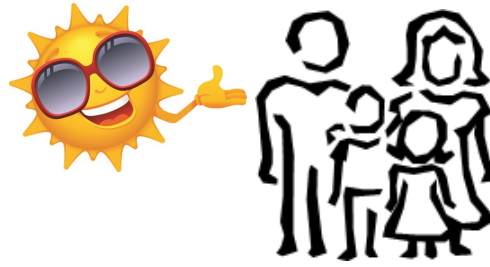


# Lehigh & Northampton OBSERVER



July/August  
2022

*The Arc of Lehigh and Northampton Counties.*

*Telephone:  
610-849-8076*

[www.arcoflehighnorthampton.org](http://www.arcoflehighnorthampton.org)

*Published six times a year to inform persons with intellectual and developmental disabilities, their families and the community about intellectual disability services in Lehigh and Northampton Counties.*

Dear Families, Friends and Colleagues:

Summer is here and it is always a good idea to consider ways to have a safe, happy and healthy season. As people become more active in the summer months, being safe takes on some new dimensions.

**Take a moment to think before outdoor summer fun:**

- ◆ When outside during the day, wear sunscreen and a hat. Be on the lookout for shade.
- ◆ Encourage people to drink water or some kind of sports drink when they are outside in the hot sun.
- ◆ Wear light-colored, lightweight clothing— limited to one layer of absorbent material to allow evaporation of sweat.
- ◆ Pay attention to food and environmental allergies. Take emergency medications when you think you need them.
- ◆ Don't use scented soaps, perfumes or hair sprays so you don't attract insects.
- ◆ Use insect repellents containing DEET when needed to prevent bites from insects like ticks (which can transmit Lyme Disease) and mosquitoes (which can transmit West Nile and other viruses).

**COVID-19 precautions:**

The PA Department of health continues to recommend precautions related to the spread of COVID-19. Recommendations include getting vaccinated and getting a booster shot when they are available. Vaccines are now available for anyone age 5 and over. As of May 20, 2022, the [Pfizer -BioNTech COVID-19 vaccine](#) is the only vaccine authorized or approved for children ages 5 through 17 years. Children and teens need two doses of a Pfizer-BioNTech vaccine. The CDC recommends everyone ages 5 years and older should also get a [booster shot](#).

Wearing a mask in public is generally not required in many places; the Department of Health continues recommending them. Hospitals and other health care providers continue requiring masks be worn; so don't leave yours at home.

Frequent handwashing, cleaning and disinfecting surfaces that are frequently touched (phones, tablets and keyboards, etc.) remain good practices. If possible keeping a safe distance from other people might help you.

Updated information on state and federal responses to COVID-19 can be found by visiting [www.health.pa.gov](http://www.health.pa.gov) and [www.cdc.gov](http://www.cdc.gov).

I hope you find this useful.

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If you or someone in your family participates in the Lehigh County Family Driven/Family Support (FD/FSS) program, You should have received confirmation by Mid June. The new fiscal year starts July 1, 2022 and goes through June 30, 2023.

### **Fiscal Year End Deadline**

- The deadline for Lehigh County FD/FSS invoices from January 1 through June 30, 2022 is July 15. Invoices must be delivered to Easter Seals by 4:30 PM. Call Easter Seals at 610-289-0114 if you have questions about office hours, bad weather or holiday closures.

### **Important Features**

- 1) Allocations for each participant will be renewed through the ISP process. Participants received confirmation and the new year's guidelines in the mail and through email.
- 2) Invoices submitted more than 180 days after the service or purchase cannot be paid.
- 3) Participants have access to their entire allocation throughout next fiscal year.
- 4) Occasionally participant's families ask who is eligible to provide Family Aide and Respite service. Here are basic requirements:
  - Family Aide and Respite services cannot be provided by anyone living at the same address as the FD/FSS participant.
  - Family Aide and Respite services can be provided by family members.
  - Family Aide service can be provided by someone age 14 or over as long as they do not live with the participant.
  - Respite service can be provided by someone age 18 or over as long as they do not live with the participant.
- 5) Funds left over from one fiscal year do not carry over to the next year.
- 6) Receipts for items purchased must accompany all invoices, except for family aide and respite services. A contact person or the FD/FSS participant must sign every invoice.
- 7) Respite and family aide providers are paid directly by Easter Seals. The IRS considers all income related to providing family aide or respite service reportable income.
  - ➔ Providers of family aide and respite service must sign each invoice and provide a social security number.
  - ➔ Activity logs must accompany invoices for respite and family aide services.
  - ➔ If a family aide or respite provider earns more than \$600 in the calendar year, Easter Seals will send them a 1099 form showing earnings for income tax.
  - ➔ If a provider earns less than \$600 in a calendar year, they are responsible to report the income.
- 8) Request for Innovative Service: If you need services beyond normal limits of the FD/FSS program (like family aide service more than 4 times in a month), you will need an approved request for innovative service.
  - ➔ Contact your Support Coordinator to begin the process for innovative service requests.
  - ➔ Requests for innovative services must be reviewed and approved before you make a purchase or use a service.
  - ➔ There is no guarantee requests for innovative services will be approved. Each request is reviewed individually and may be approved or denied, based on the regulations.
- 9) Appeals: Lehigh County Intellectual Disabilities Program developed a process to make an appeal when a request or invoice is denied. You can access the appeals process through your supports coordinator.

Please contact Bob Madden, Lehigh County FD/FSS Coordinator if you have questions or concerns about the program. Phone: 610-849-8076 (ext. 317) or email: [bmadden@arcoflehighnorthampton.org](mailto:bmadden@arcoflehighnorthampton.org)

If you or someone you support participates in the Northampton County Family Driven/Family Support (FD/FSS) program, please take note of the following information.

### **Program Enrollment**

The new fiscal year starts July 1, 2022. Participants are enrolled in Northampton County's FD/FSS program through their Supports Coordinator. FD/FSS funding is written into each participant's ISP.

### **Important Features**

- A contact person or the FD/FSS participant must sign every voucher.
- Any unused funds from Fiscal Year 21-22 do not carry over to the 22-23 fiscal year.
- Eligible services include: Recreation, Respite, Family Aide, Family Education, and Camp.
- **Request for Innovative Service:** To use services beyond normal limits of the FD/FSS program, you will need an approved request for innovative service. Contact your Support Coordinator to begin the process for requests for innovative service.
- Requests for innovative services must be reviewed and approved before you make a purchase or use a service.
- There is no guarantee requests for innovative services will be approved. Each request is reviewed individually and may be approved or denied, based on the regulations.

### **FD/FSS program limitations**

- FD/FSS funds may not be utilized to purchase gift cards of any type.
- People who live at the same address as the individual receiving supports cannot be paid to provide respite or family aide services.
- Easter Seals cannot pay vouchers received more than 180 days (6 months) past the date of purchase or service.
- Receipts for allowable items purchased must accompany all vouchers, except for family aide and respite services. Activity logs must accompany vouchers for respite and family aide services.
- Respite and family aide caregivers are paid directly by Easter Seals. Caregivers must sign and provide their Social Security Number on each voucher for those services.

### **Deadlines**

- The deadline to submit vouchers from January 1 through June 30, 2022 is July 13, 2022. Vouchers must be delivered to Easter Seals by 4:30 PM.
- **Individuals may request transferring funds to the second half of the fiscal year (1/1/2023-6/30/2023).**
- Requests to move first half-year funds to the second half need to be made to Supports Coordinators by November 15, 2022 for carryover consideration.
- The deadline to submit vouchers from July 1, 2022 through December 31, 2022 is January 13, 2023.
- To observe deadlines, vouchers must be received by the Easter Seals office during normal business hours Monday – Friday 8:30 AM – 4:30 PM—except holidays or other office closures. Call Easter Seals office at 610-289-0114 if you have questions about office hours, bad weather or holiday closures.
- Invoices are accepted into Easter Seals based on the date they arrive in the office. Families can mail vouchers; a postmark will not be used to determine cooperation with deadlines.

Contact the FD/FSS program participant's Support Coordinator for questions, assistance with invoices or to make a Request for Innovative Service.

School Districts across Lehigh and Northampton Counties continue updating information on safe ways to provide education to students. This is a developing situation that needs regular monitoring.

Please find a listing and links to public schools in Lehigh and Northampton Counties below. School district links contain information on school district safety plans and other important topics.

## LEHIGH COUNTY PUBLIC SCHOOLS

[Allentown School District](http://www.allentownsd.org); www.allentownsd.org

[Bethlehem Area School District](http://www.basdschools.org); www.basdschools.org

[Carbon Lehigh Intermediate Unit 21](http://www.cliu.org); www.cliu.org

[Catasauqua School District](http://www.cattysd.org); www.cattysd.org

[East Penn School District](http://www.eastpennsd.org); www.eastpennsd.org

[Northern Lehigh School District](http://www.nlsd.org); www.nlsd.org

[Northwestern Lehigh School District](http://www.nwlehighsd.org);  
www.nwlehighsd.org

[Parkland School District](http://www.parklandsd.org); www.parklandsd.org

[Salisbury School District](http://www.salisburysd.org); www.salisburysd.org

[Southern Lehigh School District](http://www.slsd.org); www.slsd.org

[Whitehall-Coplay School District](http://www.whitehallcoplay.org); www.whitehallcoplay.org

## NORTHAMPTON COUNTY PUBLIC SCHOOLS

[Bangor Area School District](http://www.bangor.k12.pa.us);  
www.bangor.k12.pa.us

[Bethlehem Area School District](http://www.basdschools.org); www.basdschools.org

[Catasauqua Area School District](http://www.cattysd.org); www.cattysd.org

[Colonial Intermediate Unit 20](http://www.ciu20.org); www.ciu20.org

[Easton Area School District](http://www.eastonsd.org); www.eastonsd.org

[Nazareth Area School District](http://www.nazarethasd.k12.pa.us); www.nazarethasd.k12.pa.us

[Northampton Area School District](http://www.nasdschools.org); www.nasdschools.org

[Northern Lehigh School District](http://www.nlsd.org); www.nlsd.org

[Pen Argyl School District](http://www.penargylschooldistrict.org); www.penargylschooldistrict.org

[Saucon Valley School District](http://www.svpanthers.org);  
www.svpanthers.org

[Wilson Area School District](http://www.wilsonschool.org);

Right to Education Task Force groups are active in Lehigh and Northampton County. Meetings and workshops are held on the Zoom platform for the foreseeable future.

### Carbon Lehigh IU Local Taskforce 21 (Lehigh County)

Follow the zoom link for each session you wish to attend: [www.zoom.us/join](http://www.zoom.us/join). The Meeting ID for each workshop is 537 838 6005. Meeting passcode is CLIU21.

Email: [localtaskforce21@gmail.com](mailto:localtaskforce21@gmail.com)

Chairperson: Amanda Robbins,  
[mandaphd1@gmail.com](mailto:mandaphd1@gmail.com).

Visit [www.cliu.org](http://www.cliu.org) for more information.

Follow on Facebook:  
[www.facebook.com/localtaskforce21](http://www.facebook.com/localtaskforce21)

### Right To Education Task Force 20 (Northampton County)

Visit the Right to education web page at [www.ciu20.org](http://www.ciu20.org). Find the Local Task Force 20 link under the [Families](#) menu for links to join Task force meetings.

Contact information: Phone: 610-515-6449,  
Email: [LTF20@ciu20.org](mailto:LTF20@ciu20.org)

Chairperson: Leslie McKelvey,  
[leslie.mckelvey@yahoo.com](mailto:leslie.mckelvey@yahoo.com)  
Vice chairperson: Kim Wismer,  
[kimwismer1@gmail.com](mailto:kimwismer1@gmail.com)

Visit [ciu20.edlioschool.com](http://ciu20.edlioschool.com) for more information.

## Federal Communication Commission Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the [Federal Poverty Guidelines](#), or if a member of the household meets at least *one* of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:
  - The National School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
  - SNAP
  - Medicaid
  - Federal Public Housing Assistance
  - Supplemental Security Income (SSI)
  - WIC
  - Veterans Pension or Survivor Benefits
  - [Lifeline](#)—Lifeline is the FCC's program to help make communications services more affordable for low-income consumers. Lifeline provides subscribers a discount on qualifying monthly telephone service, broadband Internet service, or bundled voice-broadband packages purchased from participating wireline or wireless providers. The discount helps ensure that low-income consumers can afford 21st century broadband and the access it provides to jobs, healthcare, and educational resources. Visit [nv.fcc.gov/lifeline](https://www.fcc.gov/lifeline) to apply for the Lifeline program

Participates in one of these assistance programs and lives on [Qualifying Tribal lands](#):

- Bureau of Indian Affairs General Assistance
- Tribal TANF
- Food Distribution Program on Indian Reservations
- Tribal Head Start (income based)

Visit [nv.fcc.gov/lifeline](https://www.fcc.gov/lifeline) to apply for the Affordable Connectivity Program



Federal  
Communications  
Commission



**THE COMMUNITY OF PRACTICE**  
FOR SUPPORTING FAMILIES OF INDIVIDUALS WITH  
INTELLECTUAL & DEVELOPMENTAL DISABILITIES

Dedicated to Positive, Systematic Change to Support Families  
[www.supportstofamilies.org](http://www.supportstofamilies.org)

The Community of Practice for Supporting Families of Individuals with Intellectual & Developmental Disabilities exists to enhance and drive policy, practice, and system transformation to support people with intellectual/developmental disabilities within the context of their families and communities. Nineteen member states are committed to developing systems of support for families throughout the lifespan of people with intellectual and developmental disabilities (I/DD) and their family, and receive technical assistance, products, opportunities for shared learning, and support from a National Team to integrate innovative practices into existing and ongoing state systems change efforts.

What began as a five year grant (awarded by the Administration on Intellectual and Developmental Disabilities (AIDD) in October 2012), with six original state members has continued to expand and now includes nineteen state teams. Teams are comprised of both public state agencies and grassroots stakeholders from each state, who are individually and collectively influencing and supporting sustainable transformation to support good lives for people with disabilities and their families.

A Community of Practice (CoP) is a group that comes together to learn from one another and to develop and implement strategies towards a common practice. The strategies Pennsylvania ODP is using to reach all people are threefold:

1. Partnership with [Self Advocates United as One \(SAU1\)](#) to provide training and supports to persons with IDD/A
2. Partnership with [PA Family Network](#) for training and mentoring of family members of a person with an intellectual or developmental disability or autism (IDD/A); and
3. ODP offering [Regional leadership](#) with community partners in the form of Regional Collaboratives (scroll down to access the interactive map)

Thus, we are embracing the broad and rich diversity that defines Pennsylvania's character: diversity in geography, demographics, cultures and ethnicity, history and traditions, and local identity.

The [Fiscal Year \(FY\) 2021-2022 Workplan](#) reflects ongoing efforts as well as areas of focus for new or enhanced activities for the FY. A webinar is available [here](#) if you would like to hear about the purpose of the workplan, how to find what you are looking for in the workplan, and a few highlighted new activities.

For more information on Pennsylvania's involvement in the [national Community of Practice](#), to learn how you can be involved, or to request training for your organization or staff, contact Candida Walton at [cawalton@pa.gov](mailto:cawalton@pa.gov) or call 717-439-5278.

You can also request to be added to the ListServ to receive communications about the Supporting Families Initiative and efforts across the state by using this link: <http://listserv.dpw.state.pa.us/Scripts/wa.exe?SUBED1=odp-supporting-families-cop&A=1> or by emailing a request to [cawalton@pa.gov](mailto:cawalton@pa.gov).





In order to continue helping people with important information, The Arc of Lehigh and Northampton County's Advocacy Department developed an on-going series of virtual workshops, using the Zoom Platform.

Workshops are free. Visit our chapter's Web site at [www.arcoflehighnorthampton.org](http://www.arcoflehighnorthampton.org). Choose the Events tab to register. Contact Kodi Berry if you have questions Email: [kberry@arcoflehighnorthampton.org](mailto:kberry@arcoflehighnorthampton.org) or phone: 610-849-8076 ext. 325.

### Zoom Workshops Coming in July

- ◆ July 13<sup>th</sup> 10am-12pm: Social Security Disability Insurance (SSDI): An Overview of Benefits & Work Incentives

**Guest Presenter:** Richard Gaudiosi, Public Affairs Specialist Social Security Administration

**This webinar will cover:**

- How Social Security defines disability
- How SSDI disability & eligibility determinations are made
- The application & appeal processes
- Qualifying benefits, health insurance, and resources
- Considerations for those under & over age 18
- Work Incentives & available employment supports

- ◆ July 20 10am-12pm: Supplemental Security Income (SSI): An Overview of Benefits & Work Incentives for those with Disabilities

**Guest Presenter:** Richard Gaudiosi, Public Affairs Specialist Social Security Administration

**This webinar will cover:**

- How Social Security defines disability
- How SSI disability & eligibility determinations are made
- The application & appeal processes
- Qualifying benefits, health insurance, and resources
- Considerations for those under & over age 18

Workshops are being scheduled for August and beyond. Visit our website [www.arcoflehighnorthampton.org](http://www.arcoflehighnorthampton.org), choose the Events tab for information.

Questions can be sent to Kodi Berry. Email: [kberry@arcoflehighnorthampton.org](mailto:kberry@arcoflehighnorthampton.org) or phone: 610-849-8076 ext. 325.



2022 PA Community of Practice Transition Conference  
**Mission Possible: Transitioning to the Future**

**August 10 & 11, 2022**

Description The primary purpose of this two-day conference is to expand the capacity of youth, family members, schools, and community partners regarding specific issues related to: effective employment and postsecondary educational practices, development of healthy life-styles; and the utility of assistive technology, resources, supports, and services available to youth and families.

In-Person Conference Features:

- ➔ **Accommodations, Supports and Resources Expo, Reception & Raffle.** This interactive, hands-on expo is designed for participants to learn about specific assistive technology, resources, supports, and services available to youth. As part of the expo, on Wednesday afternoon, there will be a raffle of items provided by members of our PA Secondary Transition Community of Practice and our vendors. You must be present at the reception to win!
- ➔ **Youth & Family Team Sessions.** These sessions include youth development activities, to help youth grow and plan for adult life, with the support of their family (or supporting adult).
- ➔ **Fab Lab A.** Feature at this year's transition conference is the opportunity to view and explore a Fab Lab. A Fab Lab is a digital fabrication laboratory for innovation and invention. It's a workshop for learning: a place to create, learn, mentor, and to invent.

Feature Presenters:

Brandon and Sylvia Farbestin, Brandon and his mother, Sylvia are inspiring speakers, writers and advocates. Sylvia helped Brandon launch his professional speaking career and advocated on anti-bullying legislation. Sylvia has advised hundreds of families how to leverage curiosity and turn obstacles into opportunities. Brandon inspires millions of people across the globe with his universal message of living life on your own terms and building the framework of self-acceptance.

Megan Bomgaars Megan is a well-known self advocate with down syndrome. A TV Personality (A&E docuseries "Born this Way") and entrepreneur. Loving to share her life experiences with others, Megan developed her skills as a public speaker and travels across the world giving keynote speeches.

Conference Format:

In-Person

Penn Stater Conference Center  
 215 Innovation Blvd.  
 State College, PA 16803

On Line

Zoom Format  
 Pre-Registration required

On-line Registration Deadline July 30, 2022

Register for this PaTTAN-sponsored event by visiting: [www.pattan.net/events](http://www.pattan.net/events). If you prefer, you may email the registration form to Paula Quinn, [pquinn@pattanpgh.net](mailto:pquinn@pattanpgh.net).

To participate in the zoom format, each participant must register and to log in separately to each session using the links that will be provided closer to the conference.

For questions about registration, contact: Paula Quinn - PaTTAN West, [pquinn@pattanpgh.net](mailto:pquinn@pattanpgh.net) or Pam Ranieri PaTTAN West [pranieri@pattanpgh.net](mailto:pranieri@pattanpgh.net).

For questions about this conference, contact: Kim Cole - PaTTAN East, [kcole@pattan.net](mailto:kcole@pattan.net)



## Spirit Club Fitness

[SPIRIT Club](#) is a supportive virtual exercise platform. The club works with individuals and organizations around the country to help make sure that fitness is accessible to EVERYONE. When the pandemic hit, the club transitioned services from primarily in-person to primarily virtual. In order to give members sufficient fitness options that can be done safely from home, the club created *Daily Community Classes* (DCC), which are a set of 9 weekly classes that include Fitness, Yoga, Zumba, Boxing, Meditation, and Healthy Cooking.

Members have unlimited access to all of the DCC which can be watched at any time, with no equipment necessary. The unique teaching style, based on the concept of universal design involves multiple trainers teaching each class, each showing different modifications of every exercise with the goal of maximizing accessibility of our classes (example [HERE](#)). In addition to virtual classes, the club offers virtual personal or partner training! Visit [www.spirit-club.com](http://www.spirit-club.com) for more information.

Email the club at [join@spirit-club.com](mailto:join@spirit-club.com) If you have questions. “We can't wait to train with you!”




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## AMERICA THE BEAUTIFUL – THE NATIONAL PARKS AND FEDERAL RECREATIONAL LANDS ACCESS PASS

**About the Access Pass:** The Access Pass is a free, lifetime pass available to United States citizens or permanent residents, regardless of age, that have a permanent disability. The Pass can be used at over 2000 Federal recreation sites across the nation, including National Parks, National Wildlife Refuges, and many National Forest lands. The Access Pass admits the Pass owner and any passengers traveling with him/her in a non-commercial vehicle at per-vehicle fee areas or the Pass owner and three additional adults where per-person fees are charged. The Access Pass may also offer a discount on some expanded amenity fees, such as camping. Discounts offered by the Pass vary widely across the many different types of recreation sites. Pass owners are encouraged to check with sites they plan to visit before obtaining a pass to verify that their Pass will be accepted. Anytime a Pass is used, photo identification will be requested to verify Pass ownership.

To qualify for a pass you must provide a copy of ID issued by an authorized U.S. agency such as your driver's license, passport, or state issued ID & Documentation that proves permanent disability, such as but not limited to a statement from a physician, document issued by a Federal Agency like Social Security disability or a state agency like the Office of Vocational Rehabilitation. A person does not need to be 100% disabled to qualify.

**Download your application:** Visit [www.store.usgs.gov/access-pass](http://www.store.usgs.gov/access-pass) to complete an application on-line. There will be a one-time \$10 processing fee with the application.

**Obtaining a Pass Through the Mail:** To obtain an Access pass through the mail you must complete an application, provide a photocopy of proof of citizenship or residency, documentation of disability and pay the processing fee. The cost of obtaining an Access Pass through the mail is ten dollars (\$10) for processing the application (the Pass is free).

**Obtaining a Pass in Person** If you apply for an Access Pass at a Federal recreation site you do NOT need to fill out an application. When you arrive at the recreation site, the officer selling the pass will verify your documentation of disability and that you are a U.S. citizen or permanent resident by checking your ID. You will then be issued the Pass. The Pass is free if obtained in person, there is no processing fee. Before making a trip to obtain a Pass, be sure to contact the site to ensure that they have passes available.

Visit [www.store.usgs.gov/access-pass](http://www.store.usgs.gov/access-pass) for information and a copy of the application form. Contact any Federal recreation site for information or visit the National Park service web site and search “Access Pass” to follow the links.



## Coronavirus Q&As From the FDA



*The FDA is working to address the coronavirus disease 2019 (COVID-19) outbreak and keep you and your family informed on the latest developments. Here are answers to some frequently asked questions from consumers about vaccine boosters, and resources.*

### **Q: Am I eligible for a first booster dose of a COVID-19 vaccine, and if so, which one?**

**A: Ages 5 through 11 years:** may receive a single booster dose at least five months after completion of a primary vaccine series with the Pfizer-BioNTech COVID-19 Vaccine. This age group may receive only the Pfizer-BioNTech COVID-19 Vaccine as their booster dose.

**Ages 12 through 17 years:** may receive a first booster dose at least five months after completion of a primary series with the Pfizer-BioNTech COVID-19 Vaccine or Comirnaty (COVID-19 Vaccine, mRNA). This age group may receive only the Pfizer-BioNTech COVID-19 Vaccine or Comirnaty (COVID-19 Vaccine, mRNA) as their booster dose.

**Ages 18 and older:** may receive a first booster dose at least five months after completion of a primary series with the Pfizer-BioNTech COVID-19 Vaccine, Comirnaty (COVID-19 Vaccine, mRNA), the Moderna COVID-19 Vaccine, or Spikevax (COVID-19 Vaccine, mRNA). This age group may receive any of the following COVID-19 vaccines as their booster dose:

- Comirnaty (COVID-19 Vaccine, mRNA)
- Janssen (J&J) COVID-19 Vaccine\* (see note below)
- Moderna COVID-19 Vaccine
- Pfizer-BioNTech COVID-19 Vaccine
- Spikevax (COVID-19 Vaccine, mRNA)

If you are 18 or older and completed your primary vaccination with the Janssen (J&J) COVID-19 Vaccine at least 2 months ago, then you may receive a first booster dose of any of the currently available COVID-19 vaccines listed above. View and print [eligibility chart](#).

*(Continued on page 11)*

**\*NOTE:** The FDA has limited the authorized use of the Janssen COVID-19 Vaccine to individuals 18 years of age and older for whom other authorized or approved COVID-19 vaccines are not accessible or clinically appropriate, and to individuals 18 years of age and older who elect to receive the Janssen COVID-19 Vaccine because they would otherwise not receive a COVID-19 vaccine.

**Q: Am I eligible for a second COVID-19 vaccine booster dose?**

A: If it has been at least 4 months since your first booster dose of any authorized or approved COVID-19 vaccine and you are an individual 50 years of age or older or an individual 12 years of age or older with certain kinds of immunocompromise, you may receive a second COVID-19 vaccine booster dose. View and print [eligibility chart](#) by visiting [www.fda.gov/emergency-preparedness-and-response](http://www.fda.gov/emergency-preparedness-and-response), choose the COVID-19 tab.

**If you are eligible to receive a second COVID-19 vaccine booster dose and you are 18 years of age or older,** then you may receive your second booster dose with any of the following vaccines:

- Comirnaty (COVID-19 Vaccine, mRNA)
- Moderna COVID-19 Vaccine
- Pfizer-BioNTech COVID-19 Vaccine
- Spikevax (COVID-19 Vaccine, mRNA)

**If you are eligible to receive a second COVID-19 vaccine booster dose and you are 12 through 17 years of age,** then you may receive your second booster dose with any of the following vaccines:

- Comirnaty (COVID-19 Vaccine, mRNA)
- Pfizer-BioNTech COVID-19 Vaccine

**Q: Where can I find the latest COVID-19 resources?**

A: Resources to keep yourself and others safe from COVID-19 are available at [COVID.gov](https://www.covid.gov). This toolkit is available in English, Spanish, and Simplified Chinese, and is accessible for those using assistive technologies.

These COVID-19 tools are also available by phone through the National Hotline at 1-800-232-0233 (TTY 1-888-720-7489), which supports more than 150 languages. For people with disabilities who may need additional support, the Disability Information and Access Line (DIAL) is also available to help at 1-888-677-1199 or via email at [DIAL@usaginganddisability.org](mailto:DIAL@usaginganddisability.org).

**For the latest information about COVID-19, visit:**

[www.fda.gov](http://www.fda.gov): [Coronavirus Disease 2019 \(COVID-19\)](#)

[www.vaccines.gov](http://www.vaccines.gov): [Find COVID-19 vaccines and boosters near you](#)

Original Download: 5/25/2022; [www.fda.gov](http://www.fda.gov)



- Why don't Lobsters like to share? Because they're shellfish.
- Last night I dreamt I was a muffler. I woke up exhausted.
- What did the ocean say to the beach? Nothing, it just waved.
- What kind of tree fits in your hand? A palm tree.
- I told the ER doctor I broke my arm in 3 places. He said I should stop going to those places.

## Lehigh & Northampton OBSERVER

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