

COVID-19 Vaccine Booster



What is a COVID-19 vaccine booster dose?

A booster is another dose of a COVID-19 vaccine. You can get the booster dose six months after the first two doses.

Why do I need a booster dose?

After the initial vaccine, your immunity slowly gets lower over time, so you can still get COVID-19. The booster makes your immune system stronger for longer. You will protect yourself and the people around you.

Do the booster doses use the same vaccine as the first two doses?

Yes. The booster dose is the same vaccine. The Moderna booster is half the dose.

Am I "fully vaccinated" if I don't get a booster dose?

Yes. For Pfizer and Moderna, you are fully vaccinated two weeks after your second dose. For Janssen, you are fully vaccinated two weeks after the vaccine.

Which booster should I get?

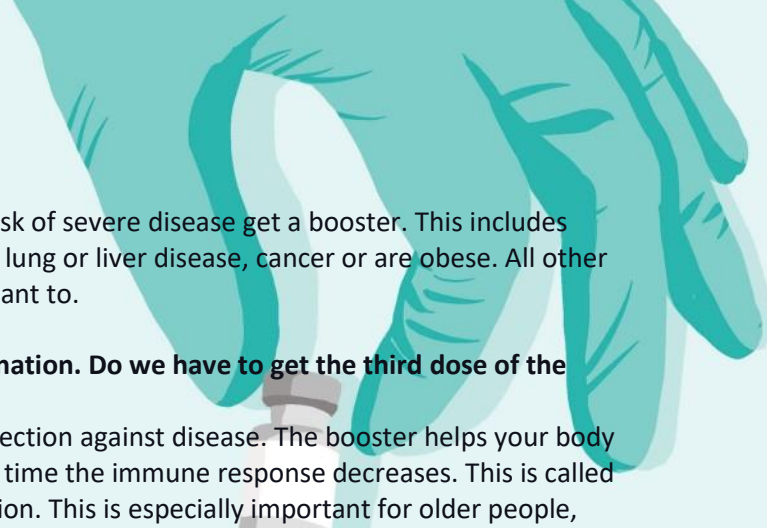
- People 30 years and older can get a full dose of Pfizer or a half dose of Moderna. It does not matter which vaccine you got first.
- Seniors living in long term care need a full dose of Pfizer or a full dose of Moderna.
- People age 18-29 should get the Pfizer booster to reduce their risk of a rare heart side effect.
- Children 12-17 with medical problems that increase their risk for severe disease should also get a Pfizer booster.

If I tested positive for COVID-19 when can I get COVID-19 vaccine or booster dose?

- You can get your first or second dose of COVID-19 vaccine 2 months after having COVID (if you are not fully vaccinated).
- You can get your booster dose of COVID-19 vaccine 3 months after having COVID (if it has been at least 6 months since your second dose)

Can a pregnant woman get the booster? Is it safe for the infant?

Yes, it is safe for someone who is pregnant to receive a vaccine, including booster doses. Pregnant women are at risk of getting more seriously ill if infected with COVID-19, and the vaccine helps prevent this. COVID-19 vaccines are not harmful to the fetus/infant. Antibodies from the mom are passed to the developing fetus, so their baby has some protection when they are born. The mom can also pass antibodies through her breast milk which can also help protect her baby. A vaccinated mom is also less likely to pass the disease onto her baby.



Should children aged 12 – 17 get a booster?

It is recommended that children who are at higher risk of severe disease get a booster. This includes children who have a chronic health condition, heart, lung or liver disease, cancer or are obese. All other children in this age group can get a booster if they want to.

Our family received the two primary doses of vaccination. Do we have to get the third dose of the vaccine?

It is important to get a booster to increase your protection against disease. The booster helps your body to fight the disease for a longer period of time. Over time the immune response decreases. This is called waning. A booster 'boosts' or increases your protection. This is especially important for older people, those with chronic medical conditions, etc., who are more likely to get severely ill if they get infected with COVID-19. Getting vaccinated and getting your booster is important because it protects you from serious illness and reduces the risk of passing the virus to someone else. Children under the age of 5 cannot get vaccinated so it is important for those around them to get vaccinated.

Can I get COVID-19 if I have had it before?

Yes, you can get COVID-19 again even if you had it before, especially with Omicron. Getting the vaccine gives you more protection – it helps prevent serious illness and death if you get infected again.

Most restrictions are now lifted. Does that mean that COVID-19 doesn't exist or is it not dangerous anymore?

No, COVID-19 still exists. It is still dangerous for older people and people with chronic conditions, particularly if they are not vaccinated. It is also important to follow health guidelines like wearing a mask indoors, washing your hands often, covering your mouth when you cough, and getting vaccinated.

Proof of vaccination is no longer required to participate in non-essential events. Why then should people get the vaccine?

Getting vaccinated protects you from serious illness and reduces your risk of passing it on to others. It helps to protect your children, your friends, and your community. Children under the age of 5 cannot get vaccinated, so those around them need to get vaccinated. Some activities and jobs will continue to require proof of vaccination (such as health care workers, teachers, visitors in hospitals etc.). In addition, if you want to travel, you need to be fully vaccinated to go to many places in Canada and the world.

Will there be a fourth dose of the vaccine (booster)? If COVID-19 stays in the community forever or for a longer time, do my children, or I need a COVID vaccine every year?

It is too early to know. Science will tell us if a fourth booster or yearly booster will be offered. Like the influenza (flu) vaccine, a booster every year may be recommended in the future to help protect against infection. However it is too early to know that now.

When can I get a booster dose?

You can get a booster dose 168 days (6 months) after your last dose of the vaccine. There is more information here: <https://novascotia.ca/coronavirus/vaccine/#booster-doses>

How do I book an appointment?

Online: Go to <https://novascotia.flow.canimmunize.ca/en/9874123-19-7418965>

Phone: Call 1-833-797-7772

- You can also ask for an interpreter.