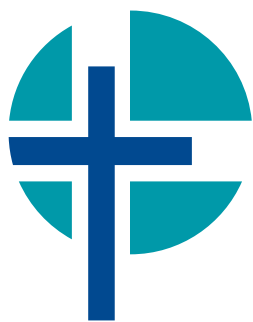


November  
2022



# SAINT PETER'S HEALTHCARE SYSTEM

*Safely treating you better...for life.*



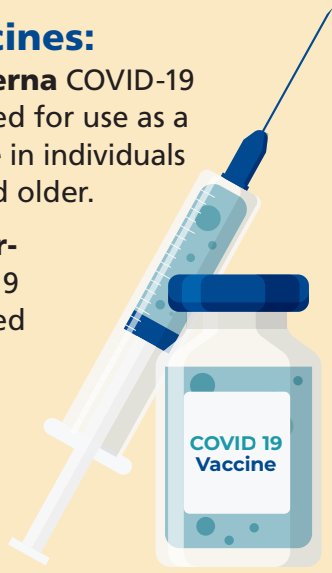
## New COVID-19 Bivalent Boosters Designed to Prevent or Reduce Omicron Variants: The FAQs

The virus that causes COVID-19 changes over time. The omicron subvariants of COVID-19, BA.4 and BA.5, have become dominant coronavirus strains in the United States. The Food and Drug Administration (FDA) approved emergency use authorizations of the new Moderna and Pfizer-BioNTech COVID-19 bivalent booster vaccines specifically designed to prevent or reduce Omicron subvariants.

### Types of Vaccines:

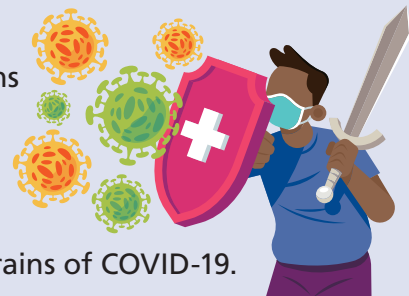
The bivalent **Moderna** COVID-19 vaccine is authorized for use as a single booster dose in individuals 18 years of age and older.

The bivalent **Pfizer-BioNTech** COVID-19 vaccine is authorized for use as a single booster dose in individuals 12 years of age and older.



### How is this booster different?

The new booster is a bivalent vaccine, which means it contains two messenger RNA (mRNA) components of the coronavirus. The bivalent COVID-19 vaccine includes mRNA from the original strain of SARS-CoV-2 (just like the initial vaccine) and an mRNA component from the BA.4/BA.5 omicron variant. This new bivalent booster was created to combat multiple strains of COVID-19.

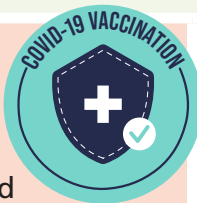


### Is the bivalent COVID-19 booster safe?

The bivalent COVID-19 vaccines were authorized by the FDA based on safety and effectiveness data from the original COVID-19 mRNA vaccines, along with trials of the new formulation. The basic ingredients used in both the Moderna and Pfizer-BioNTech bivalent boosters are the same as the original monovalent vaccine, which was deemed safe by the FDA before it was rolled out to the public.

### I have already received one or two of the previously recommended monovalent booster doses. Can I get a bivalent booster dose?

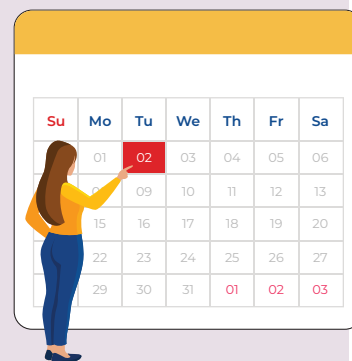
Yes. Everyone ages 12 and older who completed a primary series is recommended to receive one bivalent booster dose regardless of previous booster dose history. For people who previously received one or more monovalent booster doses, the bivalent booster dose should be administered at least two months after the last monovalent booster dose.



### If I already got COVID, should I wait to get the bivalent booster?

If you recently had COVID-19, you may consider delaying a booster dose by three months from when you last experienced any COVID symptoms or tested positive without symptoms.

If it has been three months since you contracted COVID-19, consider getting the bivalent booster.



### Can I get the new COVID booster at the same time as the flu vaccine?

Yes, you can get the bivalent COVID booster and the flu shot at the same time.



### Do I need to stick with the same vaccine manufacturer for the Omicron booster?

Individuals 18 years of age and older can switch to a different manufacturer for their bivalent booster dose. Speak with your healthcare provider if you have any questions or concerns.

For upcoming bivalent booster clinics hosted by Saint Peter's University Hospital and Saint Peter's Family Health Center, visit [www.saintpetershcs.com/covidvaccine](http://www.saintpetershcs.com/covidvaccine).

For the latest updates on the bivalent booster and more, visit the Centers for Disease Control and Prevention (CDC) at [www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html](http://www.cdc.gov/vaccines/covid-19/clinical-considerations/covid-19-vaccines-us.html).

# What is Enterovirus D68?

## Infants, Children and Teenagers More at Risk Than Adults

Enterovirus D68 (EV-D68) is one of more than 100 non-polio enteroviruses. EV-D68 can cause mild to severe respiratory illness, or no symptoms at all.

- Mild symptoms may include runny nose, sneezing, cough, body aches, and muscle aches.
- Severe symptoms may include wheezing and difficulty breathing.

Anyone with respiratory illness should contact their doctor if they are having difficulty breathing or if their symptoms are getting worse.

**EV-D68 can also cause acute flaccid myelitis (AFM),** an uncommon but serious neurologic condition which mostly affects children and causes the muscles and reflexes in the body to become weak. It affects the nervous system, specifically the area of the spinal cord called gray matter, which causes the muscles and reflexes in the body to become weak. Since 2014, there have been over 700 confirmed cases of AFM in the U.S. and more than 90 percent have been in young children. Viruses, including EV-D68, likely play a role in causing AFM.

### Seek immediate medical attention if you or your child develops any of these symptoms of AFM:

- arm or leg weakness
- pain in the neck, back, arms, or legs
- facial droop or weakness
- difficulty swallowing or slurred speech
- difficulty moving the eyes or drooping eyelids

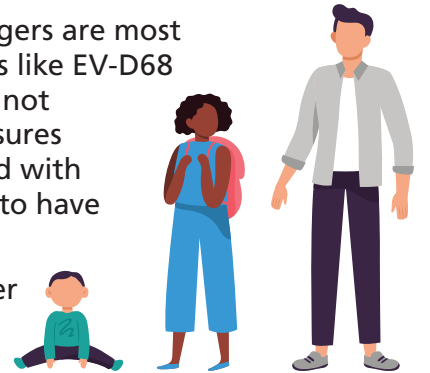
### How does EV-D68 spread?

Since EV-D68 causes respiratory illness, the virus can be found in an infected person's saliva or nasal mucus. EV-D68 likely spreads from person to person when an infected person coughs, sneezes, or touches a surface that is then touched by others.

### Who is at risk?

In general, infants, children, and teenagers are most likely to get infected with enteroviruses like EV-D68 and become ill. That's because they do not yet have immunity from previous exposures to these viruses. Adults can get infected with enteroviruses, but they are more likely to have no symptoms or mild symptoms.

Children with asthma may have a higher risk for severe respiratory illness caused by EV-D68 infection.



## Keep Your Child from Getting and Spreading Enterovirus D68



**AVOID CLOSE CONTACT**  
WITH SICK PEOPLE



**COVER**  
COUGHS AND SNEEZES



**WASH HANDS**  
OFTEN WITH SOAP AND WATER



**CLEAN AND DISINFECT**  
SURFACES



**AVOID TOUCHING**  
EYES, NOSE OR MOUTH

The Division of Pediatric Infectious Diseases at The Children's Hospital at Saint Peter's University Hospital offers a variety of comprehensive care to children with infectious diseases. To make an appointment with the Division of Pediatric Infectious Diseases, call 732.339.7841.

## Community Calendar

For more information or to register for a program, call the contact number listed or visit [saintpetershcs.com/Events](http://saintpetershcs.com/Events). Most programs are **FREE** unless noted; please call for information.

### Cancer Support

**Bone Marrow Transplant**  
For patients who have had an allogeneic transplant  
Call for information: 732.235.8522

**Breast Cancer**  
Call for information: 732.235.7011

**Gynecologic Cancer**  
In partnership with the Cancer Support Community  
Central New Jersey  
Call for information: 732.235.6792

**Living with Cancer**  
Call for information: 732.235.7557

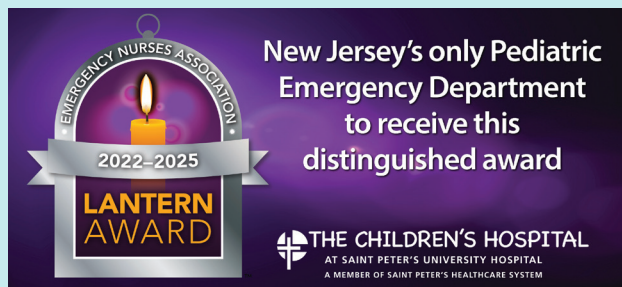
### Diabetes Education\*

For information about classes, call the numbers listed below.

**Diabetes Self-Management Education**  
Call for information: 732.339.7630

**Gestational Diabetes Self-Management Education**  
Call for information: 732.339.7630

**Prevent T2 Program**  
Call for information and registration: 732.339.7772



### Parent Education

Parenting classes are currently being held online. Register at [saintpetershcs.com/Services/Parent-Education](http://saintpetershcs.com/Services/Parent-Education). Once registered for a class, access information will be provided to you. For information about the following classes, please call Parent Education at 732.745.8579

**Baby Care**  
**Birth Center Class**  
(for moms under midwifery care)  
**Breastfeeding Class**  
**Breastfeeding Support Group**  
**Grandparents Class**  
**Hypnobirthing**  
**Marvelous Multiples**

**New Daddy Class**  
**New Mom Support Group**  
**Prenatal Yoga & Exercise Class**  
**Prepared Childbirth/Lamaze Classes**  
**Sibling Class**  
**Spinning Babies**

**VIRTUAL TOY DRIVE**  
BENEFITING THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL  
Donate today!  
THE CHILDREN'S HOSPITAL AT SAINT PETER'S UNIVERSITY HOSPITAL  
SAINT PETER'S FOUNDATION

### Support Groups

**Bariatric Nutrition Support Group**  
2<sup>nd</sup> Thursday of each month  
Next meeting: November 10 • 6 – 7 pm  
Call 732.339.7450 for Zoom meeting information

**Bereavement**  
Call Pastoral Care for information: 732.745.8565

**Craniofacial Teen Girls**  
Call for information: 732.745.8600, x8113

**MyGoal Autism Family**  
2<sup>nd</sup> Sunday of each month  
Next meeting: November 13 • 3 pm  
Call 877.886.9462 or email [info@mygoalautism.org](mailto:info@mygoalautism.org) for virtual meeting details

**SHARE**  
3<sup>rd</sup> Thursday of each month  
Next meeting: November 17 • 7 – 9 pm  
Call 732.745.8522 or email [imariano@saintpetersuh.com](mailto:imariano@saintpetersuh.com) for Zoom link

**Spouse/Partner Caregiver Support Group**  
Call for information: 732.745.8600, x8653

**Weight Loss Seminars**  
4<sup>th</sup> Tuesday of each month  
Next meetings: November 22  
English 4 – 5 pm • Spanish 5 – 6 pm  
For information call 732.745.8555



Need a doctor? To find a Saint Peter's physician, visit [saintpetershcs.com/findaphysician](http://saintpetershcs.com/findaphysician). Online scheduling is also available with select Saint Peter's Healthcare System physicians via Zocdoc at [BookMySPDoc.com](http://BookMySPDoc.com)

This calendar is for information only. Do not rely on it to make healthcare decisions on your own; instead, talk with your healthcare provider for advice and treatment. Do not ignore medical advice or delay seeking it because of something you read here. We do not suggest or endorse that you have any tests, use products, or use other information in this document without advice from your healthcare provider.



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State-designated children's hospital and regional perinatal center

