



FOUNDATION FOR
SARCOIDOSIS RESEARCH

COVID-19 Vaccines 2023

All viruses, including the virus that causes COVID-19 (SARS-CoV-2), change over time. The current increases in COVID-19 cases and hospitalizations in the United States are being driven by the BA.2.86 variant. Like other variants of COVID-19, this variant spreads the same way as other variants – through cough, infected surfaces, and through the air.

The effectiveness of the 2023-2024 COVID-19 vaccine is under review to ensure it is effective on this new variant. Updated versions of the vaccine that include this variant are due out in mid-September.¹

**Note: you will need to get a new vaccine this fall. Being previously vaccinated may not protect you against the newest variant, and if you were vaccinated more than 6 months ago, it may have lost some of its protective effect.*

Although little is known about the long-term consequences of SARS-CoV2 infection in patients with pre-existing chronic lung diseases like sarcoidosis, it is believed that those who are immunocompromised or have severe lung disease remain at higher risk of severe disease.

You should also consider other fall vaccines including RSV, flu, and Pneumococcal. If eligible, the CDC says there is no difference in the effectiveness or side effects if people get those vaccines simultaneously. You should not get the COVID and Flu Vaccines at the same time to avoid the risk of side effects.

FSR continues to recommend all impacted by sarcoidosis:

- Talk to their doctor about whether the COVID-19 vaccine is right for you.
- We recommend that all individuals living with sarcoidosis continue to wear masks and practice social distancing in enclosed locations with large crowds
- Stay home if you are sick
- Get tested for COVID-19 if needed
- Seek treatment if you have COVID-19 and are at high risk of getting very sick
- Improve ventilation
- Wash your hands

¹ <https://www.cdc.gov/respiratory-viruses/whats-new/covid-19-variant.html>