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**The City of New York
Community Board 8 Manhattan
Health, Seniors, and Social Services Committee
Wednesday, September 13, 2023 – 6:30 PM
Conducted Remotely on Zoom**

Minutes

Board Members Present: Lori Bores, Rebecca Dangoor, Felice Farber, Wilma Johnson, CJ Mossman, Rita Popper, Barbara Rudder.

This meeting was called to order at 6:30 PM.

Item 1: An information session on the new strain of COVID-19: What it is, what we should do, and how do we keep healthy and safe with speaker Dr. John Pellicone, Chief Medical Officer at Metropolitan Hospital.

Dr. John Pellicone, Chief Medical Officer at Metropolitan Hospital, presented an update on the new strains of COVID.

Reported cases have been rising, and three new variants of the virus have been identified in several countries, including the United States. Studies have shown people who contract these variants within six months of a prior infection are most protected. At this time, people are not as sick as initially.

The new COVID vaccine is available now. Anyone over 65 years old, pregnant women, and those with compromised immune systems should get the new vaccine. It is not considered a booster because it is an entirely new vaccine. A booster will most likely be needed in six months. A German study shows that when the initial vaccine and the booster are given in the same arm, there is an increase of T-cells produced, which helps boost the immune system.

RSV vaccines are different from the COVID vaccine. It is strongly recommended for children and adults with a compromised respiratory system. It is recommended that everyone gets the flu vaccine, but not until October or later so it will still have a strong response until the end of the flu season.

Item 2: Old Business

No items of Old Business were discussed.

Item 3: New Business

No items of New Business were discussed.

The committee adjourned at approximately 7:11 PM.

Rebecca Dangoor, Wilma Johnson, and Barbara Rudder, Co-Chairs