

# From the Parish Nurse

Happy Fall to United Lutheran Church members. It is time to think about your fall vaccinations. If you get them, what should you know? If you previously received the RSV vaccine, you do not need to get a yearly one. Please check with your doctor with any questions. You will need to get your yearly flu shot which is available now. The updated version of the COVID 19 vaccine has emergency approval by the FDA. Pharmacies are awaiting their arrival. PLEASE call your pharmacy. When I called several, they told me, the middle of September to October. One pharmacy said they were hoping to get it the second week of September. If you have previously received your COVID 19 vaccinations make sure you are getting the updated version.

In early June, the FDA advised manufacturers of licensed and authorized COVID-19 vaccines that the COVID-19 vaccines (2024-2025 formula) should be monovalent JN.1 vaccines. Based on the further evolution of SARS-CoV-2 and a rise in cases of COVID-19, the agency subsequently determined and advised manufacturers that the preferred JN.1-lineage for the COVID-19 vaccines (2024-2025 formula) is the KP.2 strain, if feasible.

Symptoms of COVID-19 may appear 2-4 days after exposure to the virus. Symptoms may include: fever, chills, shortness of breath, sore throat, loss of smell or taste, fatigue, cough, headache, muscle or body ache, diarrhea, nausea, vomiting, and cold like symptoms. If feeling sick STAY HOME and away from others. Seek health care for testing to see if you qualify for Paxloid which needs to be given within 5 days.

**“Vaccination continues to be the cornerstone of COVID-19 prevention,” said Peter Marks, M.D., Ph.D., director of the FDA’s Center for Biologics Evaluation and Research. “These updated vaccines meet the agency’s rigorous, scientific standards for safety, effectiveness, and manufacturing quality. Given waning immunity of the population from previous exposure to the virus and from prior vaccination, we strongly encourage those who are eligible to consider receiving an updated COVID-19 vaccine to provide better protection against currently circulating variants.”**

The updated mRNA COVID-19 vaccine include Comirnaty and Spikevax, both of which are approved for individuals 12 years of age and older, and the Moderna COVID-19 Vaccine and Pfizer-BioNTech COVID-19 Vaccine, both of which are authorized for emergency use for individuals 6 months through 11 years of age.

Continued below

## What You Need to Know

- Unvaccinated individuals 6 months through 4 years of age are eligible to receive three doses of the updated, authorized Pfizer-BioNTech COVID-19 Vaccine or two doses of the updated, authorized Moderna COVID-19 Vaccine.
- Individuals 6 months through 4 years of age who have previously been vaccinated against COVID-19 are eligible to receive one or two doses of the updated, authorized Moderna or Pfizer-BioNTech COVID-19 vaccines (timing and number of doses to administer depends on the previous COVID-19 vaccine received).
- Individuals 5 years through 11 years of age regardless of previous vaccination are eligible to receive a single dose of the updated, authorized Moderna or Pfizer-BioNTech COVID-19 vaccines; if previously vaccinated, the dose is administered at least 2 months after the last dose of any COVID-19 vaccine.
- Individuals 12 years of age and older are eligible to receive a single dose of the updated, approved Comirnaty or the updated, approved Spikevax; if previously vaccinated, the dose is administered at least 2 months since the last dose of any COVID-19 vaccine.

Additional doses are authorized for certain immunocompromised individuals ages 6 months through 11 years of age as described in the Moderna COVID-19 Vaccine and Pfizer-BioNTech COVID-19 Vaccine fact sheets.

Individuals who receive an updated mRNA COVID-19 vaccine may experience side effects like the previous vaccinations. KP2 strain of SARS COVID vaccination protects against the Omicron variant. The new COVID 19 vaccine will provide better protection than previously. Northwest Arkansas has seen an increase in COVID-19 infection. United Lutheran has several members who recently had COVID-19. If you recently had COVID check with your doctor about when to get the new vaccination. I found several variances of when you can get it. If you do not have any symptoms of covid 19 you could get it 28 days up to 3 months after your COVID 19 infection. Spikevax and Pzizer and Moderna will be available with the updated version. The vaccine helps the body get ready to clear out infection with the virus that causes COVID 19. Your immune system recognizes the protein and begins building an immune response and makes antibodies. If you get the updated COVID 19, the vaccine should help you fight the virus. Many people who still get COVID 19 after the vaccination have a lighter case of COVID 19. Protect yourself and others. Remember **GOD** and **GERMS** are everywhere. the previous COVID-19 vaccine received). COVID 19. Pro-tect yourself and others.

*Remember GOD and GERMS are everywhere.*

*Luke 10:27 And he answered, you shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself. If you need your blood pressure, a visit, help with explaining your lab tests, or to find about available resources give Charlotte Spencer your Parish Nurse a call.*

**FYI:** Rogers Wellness Center will be having their fall Wellness booths. September 13 from 9-1 Lifeline Screening will be returning to ULC on September 18. More information is available in the Narthex