

# COVID-19 Booster Shot Do I Need One?



## WHAT IS A BOOSTER SHOT?

A vaccine booster shot is administered after the initial (primary) dose(s) of a vaccination to help build back up immunity against new coronavirus variants. Essentially, booster shots help you maintain protection against the virus. The FDA and CDC have approved booster shots for all three of the COVID-19 vaccines.

## DOES MY BOOSTER SHOT HAVE TO BE THE SAME BRAND AS MY PRIMARY SERIES?

The FDA and CDC allow individuals to mix and match the brand of the booster shot they receive. For example, if you initially got the Pfizer-BioNTech vaccine, you can get the Moderna booster.

## WHY IS GETTING A BOOSTER SHOT IMPORTANT?

New coronavirus variants can cause infection in people with only the first dose(s) of the Vaccine as opposed to individuals who received the booster. This makes booster shots extremely important.

A booster shot significantly decreases the risk of severe sickness, hospitalization, and death in the case of a breakthrough infection.

The new Omicron variant has a high rate of re-infection, meaning natural immunity doesn't provide the same protection it has with previous variants.

## WHEN SHOULD I GET MY BOOSTER SHOT?

Individuals who received the **Pfizer-BioNTech** or **Moderna** vaccines can get their COVID-19 booster at any time six (6) months after their second dose.

Individuals who received a **Johnson & Johnson** vaccine may get a booster at any time two (2) months after their initial shot.

## WHY DO I NEED A BOOSTER IF THE NEW STRAIN CAUSES LESS SEVERE DISEASE?

We don't yet know how Omicron will impact long term care residents who are the most vulnerable to COVID-19.

Boosters reduce the chance of getting COVID-19 cases, which cause sick days and disruptions to everyday activities for individuals who test positive and those around them due to the need to quarantine.

## HOW CAN I GET MY BOOSTER SHOT?

Ask your long term care facility or call your local pharmacy or health care provider to make an appointment.