

Updated Bivalent COVID-19 Booster: Long-Term Care Settings



What is the bivalent vaccine?

The updated bivalent COVID-19 vaccine is the newest booster authorized by the Food and Drug Administration (FDA) and recommended by the Centers for Disease Control and Prevention (CDC). The virus causing COVID-19 has changed over time, transforming into different variants. “Bivalent” means that these vaccines protect against both the original virus that causes COVID-19 as well as the Omicron variants. Immunity from vaccination decreases over time so getting a booster helps improve protection.

Who should receive the bivalent vaccine?

Adults should receive a bivalent booster dose two months after completing their primary series or prior monovalent booster dose.

Why is this booster important for long-term care staff?

Hospitalizations for flu, RSV, and COVID-19 infections are already on the rise this year, and at a higher rate than usual. Multiple infections can occur at the same time and may increase risk of hospitalization or death. Vaccines add a layer of protection from infection for staff and residents.*



- Adults aged 65 years and older, especially those in LTC settings, are at high-risk of serious complications from COVID-19 and flu due to weaker immune systems.
- A review of the impact of second booster doses in April-July 2022 in LTC residents showed that it was highly effective at preventing hospitalization and death.**

Talking to residents and their families about vaccines.

Building trust with staff, residents, and families is essential. Creating frequent and transparent communication regarding the current state of COVID-19 within the facility and the protective measures being put in place by staff can help build this trust. Residents of LTCF’s and their families should be made aware that the more people who live in a setting, the greater the risk of exposure.



How to give a strong vaccine recommendation:

- Share the importance of vaccination.
- Address residents' questions and concerns, and remind them that the benefits of vaccination outweigh the risks.
- Explain the potential risks of getting [COVID-19](#) and [flu](#) when unvaccinated.

LTCF staff face the difficult task of caring for persons affected by illness while monitoring themselves for infection. **Protect yourself and your residents with the updated bivalent booster.**

*Although the vaccine may not always prevent someone from getting sick, it does help reduce more severe symptoms, hospitalization, and death.

**Kevin W. McConeghy et al., “Effectiveness of a Second COVID-19 Vaccine Booster Dose against Infection, Hospitalization, or Death among Nursing Home Residents — 19 States, March 29–July 25, 2022,” *MMWR. Morbidity and Mortality Weekly Report* 71, no. 39 (2022): pp. 1235-1238, <https://doi.org/10.15585/mmwr.mm7139a2>.