

# Updated 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.

Bivalent boosters are known as "updated" or "fall" boosters.

### Why do we need an updated 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 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.

### What are the side effects of the updated 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

\*age appropriate



### Who can get an updated booster?

People who have completed a primary series and are:

- 5 years and older can get an updated Pfizer COVID-19 booster
- 6 years and older can get an updated Moderna COVID-19 booster

### What if I already got a booster?

You should still get an updated booster. You just need to wait two months after your last dose of any COVID-19 vaccine (primary or booster).

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

Yes, you can get them at the same visit. You can and should get any other vaccines you're due for at the same visit too.

### Can I pick which booster I get?

Yes, you can get a Moderna or Pfizer updated booster!\*

### Did primary COVID-19 vaccines change?

No.