

# Stay up to date with your 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.

Stay up-to-date by getting all doses of the COVID-19 vaccine recommended for your age, including boosters. To see the latest recommendations, visit **halton.ca/COVIDvaccines**.

## Why should I get a booster dose?

The protection you get from the vaccines may decrease over time. Evidence suggests booster dose(s) restore protection against the COVID-19 virus, including any new variants.



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## Should I get a booster dose if I previously had COVID-19?



If you previously had a COVID-19 infection you are recommended to receive a booster dose to improve your immune response as it may provide better and longer-lasting protection against current and future variants of the virus. Get your booster dose at the recommended interval after your COVID-19 symptoms started or you tested positive. If you need protection sooner, you can get your vaccine at the minimum interval. A longer interval is recommended as it has been shown to result in a better immune response compared to a shorter interval. For more information, speak to your health care provider.

## What vaccine should I get for my booster dose?

The Province recommends an mRNA (Moderna or Pfizer) COVID-19 vaccine for booster doses. Your booster dose can be a different vaccine than what you received for your primary series.\* Moderna and Pfizer use the same mRNA technology and have similar levels of effectiveness. Vaccine brands are commonly mixed in health care practice. Mixing vaccines is safe and effective.

The bivalent COVID-19 booster dose is now available for eligible groups. This vaccine is an updated version of the COVID-19 vaccine that offers protection against the original COVID-19 virus and the Omicron variant.



\*A primary vaccine series for Pfizer, Moderna, Novavax, Medicago and AstraZeneca requires two doses. Individuals who are immunocompromised should get three doses of Pfizer or Moderna for their primary series. A primary vaccine series for Janssen requires one dose.

#### Can I get the COVID-19 vaccine with other vaccines, such as the flu shot?

You may be able to get your COVID-19 vaccine with other vaccines, such as the annual flu vaccine or other regularly scheduled vaccines. For more information, speak to your health care provider.



Vaccines approved by Health Canada are safe and help protect you, your family and our community from COVID-19.

Side effects from a booster dose of the COVID-19 vaccines appear to be similar to the side effects from the primary series. Common side effects include: pain at the injection site, fatigue, headache, muscle aches, joint stiffness, feeling unwell, chills, and fever.

# Get all the recommended doses of COVID-19 vaccine.

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#### Where can I get a booster dose of COVID-19 vaccine?

Eligible residents may get a booster dose from a Halton Community COVID-19 Vaccination Clinic, GO-VAXX bus, many local pharmacies or participating primary care providers.

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

Visit **halton.ca/COVIDvaccines** for more information on who is currently eligible and where to get a booster dose in Halton.



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