Telligen QI Connect™
Partnering to improve health outcomes through relationships and data

FREQUENTLY ASKED QUESTIONS

ABOUT THE COVID-19 BIVALENT BOOSTER

WHAT IS IT?

The new COVID-19 bivalent vaccine is a combination of ½ of the original vaccine and ½ of a new vaccine specific to the Omicron BA5/BA4 subvariants.

WHAT ABOUT SIDE EFFECTS?

Information from the other COVID-19 bivalent vaccine (½ the original and ½ BA1/BA2) shows LESS side effects than the original vaccination and monovalent booster shots. The most common side effects are still headaches, fatigue and muscle aches.

IS THE FLU SHOT STILL IMPORTANT THIS YEAR?

We are seeing a significant uptick in flu cases in the United States compared to previous years. If you are over 65, the CDC recommends a high dose flu vaccine. A Danish study shows a 64% reduction in hospitalization in this age group for those receiving a high dose flu shot compared to the regular dose. You can get the flu shot and the new bivalent COVID-19 shot on the same day, just in different arms. This is safe and effective. Data also shows getting your flu shot each year can decrease risk of dementia and other diseases.

(PALTC, 2022) https://paltc.org/sites/default/files/Vax%20and%20Pax%20toolkit_11_14_FINAL.pdf

WHY DO WE NEED IT?

The COVID-19 virus continues to change and mutate. The new COVID-19 bivalent vaccine is our best protection to prevent reinfections, hospitalizations as well as long term effects and death. The vaccine appears to provide broader protection against the most recent variant, lasts longer and provides improved protection by engaging more immune fighter cells.

WHAT IF YOU HAVE RECENTLY HAD A COVID-19 INFECTION?

You are eligible to get the new COVID-19 vaccine after you are feeling better and have completed the required isolation. However, waiting 3 months after infection incites a better response from the new vaccine.

ARE WE IN THE "ENDEMIC" STAGE NOW, AND IF SO, ARE VACCINES REALLY NEEDED?

We are trying to get to the "endemic" stage. Models suggest this winter could be better than previous COVID-19 winters in terms of infection rates, but a spike in infections is still anticipated. 100,000 people die each year from COVID-19 infections, and that is too many (compared to the flu, which causes about 30,000 deaths each year). Transmissions need to decrease and the best and easiest way to do that is with vaccination.

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