

Updated (or Bivalent) COVID-19 Vaccines: 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?

Most everyone who has completed a primary series can get a bivalent booster at least two months after their last dose. Those 6 months to 4 years old who received a bivalent vaccine for their third primary dose cannot receive a bivalent booster (Pfizer schedule).

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 are due for at the same visit.

Can I pick which bivalent booster I get?

Most people 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, not yet. Except for those 6 months - 4 years old getting Pfizer: the third dose in the primary series is a bivalent vaccine.

