

Get your fourth dose/booster of COVID-19 vaccine

COVID-19 vaccines continue to provide strong protection against getting seriously ill, having to go to hospital or dying from COVID-19.

Who should get a fourth dose?

The Province recommends a fourth dose of an mRNA COVID-19 vaccine for:

- residents of long-term care homes, retirement homes, elder care lodges, and older adults living in other eligible congregate settings, and
- individuals who are moderately to severely immunocompromised (as indicated by the Province).

These individuals are at increased risk for both COVID-19 infection and severe disease, which may lead to hospitalization and death. Protection from COVID-19 vaccines may decrease over time. A fourth dose may restore strong protection against the COVID-19 virus, including new variants such as Omicron.

Why should you get a fourth dose of COVID-19 vaccine?

- The Omicron variant of concern is highly transmissible and is now the dominant circulating strain of COVID-19 in Ontario. Residents of congregate care settings are at a higher risk of exposure due to their daily interactions with staff and residents in a congregate living environment.
- Older adults living in congregate settings were prioritized to receive the COVID-19 vaccine early in the vaccine roll-out, leaving more time for a potential decrease in vaccine effectiveness. A fourth dose of COVID-19 vaccine is intended to help increase protection and prevent outbreaks among this vulnerable population.
- An additional dose of COVID-19 vaccine may increase antibodies and restore protection against COVID-19.

When should you get a fourth dose?

If you are eligible, you can get a fourth dose at least three months (84 days) after your third dose.

Which vaccine should you get for your fourth dose?

The Province recommends an mRNA (Moderna or Pfizer) COVID-19 vaccine for fourth doses, however Moderna is the preferred product for residents of congregate care settings serving seniors. Ongoing research suggests that the Moderna vaccine may produce higher antibody levels compared to the Pfizer vaccine, especially in older adults. This means you may have longer lasting and stronger protection with the Moderna vaccine compared to Pfizer. Individuals 29 years of age and under are recommended to get Pfizer. Both Pfizer and Moderna vaccines are safe and effective and provide strong protection against COVID-19. Get the first vaccine that is available to you.

Where can you get more information on fourth doses of COVID-19 vaccine?

Talk to your health care provider if you have questions about receiving a fourth dose of COVID-19 vaccine.

Visit [halton.ca/COVIDvaccines](https://www.halton.ca/COVIDvaccines) for more information on who is currently eligible and where to get a fourth dose in Halton.