

COVID-19 Bivalent Booster

What is the difference between the bivalent and previous boosters?

The bivalent COVID-19 vaccine has two parts to provide better protection: one part is for the original COVID-19 virus and the other part is for the Omicron variant.

When should I get the bivalent booster?

Each age group might have a different eligibility. The following groups are eligible for a shorter interval between doses:

- People age 70+
- People age 12+ who are moderately to severely immunocompromised
- People age 12+ who are residents of long-term care or senior living settings
- People age 55+ who are First Nations
- People age 50+ who are African Nova Scotian
- Pregnant people

For the most up-to-date recommendations, check <https://www.nshealth.ca/coronavirusvaccine>. If you have questions please call: 1-833-797-7772 (Monday to Friday, 7am to 7pm and Saturday to Sunday, 10am to 6pm). Interpretation is provided when you call this number.

Should pregnant or breastfeeding individuals get the bivalent booster?

Yes. Public Health strongly recommends that people who are planning a pregnancy, or are pregnant or breastfeeding, receive their COVID-19 vaccines. As noted above, pregnant people are eligible for a shortened interval.

If I already had Covid, when should I get the bivalent booster?

It depends on whether you have received your primary series of vaccines or not. Please refer to the section: "Vaccine Eligibility After COVID-19 Recovery" on this website:

<https://www.nshealth.ca/coronavirusvaccine>.

Can I get the flu vaccine and the COVID-19 booster at the same time?

Yes. People 5 years old and older can safely receive the flu vaccine before, after or even at the same time as the booster. This may change to include younger children. For more information, check

https://novascotia.ca/flu/?gclid=EAIaIQobChMI-4uuzdrE_AIVDTizAB3VMg1JEAAYASAAEgJYyfD_BwE


Can my children get other pediatric vaccines and the COVID-19 booster at the same time?

It depends. Speak to a healthcare professional to determine the timing of COVID-19 vaccines with non-COVID-19 vaccines.

How safe is it to get a Covid-19 vaccine?

After being vaccinated, it's common to have temporary side effects. These usually last from a few hours to a few days after vaccination. Common side effects include redness, swelling and/or soreness at the spot where you received the needle. There can be more general side effects such as tiredness, chills, mild fever, headache, muscle aches and joint pain. This is the body's natural response to build immunity.

There's a small chance of a serious allergic reaction to a vaccine called anaphylaxis. It usually happens shortly after a person receives the vaccine and is treatable. That's why you will be asked to stay at the



clinic for at least 15 minutes after vaccination so that staff can watch for these very rare reactions and treat them quickly. For more information on side effects, check <https://www.nshealth.ca/coronavirus-what-expect-covid-19-vaccine-clinic>

If I received a Covid 19 vaccine in another country, should I get the bivalent booster?

Yes. However, your vaccine records must be up-to-date in Nova Scotia's health system before you can book your booster appointment.

You can upload your proof of vaccination from another country or another province through this link: <https://vaccineentryservice.novascotia.ca/> . Your records might take a few weeks to be updated.

How do I get my proof of vaccination?

You can access your proof of vaccination here: <https://novascotia.flow.canimmunize.ca/en/portal> . Please note that your previous doses in another country do not automatically appear in this system until you upload them, as explained in the previous question.

How can I get a bivalent booster?

Before you start:

- You need a valid Nova Scotia health card to book an appointment online.
- If you do **not** have a health card, call 1-833-797-7772. Interpretation is available.
- If you are booking an additional or booster dose of COVID-19 vaccine, you may be required to show proof of eligibility. This means your previous COVID-19 vaccines need be up to date in Nova Scotia's system. To upload your doses received in another country or province, go to this website : <https://vaccineentryservice.novascotia.ca/>

How to Book an Appointment:

- Online for a clinic: <https://novascotia.flow.canimmunize.ca/en/covid-flu-booking>
- Call 1-833-797-7772 (Monday to Friday, 7am to 7pm and Saturday to Sunday, 10am to 6pm).
 - If you need interpretation, call this number to book you appointment (over 125 different languages are available).
 - When you call this number, a specialist will go through health screening questions with you and answer your concerns about vaccination.
- For more information, check out ISANS's [How to Book a Vaccine Appointment - Project Beacon](#) website.

How to Find a Drop-in Clinic

- Vaccines are also provided at various drop-in clinics. These locations and times change week to week. <https://www.nshealth.ca/drop-in-vaccine-clinics>
- Pharmacies also offer drop-in clinics: <https://pans.ns.ca/walk-covid-19-vaccine-clinics>
- Pharmacies may also provide brochures in different languages when clients get their vaccine.