

加强针指南

信息来源：CDC（美国疾病控制中心），更新日期：2021年10月27日；

加强针的配方是否与现有疫苗相同？

是。新冠加强针的配方与现有新冠疫苗配方相同，但是莫德纳新冠疫苗加强针剂量为初始疫苗针剂的半剂。

如果需要注射加强针，初始新冠疫苗是否仍在发挥保护作用？

是。新冠疫苗能预防重症、降低住院率和死亡率，甚至能预防正在广泛传播的德尔塔变异病毒。然而，公共卫生专家开始发现，疫苗对预防轻、中症疾病的效果有所下降，在特定人群中尤为明显。

接种加强针有哪些风险？

截至目前，所报告的接种加强针后的反应与两剂或单剂初始疫苗接种后的反应相似。发烧、头痛、疲劳和注射部位疼痛是最常报告的副作用，总体而言，大多数副作用均为轻度或中度症状。然而，与两剂或单剂初始疫苗相同，接种加强针的副作用很罕见，但仍有可能发生。

如果不接种加强针，我是否仍被视为“全剂量接种疫苗”？

是。接种两剂疫苗（如辉瑞-生物科技或莫德纳疫苗）的第二针后两周，或接种单剂疫苗（如强生/杨森疫苗）后两周，都被视为全剂量接种疫苗。

如果我不属于建议接种人群，什么时候可以接种新冠加强针？

在获得更多数据后，可能会建议更多人接种加强针。由美国食品药品监督管理局批准和授权的新冠疫苗能有效预防重症、降低住院率和死亡率。专家正在研究所有可用数据，以了解疫苗对不同人群的效用，包括研究新的变异病毒（如德尔塔）如何影响疫苗效用。

研究发现，新冠疫苗对预防新冠病毒和德尔塔变异病毒的效果可能随着时间的推移而减弱。

尽管年满65岁的成年人仍能通过接种新冠疫苗预防重症，但最近的数据表明，随着时间的推移，接种疫苗对预防感染和轻症的效果有所减弱。最新的证据还表明，在医疗工作者和其他一线工作人员中，疫苗对预防新冠感染的效果正逐渐减弱。效果减弱可能是由于接种疫苗后，随着时间的推移，疫苗保护力下降，同时德尔塔变异病毒传染性不断增强。多项小型临床试验的数据表明，辉瑞-生物科技公司或莫德纳公司的加强针增强了6个月前完成初始疫苗接种的受试者的免疫反应。一项类似的临床试验发现，强生/杨森加强针也增强了至少2个月前完成单剂疫苗接种的受试者的免疫反应。免疫反应增强意味着人体对新冠病毒（包括德尔塔变异病毒）的预防能力增强。

BOOSTER FAQs

Info via CDC (Centers for Disease Control), Updated Oct. 27, 2021;

Are booster shots the same formulation as existing vaccines?

Yes. COVID-19 booster shots are the same formulation as the current COVID-19 vaccines. However, in the case of the Moderna COVID-19 vaccine booster shot, it is half the dose of the vaccine people get for their initial series.

If we need a booster shot, are the vaccines working?

Yes. COVID-19 vaccines are working well to prevent severe illness, hospitalization, and death, even against the widely circulating Delta variant. However, public health experts are starting to see reduced protection, especially among certain populations, against mild and moderate disease.

What are the risks of getting a booster shot?

So far, reactions reported after getting a booster shot were similar to that of the 2-shot or single-dose initial series. Fever, headache, fatigue and pain at the injection site were the most commonly reported side effects, and overall, most side effects were mild to moderate. However, as with the 2-shot or single-dose initial series, serious side effects are rare, but may occur.

Am I still considered "fully vaccinated" if I don't get a booster shot?

Yes. Everyone is still considered fully vaccinated two weeks after their second dose in a 2-shot series, such as the Pfizer-BioNTech or Moderna vaccines, or two weeks after a single-dose vaccine, such as the J&J/Janssen vaccine.

When can I get a COVID-19 booster shot if I am NOT in one of the recommended groups?

Additional populations may be recommended to receive a booster shot as more data become available. The COVID-19 vaccines approved and authorized in the United States continue to be effective at reducing risk of severe disease, hospitalization, and death. Experts are looking at all available data to understand how well the vaccines are working for different populations. This includes looking at how new variants, like Delta, affect vaccine effectiveness.

Studies show after getting vaccinated against COVID-19, protection against the virus and the ability to prevent infection with the Delta variant may decrease over time.

Although COVID-19 vaccination for adults ages 65 years and older remains effective in preventing severe disease, recent data suggests vaccination is less effective at preventing infection or milder illness with symptoms over time. Emerging evidence also shows that among healthcare and other frontline workers, vaccine effectiveness against COVID-19 infections is also decreasing over time. This lower effectiveness is likely due to the combination of decreasing protection as time passes since getting vaccinated, as well as the greater infectiousness of the Delta variant. Data from small clinical trials show that a Pfizer-BioNTech or Moderna booster shot increased the immune response in trial participants who finished their initial series 6 months earlier. A similar clinical trial showed that a J&J/Janssen booster shot also increased the immune response in participants who completed their single-dose vaccine at least 2 months earlier. With an increased immune response, people should have improved protection against COVID-19, including the Delta variant.