feel free to contact us if you have any questions.

Sincerely,
Staff at Pucillo Family Practice