



# ALAMEDA COUNTY COVID-19 HEALTH EMERGENCY

COUNTY OF ALAMEDA ★ CALIFORNIA

Office of Emergency Services  
4985 Broder Blvd, Dublin, CA 94568

Alameda County Health Care Services Agency

FOR IMMEDIATE RELEASE

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## **Boosters Recommended for Older Adults and Certain Groups who Received Moderna and All Adults Who Received Johnson & Johnson at least Two Months Ago**

*Persons aged 65 and older who received any of the three available COVID-19 vaccines should get a booster.*

**ALAMEDA COUNTY, CA** – Safe and effective vaccines continue to provide protection against the most severe outcomes of COVID-19, including hospitalization and death. As families and friends make plans to gather with their loved ones in the coming months, including older adults, we encourage everyone to get vaccinated as soon as possible to stay healthy and limit spreading COVID-19.

Emerging evidence suggests that immunity from COVID-19 vaccination may wane over time. Following the FDA’s [authorizations](#), yesterday the [CDC expanded recommendations for booster doses](#) to include people vaccinated with any of the three US-authorized COVID-19 vaccines. Older adults and younger people with underlying conditions or certain other risk factors who received either Pfizer or Moderna more than 6 months ago can now get vaccine booster doses, and anyone who received Johnson & Johnson at least two months ago can also receive a booster.

“Mixing and matching” of boosters is now permitted by health officials. Recipients may choose a different COVID-19 vaccine than their original series as a booster.

A single COVID-19 vaccine booster shot is now recommended if you completed a Pfizer or Moderna (mRNA) vaccination series 6 or more months ago and you are:

- 65 or older, or
- A [Long-term care](#) resident that is 18 or older, or
- 50-64 and have an [underlying medical condition](#), or
- 50-64 and at increased risk due to [social inequity](#) (including that of communities of color)

You may consider getting a booster if you:

- Are 18-49 and have an [underlying medical condition](#) or are at increased risk due to [social inequity](#), or
- Are 18-64 and work or live in a [high-risk setting](#) (like a shelter)

The booster dose for the Moderna COVID-19 vaccine is one half the dose used for the initial vaccination series.

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Booster doses are now recommended for anyone 18 and older who received the Johnson & Johnson COVID-19 vaccine.

The CDC already [recommends an additional dose of COVID-19 mRNA vaccine](#) for [moderately to severely immunocompromised people](#). A booster recommendation for this population has not been made yet.

Alameda County strongly encourages anyone who is 65 and older to get their booster shot after the recommended time period since their initial vaccination series has passed. Older adults are at greatest risk of severe outcomes from COVID-19 infection despite vaccination, and a booster dose will reduce this risk.

Next, the Western States Scientific Safety Review Workgroup will independently review the recommendations. COVID-19 vaccine providers are generally bound to follow CDC vaccine recommendations by the terms of the federal COVID-19 vaccine distribution program.

Vaccine is now readily available and many local health care providers who offer regular vaccinations (e.g., flu, pneumovax, shingles) will also provide eligible patients with COVID-19 boosters as recommended, so most people can receive the vaccine in their normal health care environment.

Any eligible person seeking a booster shot should consult with their medical provider or access the booster through a chain pharmacy, such as CVS, Walgreens, Rite Aid, Safeway or Costco. For a full list of vaccine-providing pharmacies, visit [Vaccines.gov](https://www.vaccines.gov).

With flu season coming, the CDC and Alameda County also recommend flu vaccine for everyone over 6 months of age. People may receive flu vaccine and COVID vaccine at the same visit.

Alameda County continues to focus COVID-19 vaccination efforts on residents who are unvaccinated, as 16% of eligible residents are unvaccinated or haven't received their second dose of a two-dose series.

"COVID-19 vaccines have proven to be highly safe and effective, and booster doses will help ensure we get the greatest possible benefit," said Dr. Nicholas Moss, Alameda County Health Officer. "I strongly recommend getting a booster if you are 65 or older, live in a long-term care setting, or have an underlying medical condition which places you at higher risk for infection and severe illness."

It is not yet known whether COVID-19 vaccine booster doses will be recommended for other groups. Guidance will be updated as more data is collected and analyzed.

If you haven't been vaccinated yet, you can learn more about COVID-19 vaccines at <https://covid-19.acgov.org/vaccines>, including where to get vaccinated and frequently asked questions. When you are ready, a vaccine will be waiting for you.

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