



Dear Patient,

With the recent increases in COVID-19 cases reported, including the Delta variant, this letter is to share with you the current recommendations from Advanced Cardio-Pulmonary Care & Nazih Zuhdi Transplant Institute at INTEGRIS Health.

The best way for you to be protected against COVID-19 is to continue to wear a mask, wash your hands frequently, and have you and all your close personal contacts vaccinated. Vaccine appointments can be made in a multitude of ways now including the COVID Vaccination Assistance Hotline at 1-800-232-0233.

On August 12, 2021, the U.S. Food and Drug Administration authorized the use of an additional (3rd) dose of Pfizer-BioNTech or Moderna COVID-19 vaccine, for immunocompromised individuals such as those who have received a solid organ transplant. There is evidence to suggest the administration of a third dose of COVID -19 Vaccine may increase protection to the immunocompromised population. What does this mean for you?

- **If you have not gotten vaccinated, it is critical that you do so as soon as possible**
- PLEASE make sure your family, friends, and co-workers are vaccinated as this will protect you. The only way we can all be protected is if everyone gets vaccinated. As children under 12 are not yet eligible for vaccinations, it is important to make sure that they stay safe to avoid transmitting COVID-19 to others.
- Continue to wear a mask when in public, avoid crowds and indoor gatherings. Avoid unnecessary travel. Wash your hands frequently. Remember gathering outdoors is safer than indoors, and **it is safer for you if everyone you are around is vaccinated.**
- As a solid organ recipient if you initially received:
 - **Pfizer-BioNTech COVID-19 vaccine, it is recommended that you receive a third dose at least 28 days following the first two doses** for individuals over the age of 12. Moderna is an acceptable 3rd dose alternative if Pfizer-BioNTech isn't available and you are 18 years or older.
 - **Moderna COVID-19 vaccine, it is recommended that you receive a third dose at least 28 days following the first two doses** for individuals over the age of 18. Pfizer-BioNTech is an acceptable 3rd dose alternative if Moderna isn't available.

There are no reliable blood tests to check for adequate immunity against COVID-19.

Please refer to the included documents for safer living as a solid organ transplant recipient as well as the notice from the State of Oklahoma supporting the third dose of the COVID-19 vaccine. Additional information can be found on The American Society of Transplantation website at www.myast.org/covid-19-information.

If you have any questions or concerns regarding these recommendations, please call our office.

INTEGRIS Advanced Cardio-Pulmonary Care & Nazih Zuhdi Transplant