

## Upcoming Webinars & Events

Webinar: Food Allergy Stages: Effective Age-based Food Allergy Guidance  
October 18<sup>th</sup> – 3:00 PM ET

Webinar: Atopic Dermatitis: Diversity in Presentation  
October 27<sup>th</sup> – 4:00 PM ET

Event: USAsthma Summit – Virtual & In-person  
November 11<sup>th</sup> – Louisville, KY

Webinar: Chronic Cough  
November 17<sup>th</sup> – 4:00 PM ET



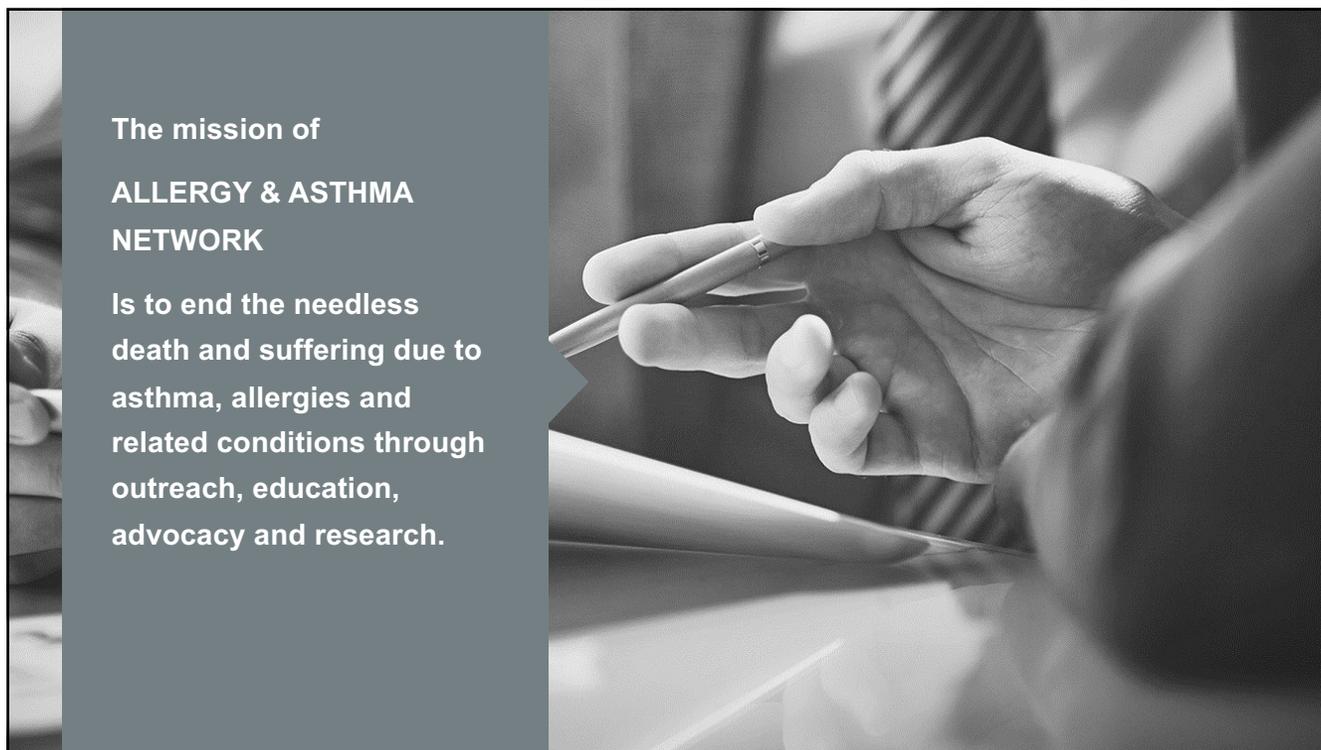
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## Vaccines for COVID, Flu & Pneumonia: What Do You Need to Know Now?

COVID-19 Webinar Series

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The mission of  
**ALLERGY & ASTHMA  
NETWORK**

Is to end the needless death and suffering due to asthma, allergies and related conditions through outreach, education, advocacy and research.

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MEET OUR Speakers



**Dr. Purvi Parikh**

- Clinical Assistant Professor of Medicine NYU Langone School of Medicine & Director, Allergy and Asthma Association, Murray Hill
- National Spokesperson, Allergy & Asthma Network



**Sally Schoessler**

- Director of Education, Allergy & Asthma Network
- Former State School Nurse Consultant, School Nurse
- Asthma Educator

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## Today's Program

- 01** | Current state of COVID-19
- 02** | Vaccines: Omicron Bivalent Vaccine, Flu & Pneumonia
- 03** | Frequently Asked Questions



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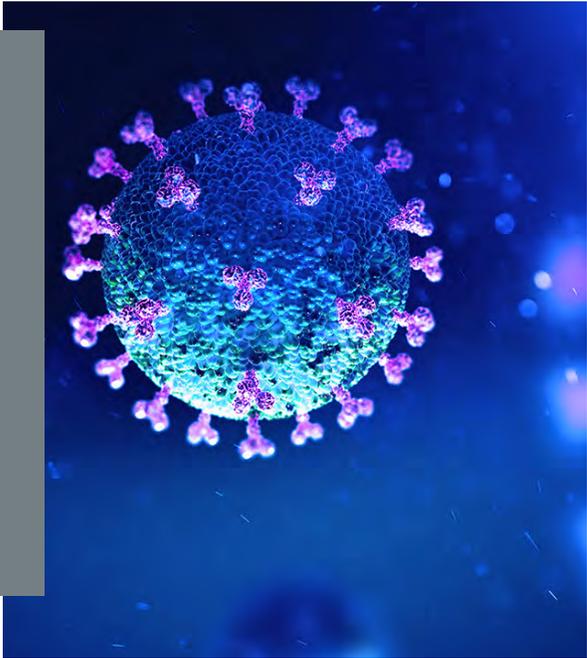
**POLL  
QUESTION**

We'd like to know who is with us today!

What category best describes you? (we have a limited number of answers or would offer more!)

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**Current state of COVID-19**  
Tonya Winders



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**COVID-19 Dashboard** by the Center for Systems Science and Engineering (CSSE) at Johns Hopkins University (JHU)

Last Updated on 10/13/2022, 7:22 AM

<b>Total Cases</b> 623,328,141	<b>Total Deaths</b> 6,562,734	<b>Total Vaccine Doses Administered</b> 9,063,929,222
<b>28-Day Cases</b> 12,806,140	<b>28-Day Deaths</b> 40,535	<b>28-Day Vaccine Doses Administered</b> 52,222,323

**Cases | Deaths by Country/Region/Sovereignty**

- Germany**  
28-Day: 1,798,136 | 2,367  
Totals: 34,403,129 | 151,095
- US**  
28-Day: 1,316,373 | 11,504  
Totals: 96,836,953 | 1,064,058
- France**  
28-Day: 1,240,582 | 1,064  
Totals: 36,255,606 | 156,715
- Japan**  
28-Day: 1,224,924 | 1,064  
Totals: 36,255,606 | 156,715



Weekly Cases, Weekly Deaths, Weekly Doses Administered (2022)

**JOHNS HOPKINS GLOBAL MAP**  
October 13, 2022 7:22 AM

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## IN THE NEWS

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### CDC and Travel

The Centers for Disease Control and Prevention will no longer maintain a list of Covid-19 travel advisories for foreign countries, the agency said, another sign of the gradual shift toward prepandemic normalcy even as about 1,400 people around the world are dying each day from the virus.



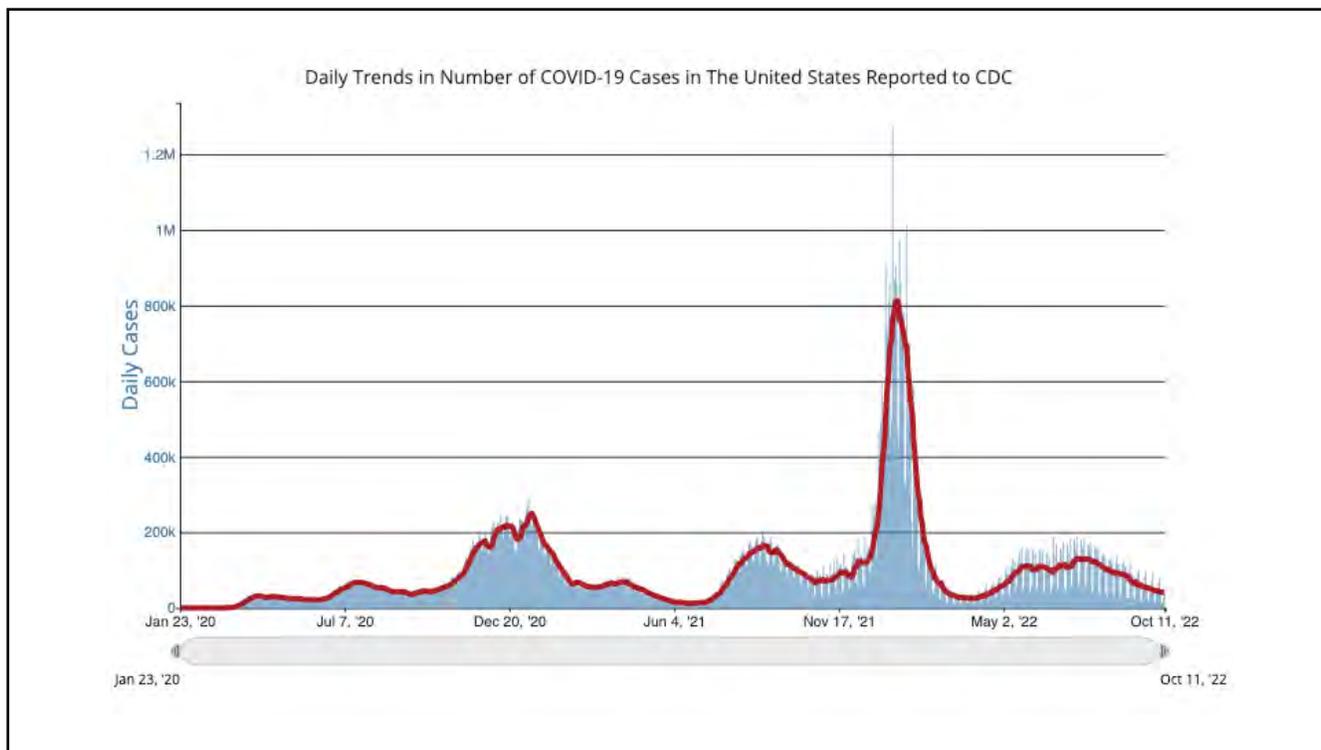
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**POLL  
QUESTION**

Are you concerned about this year's flu season?

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Vaccines:  
Omicron Bivalent  
Vaccine, Flu &  
Pneumonia

Dr. Purvi Parikh

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## You hear the term vaccine a lot . . .

“

vac·cine

/vak'sēn/  
noun

“

A substance used to stimulate the production of antibodies and provide immunity against one or several diseases, prepared from the causative agent of a disease, its products, or a synthetic substitute, treated to act as an antigen without inducing the disease.

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## A Quick History of COVID Vaccines

2020 / 2021



2020:  
FDA gives Emergency Use Authorization to 2 vaccines:

Pfizer-BioNTech  
Moderna

2021:  
FDA gives Emergency Use Authorization to Janssen/Johnson & Johnson vaccine

2022



Vaccines approved for children 6 months and older

New



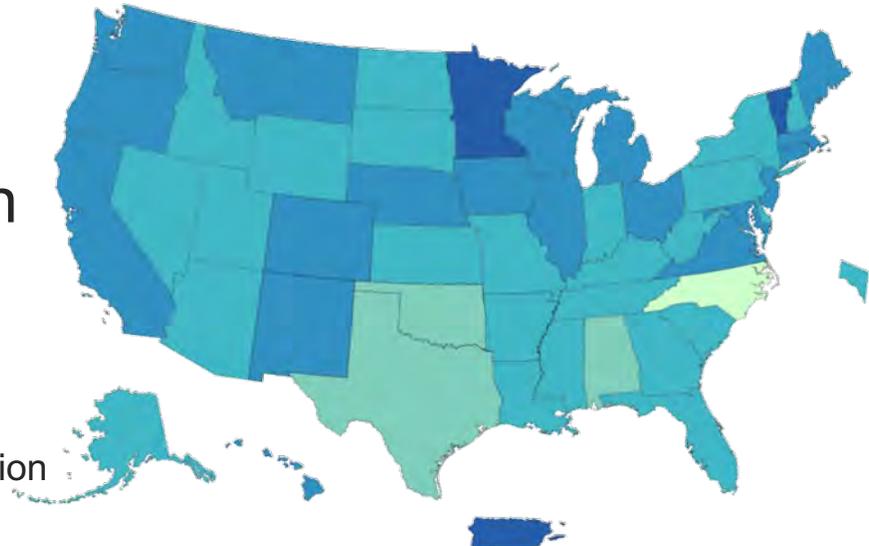
Omicron bivalent vaccine approved for Emergency Use in adults

Approved for children ages 5 – 11 yesterday

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## Current COVID-19 Vaccine Coverage in the US

Centers for Disease  
Control and Prevention



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## Omicron Bivalent Vaccine



Until now, COVID-19 vaccines have targeted the original coronavirus strain, even as wildly different mutants emerged.



The new U.S. boosters are combination, or “bivalent,” shots. They contain half that original vaccine components and half protection against the newest omicron versions, called BA.4 and BA.5, that are considered the most contagious yet.



These new bivalent vaccines are designed to offer extra protection against the omicron variants, which are now the dominant strain of the virus

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## Omicron Bivalent Vaccine Side Effects

CDC – Side effects for this vaccine are similar to that of the two-dose series.  
Serious side effects occur, but they are rare

### Commonly reported side effects:

- Pain, redness or swelling where shot was administered
- Fatigue
- Headache
- Muscle pain
- Joint pain
- Chills
- Swelling of the lymph nodes in the arm where the shot was given
- Nausea or vomiting
- Fever

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## Omicron Bivalent Vaccine



People urged to get vaccine before possible surge of cases this Fall & Winter.



Updated booster available to anyone ages 12 or older.



Should be at least 2 months from your last dose of COVID vaccine

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## 2022-23 Flu Season

**Southern Hemisphere’s flu season typically runs from April through September**



US often looks to countries like Australia for a preview of what may be in store as its own flu season approaches.

Australia and other countries in the Southern Hemisphere had a rough influenza season. It was Australia's worst flu season in five years, and it came earlier than any other influenza season, with the exception of the 2009 pandemic.

There are some concerns about a fall-winter surge in the U.S. this year.

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## 2022-23 Flu Season



An “impactful flu season” usually means a lot of circulating flu, resulting in more cases, hospitalizations and death than in previous flu seasons



Last impactful flu season was 2017 - 2018



Very calm flu seasons in 2020 & 2021



This poses a risk, especially to young children who may not have had much, if any, previous exposure to influenza viruses prior to this season, because of the pandemic precautions that were put in place



It’s not certain that the U.S. flu season will be an exact replica of the Southern Hemisphere - timing and the ages of individuals hospitalized with influenza are two critical things they’ll be monitoring in the coming weeks

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# COVID and Flu Vaccines

COVID & Flu vaccines will be available to Americans simultaneously

Study: 8% to 11% who received both vaccines together said they experienced a slight increase in symptoms

## Side effects

Any additional side effects of receiving both vaccines together were mild and temporary

## When to get your vaccines

Will vary by person and should be discussed with your doctor

## CDC Flu vaccine recommendations

Similar to last year - stipulates that most Americans get their shot in September or October.



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# COVID and Flu Vaccine



“I really believe this is why God gave us two arms. One for the flu shot, and the other one for the COVID shot,” White House coronavirus response coordinator Dr. Ashish Jha joked during a press conference.



**Dr. Ashish Jha**

White House Coronavirus Response Coordinator



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# Pneumonia

CDC data showed that in the United States during 2018:

- 1.5 million people were diagnosed with pneumonia in an emergency department
- Approximately 44,000 people died from pneumonia

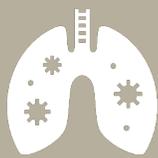
Most of the people affected by pneumonia in the United States are adults. Vaccines and appropriate treatment (like antibiotics and antivirals) could prevent many of these deaths.

## Some people are more likely to get pneumonia

Certain people are more likely to get pneumonia:

- Adults 65 years or older
- Children younger than 5 years old
- People who have ongoing medical conditions
- People who smoke cigarettes

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## COVID-19 PNEUMONIA

### Pneumonia

Lungs become filled with fluid and become inflamed – leads to breathing difficulties

### COVID-19 Pneumonia

Takes hold in both lungs. Air sacs fill with fluid, limiting oxygen intake

### Pneumonia

Most people recover from pneumonia without lasting lung damage.

### COVID-19 Pneumonia

Can be severe with lung damage that results in breathing difficulties that might take months to improve.

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## Three Factors in Coronavirus Lung Damage

### Disease Severity



The first is the severity of the coronavirus infection itself — whether the person has a mild case, or a severe one. Milder cases are less likely to cause lasting scars in the lung tissue.

### Health Conditions



The second is whether there are existing health problems, such as chronic obstructive pulmonary disease (COPD) or heart disease that can raise the risk for severe disease. Lung tissue may be less elastic - may have weakened immune system.

### Treatment



A patient's recovery and long-term lung health is going to depend on what kind of care they get, and how quickly. Timely support in the hospital for severely ill patients can minimize lung damage.

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## Types of Pneumococcal Vaccine

There are 2 types of pneumococcal vaccines available in the United States:

- Pneumococcal conjugate vaccines (PCV13, PCV15, and PCV20)
- Pneumococcal polysaccharide vaccine (PPSV23)

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## Pneumococcal Vaccine: Who & When to Vaccinate

CDC Recommendations

<b>Children younger than 2 years old</b> <ul style="list-style-type: none"> <li>PCV13 or PCV15 for all infants as a series of 4 doses</li> </ul>	Give 1 dose at 2 months, 4 months, 6 months & 12 – 15 months
<b>Children 2 – 4 years without certain medical conditions</b>	PCV13 or PCV15 – can be used interchangeably
<b>Children 2-5 years with certain medical conditions</b>	Conditions that increase their risk of pneumococcal disease – cerebrospinal fluid leak, chronic heart disease, lung disease (including asthma), cochlear implant, diabetes (CDC has detailed info as needed)
<b>Children 6 – 18 with certain medical conditions</b>	Cerebrospinal fluid leak, cochlear implant – see full list from CDC
<b>Adults 19 – 64 years old</b>	CDC recommends pneumococcal vaccination for adults 19 through 64 years old who have certain chronic medical conditions or other risk factors.
<b>Adults 65 and older</b>	CDC recommends pneumococcal vaccination for all adults 65 years or older.

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## Study: COVID-19 Vaccine & Pneumonia

While the recently authorized COVID-19 vaccines remain the most important strategy for preventing COVID-19, investigators found that older adults who received pneumococcal conjugate vaccine (PCV13), which prevents acquisition of certain pneumococcal strains, experienced 35% lower risk of COVID-19 diagnosis than adults who did not receive the vaccine.

In contrast, an alternative pneumococcal vaccine (PPSV23), which prevents severe pneumococcal disease but does not block acquisition of the bacterium, was not associated with protection.

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## Frequently Asked Questions

Dr. Purvi Parikh



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## Omicron Bivalent Vaccine

What if someone is fully unvaccinated – can they get the new Omicron vaccine?

No. They are not eligible. Go ahead and start your vaccine series and then when you're eligible, get this updated booster because it's going to offer you more protection from omicron, which we are predicting will be the dominant strain throughout the rest of the year.

Do you trust this booster? What are the potential side effects?

There is data that shows that it is effective and safe. The amount of side effects that we see with this booster is about the same and perhaps even lower than what we saw with the original, primary vaccine series.

How long after having COVID-19 can I get this booster?

The recommendation is that you can get this booster as soon as you are symptom-free and out of the five-day isolation period (or 10 if illness was moderate, according to the CDC). However, usually we recommend you wait two months or up to three months. New data shows that there is some benefit to waiting three months after that infection, whether you've been vaccinated or not.

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## Omicron Bivalent Vaccine

Should people consider travel plans and gatherings as they decide when to get their booster?

It's tempting to delay getting the booster with gatherings coming up, but there's a lot to consider. We know that the effect of the booster really kicks in two weeks after you get the shot.

So let's say you have a big family gathering coming up in two weeks, now is the time to get it. Try to get it two weeks before any event or gathering.

Is there any harm in getting both the updated booster and flu shot at the same time?

There is no harm whatsoever. It's currently recommended that you go ahead and get both your flu and COVID-19 shot. You can get them both in the same arm if you'd prefer to have only one sore arm.

When they're given at the same time, the side effects are just about the same if you receive one and then the other later on.

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## COVID and Flu

Will there be a COVID-19 surge and 'twindemic'?

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The past two years have been so unusual that it's hard to predict where we could be headed this fall and winter. So far, COVID-19 forecasts have been fairly optimistic.

Is it possible to contract both the flu & COVID-19 at the same time?

The Centers for Disease Control and Prevention also notes that it is possible to contract both the flu and another respiratory illness such as COVID-19 at the same time, though experts are still studying how common that is.

Still, given that the U.S. has yet to experience a bad flu season alongside COVID-19, not much is known about the potential impact of these two viruses concurrently.

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## COVID and Flu

Can children get the COVID-19 vaccine at the same time as the Flu Vaccine?



Yes. It's safe to get the COVID-19 vaccine along with any other routine vaccine, including the flu vaccine.

All children 6 months of age and older should get both the flu and COVID-19 vaccines as soon as they are available in their area.

All children ages 5 and older should get a COVID-19 booster dose.

All children ages 12 and older might need more than one booster shot.

Will COVID-19 vaccines become an annual thing like flu shots?



Covid vaccinations will likely become an annual affair, White House officials have said, with a schedule resembling that of flu shots.

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## Pneumonia & COVID-19

Does the pneumococcal shot protect against COVID-19 pneumonia?

- Pneumonia is a lung infection caused by things like bacteria, viruses and fungi. The pneumococcal vaccine provides immunity from some types of pneumococcal bacteria, which cause pneumococcal pneumonia and other types of pneumococcal disease. It does not directly protect a person from COVID-19.

Can the pneumonia vaccine be given with the COVID-19 vaccine?

- Pfizer announced the results of a study that described that it is safe and effective when Prevnar 20 pneumococcal vaccine is administered with a booster dose of the Pfizer-BioNTech COVID-19 vaccine.

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## QUESTIONS



Record your questions in the question box  
We'll get to as many as we can!

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## Next Webinar

Join us for our upcoming  
webinar

### **Food Allergy Stages: Effective Age-Based Food Allergy Guidance**

Tuesday, October 18, 2022  
3:00 PM ET



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Breathe  
Better  
Together



[allergyasthmanetwork.org](http://allergyasthmanetwork.org)



Please remain online for 2 – 3 minutes to complete an evaluation survey! **Thank you!**