Bivalent COVID-19 Boosters
What You Need to Know

What is a bivalent COVID-19 booster?

The bivalent vaccine helps generate protection against two types (or variants) of the virus.

1. The original COVID-19 virus.
2. The Omicron BA.4/5 variant, which is now the cause of most COVID-19 infections in the U.S.

The original COVID-19 vaccine protects against one type of the virus.

Why should I get a bivalent booster?

COVID-19 infections are likely to increase during the winter as more time is spent inside and there are fewer masking requirements. The virus is continuously changing and we need to change with it! Staying up to date with COVID-19 vaccines is the best way to avoid hospitalization, death, and other long term health conditions caused by COVID-19 infection.

Why do we need a bivalent booster?

For more protection from COVID-19. Each booster dose helps to give longer protection. The COVID-19 virus has changed since the first COVID-19 vaccines were available. This vaccine will provide protection against current and future strains of the virus related to Omicron.

What if I already got a booster?

You should get this booster. You just need to wait two months after your last dose of any COVID-19 vaccine.

Who can get a bivalent booster?

People who have completed a primary series and are:
- 12 years and older can get a **Pfizer COVID-19** bivalent booster
- 18 years and older can get a **Moderna COVID-19** bivalent booster

Will primary vaccines change too?

No. The original COVID-19 vaccines have not changed.

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What are the side effects of the bivalent booster?

The most common side effects are similar to the other COVID-19 vaccines and may include:

- Pain, redness and swelling at the injection site
- Fatigue
- Headache
- Muscle pain
- Chills
- Joint pain
- Fever

Can I still get a regular booster?

The bivalent boosters are the only authorized boosters now available for those 12 years and older. Those 5 to 11 years can receive the original (or monovalent) Pfizer COVID-19 vaccines as a booster.

Why are these boosters coming out now?

This is great timing since we are heading into fall and beginning to spend more time indoors where viruses spread easier. Bivalent COVID-19 vaccines can provide protection against the new variants that are spreading.

What if I got a J&J primary dose?

You can get a bivalent booster as your booster dose two months after the J&J dose!

When can younger children be vaccinated?

Children less than 12 years old may be able to get a bivalent vaccine soon! Manufacturers are working on a bivalent vaccine for younger children.

Can I get a flu vaccine & booster at the same time?

Yes, you can get them at the same visit.