

## New COVID-19 Booster: Why you need it



### Why should I get this booster if I already have the others?

Getting this booster shot can be beneficial because it will protect against both the original virus for COVID-19 and the Omicron variants. The boosters in the past have protected against COVID-19 but had little or no protection against the Omicron variants. If you get the booster, it can decrease the risk of infection and decrease symptoms felt with COVID-19.

Both Pfizer and Moderna provided the new booster so more people can get the booster and be protected from COVID-19.

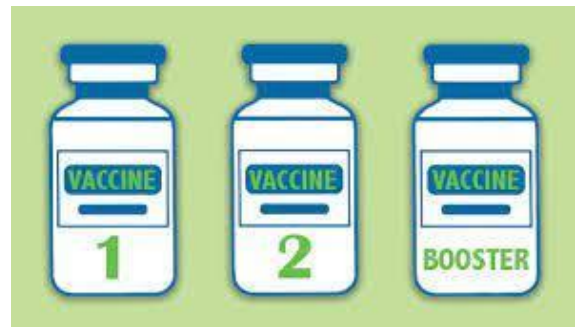
Booster doses also are recommended for people with weakened immune systems, which can be given at least two months after the last shot. This new booster is a bivalent vaccine, meaning it contains two RNA components of the coronavirus. While previous vaccines have only targeted half of the virus, the new booster targets both the original half and the new sub variants, or mutations of coronavirus that are expected to circulate this fall and winter.

### What about the flu shot?

It is okay to get the flu shot with the COVID-19 booster so you can be protected for the winter months. Both vaccines are recommended as they target different diseases.

### I just had COVID. Can I still get the booster?

YES! The CDC recommends delaying the dose three months from the date of the start of symptoms, or in the case of no symptoms, three months from the first positive test. Reinfection is less likely in the weeks to months after a primary infection.



### Mixing brands for primary series and boosters

For the primary series you should get the same brand. **However**, when you are getting the booster, you can get whatever brand is available to you.



### Is the booster free?

Yes! You can get it from a vaccine clinic or your local pharmacy.

### Will there be any side effects?

There might be similar symptoms the same as when you get the flu shot. Sore arm, body aches, headaches, and tiredness. Experiencing these symptoms means that your immune system is working and responding to the shots to build protection against COVID-19.

**Resources:**

[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?s\\_cid=11706:who%20should%20get%20a%20covid%20booster:sem.ga:p:RG:GM:gen:PTN:FY22](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?s_cid=11706:who%20should%20get%20a%20covid%20booster:sem.ga:p:RG:GM:gen:PTN:FY22)

<https://www.mayoclinic.org/coronavirus-covid-19/vaccine-boosters>

<https://www.yalemedicine.org/news/omicron-booster-covid-19>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/booster-shots-and-third-doses-for-covid19-vaccines-what-you-need-to-know>