

Dear IBD Families,

We know these are difficult times with the spread of the Omicron variant of COVID-19 in the community. We write to provide guidance regarding what to do in case you/your child tests positive for COVID-19.

**First**, protection at this time is best achieved by making sure you and your family are vaccinated. Vaccination is the best protection against severe disease. For most of you under the age of 18 years, this means that this will require 2 doses of the Pfizer vaccine. You can schedule vaccination at Rady Children's via MyChart and at many locations throughout San Diego (local pharmacies as well). We also recommend the booster at 5 months from your last Pfizer dose (for those receiving Pfizer). Note that eligibility for the booster may be limited by CDC recommendations.

For those of you who have gotten the 2-vaccination dose (2 doses) **and are immunocompromised**, we also encourage a 3<sup>rd</sup> vaccination dose, which generally is recommended at 28 days out from your 2<sup>nd</sup> dose of the vaccine series. We recommend 3 doses for those who are immunocompromised because of the lower rate of development of immunity to the vaccination.

### **Who is immunocompromised?**

Anyone who is taking the following medications: 1) Prednisone  
2) 6-mercaptopurine or azathioprine  
3) Methotrexate  
4) Infliximab (Remicade or Inflectra)  
5) Humira  
6) Stelara  
7) Tofacitinib (Xeljanz) 8) Tacrolimus  
9) Entyvio

**Second**, we recommend that you follow all infection guidelines, including use of a surgical, N-95 or K-95 mask and social distancing as much as possible whenever you leave your home. Of course, handwashing is also protective. The Omicron COVID variant is very contagious – so please take extra precautions.

IF YOU TEST POSITIVE FOR COVID-19 and are IMMUNOCOMPROMISED, there is therapy for you to help reduce severe symptoms. There is a window of 5 days after testing positive to act, so please follow the instructions below. Please also see the attached handout.

### **GO TO THIS LINK FOR MORE INFO:**

[https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/Community\\_Sector\\_Support/HealthcareProviders/MARC%20Flyers\\_PATIENT.pdf](https://www.sandiegocounty.gov/content/dam/sdc/hhsa/programs/phs/Epidemiology/covid19/Community_Sector_Support/HealthcareProviders/MARC%20Flyers_PATIENT.pdf)

Finally, please know that we are here for you at Rady Children's. Reach out to us with questions via MyChart and at our clinic number: 858-966-4003.

Sincerely,

Jeannie Huang, MD  
Medical Director, IBD Center

**Early therapy and Post-Exposure Prophylaxis for COVID-19 is available. Call 619-685-2500 for more information or to make an appointment. Email [COVIDtreatment@sdcounty.ca.gov](mailto:COVIDtreatment@sdcounty.ca.gov) with any questions.**