

COVID Vaccine Booster Dose Guidance

Updated October 22, 2021

Arthritis & Rheumatism Associates (ARA) is aware that the CDC has recently recommended an extra dose of all 3 vaccines for or a broader group of patients other than those who are immunocompromised. Past recommendations for this select group of patients were issued in August 2021 (see below). Eligibility now for the booster dose has been expanded, depending on a person's age, underlying medical condition, workplace, and living situation.

All patients ≥ 65 years are eligible to receive the Moderna or Pfizer booster dose as soon as 6 months after completing the original vaccine series. Those who received the J&J vaccination can now receive their booster dose as soon as 2 months after the original dose.

Select patients 18-64 years are eligible to receive a booster dose also. CDC recommends those with underlying medical conditions, at increased risk of exposure and transmission at work, or who live in long-term care facilities should consider getting a booster dose.

FDA has authorized a "mix-and-match" approach for the booster dose. CDC has announced that eligible patients may select which booster dose to receive. It can be different from the original one they received.

In August 2021, the CDC recommended that moderate to severely immunocompromised patients receive an extra COVID vaccine dose (either Moderna or Pfizer) no sooner than 28 days after completing the original vaccine series.

The Moderna COVID vaccine is available for eligible patients (see above) at select ARA locations (Frederick, Rockville, Olney, Wheaton, Chevy Chase, and Fairfax). ARA can now give you the Moderna vaccine if you have previously received the J&J vaccine at least 2 months ago. If you would like to make an appointment at one of these locations, please request one through your [patient portal](#). We do not recommend calling to make an appointment. If you received the original Pfizer vaccine series, you are also eligible to mix-and-match your third dose and receive the Moderna vaccine.

At this time, it is not required to get a letter for clearance to get an extra vaccine dose. If you are asked for a letter, one can be provided to you through your [patient portal](#).

COVID-19 VACCINE UPDATE

- The physicians of ARA encourage our patients to get vaccinated when eligible.
- ARA is providing the Moderna COVID-19 vaccine in select clinics (Frederick, Olney, Rockville, Wheaton, Chevy Chase, Fairfax). Please request an appointment through your [patient portal](#).
- For vaccine clinics nationwide visit [vaccine.gov](#), text your zip to 438829, or call 1-800-232-0233
- Use the information below to find a local vaccination site in Maryland, Virginia or D.C.

MARYLAND

All Maryland residents:

Call: 1-855-MD-GOVAX (1-855-634-6829)

<https://coronavirus.maryland.gov/pages/vaccine>

<https://massvax.maryland.gov/>

<https://onestop.md.gov/preregistration>

Montgomery County residents:

<https://montgomerycountymd.gov/covid19/vaccine/>

Prince Georges County residents:

<https://www.princegeorgescountymd.gov/3730/COVID-19-Vaccination>

You may also send a text message to 898211 with the phrase “MDReady” to receive notifications about vaccine distribution in Maryland.

VIRGINIA

All Virginia residents:

Call: 1-877-VAX-IN-VA (1-877-829-4682)

<https://www.vdh.virginia.gov/covid-19-vaccine/>

<https://vaccinate.virginia.gov/>

<https://vaccinefinder.org/>

Alexandria residents:

<https://www.alexandriava.gov/Vaccines>

Arlington County residents:

<https://www.arlingtonva.us/covid-19/vaccines/registration/>

Arlington COVID Information line: (703)228-7999

Fairfax County residents:

<https://www.fairfaxcounty.gov/health/novel-coronavirus/vaccine/registration>

Fairfax Health Department Vaccine Hotline: (703)324-7404

WASHINGTON D.C.

<https://coronavirus.dc.gov/vaccinatedc>

D.C. Dept. of Health COVID-19 Hotline: (855)363-0333