

# Updated COVID-19 Boosters

## What You Need to Know

### What is a bivalent COVID-19 vaccine?

The bivalent vaccine helps generate protection against two types (or variants) of the virus: 1. The original COVID-19 virus AND 2. The Omicron BA.4/5 variant. Bivalent vaccines are known as "updated" or "fall" boosters.

### Why do we need an updated vaccine?

For more protection from COVID-19. Each 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 bivalent vaccines?

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

### Who can get an updated booster?

Everyone 6 months and older, who has completed a primary series\* can get a bivalent booster. \*Children 6 months to 4 years old who are **not** immunocompromised and have already gotten 3 doses of Pfizer monovalent vaccine cannot get a bivalent vaccine.

### What if I already got a booster?

If you are eligible, 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 & COVID-19 vaccine at the same time?

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

### Can I pick which bivalent booster I get?

Most ages can choose between a Moderna or Pfizer bivalent booster!\*

\*Children 6 months to 4 or 5 years cannot.

### Did primary COVID-19 vaccines change?

Mostly no. Those 6 months to 4 years getting Pfizer, the third dose in the primary series is the Pfizer bivalent vaccine.

