



FAMILY HEALTHCARE OF FAIRFAX, PC



Dear Patients,

On Tuesday, March 29th, the [Centers for Disease Control and Prevention \(CDC\)](#) and the [US Food and Drug Administration \(FDA\)](#) recommended a second booster of either the Pfizer or Moderna COVID-19 vaccines for people over 50 and certain immunocompromised individuals. According to the FDA, emerging evidence suggests that a second booster dose of an mRNA COVID-19 vaccine improves protection against severe COVID-19 and is not associated with new safety concerns.

The recommendations are as follows:

- A second booster dose of either Pfizer or Moderna vaccine for people **50 years of age and older** who wish to increase their individual protection at least 4 months after receipt of their previous booster dose.
- A second booster dose of either Pfizer (for ages 12–49 years) or Moderna (for 18 years and older) vaccine for people who are **moderately or severely immunocompromised** and wish to increase their individual protection at least 4 months after receipt of their previous booster dose. This includes those who have had solid organ transplantation, are on immune suppressing medications or treatment, or have a medical condition that is immune compromising.
- A second booster dose of either Pfizer or Moderna vaccine for all people who received the primary vaccine and booster dose of the [J&J COVID-19 vaccine](#) at least 4 months ago.

**If you have had Covid illness in the past 4 months or have questions about booster vaccines and your current health situation, we encourage you to schedule a telemedicine or in-person appointment for further discussion.**

A panel of vaccine experts will meet on April 6, 2022 to discuss the efficacy of booster shots for lower risk portions of the population, and the potential need for a variant-specific booster.

We are monitoring the rise of Omicron BA.2 variant in the US, and have seen a concurrent rise in Covid cases within our practice. We will be sending additional recommendations in a future email.

Sincerely,

Eugene Shmorhun, M.D.  
Cathy Tong, CFNP

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