



County of San Diego

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EMS MEDICAL DIRECTOR STRONGLY RECOMMENDS COVID AND FLU VACCINATIONS

With concern for the surge in COVID cases this fall, it is important for all of us to be up to date on our vaccinations. The harsh influenza season in the Southern Hemisphere suggests we may experience a severe flu season concurrent with this potential surge in COVID cases. This memo updates the [guidance distributed December 23, 2021](#).

We strongly encourage all EMS professionals to be up to date on both flu and COVID vaccines, which can be co-administered. If you have received your primary COVID vaccination series, you are now eligible for the bivalent booster vaccine. Please check with your healthcare provider for vaccination opportunities. If you are unable to access vaccines, no-cost vaccinations are now available at our [county sites](#).

The bivalent COVID booster currently available is an updated formulation that targets both the original strain and the Omicron subvariants. This strategy is similar to that used for annual flu vaccines.

[CDC recommends everyone 12 years and older receive the current bivalent COVID booster](#), as long as it has been 2 months since your last vaccine. The monovalent boosters are [no longer authorized by the FDA](#). Remember it takes approximately two weeks after vaccination for you to be optimally protected.

County health officials urge all first responders and other healthcare workers to do their part to curb the spread of influenza and the coronavirus. Please get vaccinated so we can get ahead of a potential fall surge. Protect yourselves, our vulnerable patients and family members, and help preserve our emergency workforce. Your patients, families, and the entire community are depending on you.

Respectfully,

Kristi L. Koenig, MD, FACEP, FIFEM, FAEMS, Medical Director
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cc: Eric McDonald, MD, MPH, Chief Medical Officer
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