

Updated (or Bivalent) mRNA COVID-19 Vaccines

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" vaccines.

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

What if I already got the original vaccines?

That's great! You should make sure you have gotten all the doses you're eligible for, which will include an updated (bivalent) vaccine. If your child has never received a COVID-19 vaccine, all of their doses will be bivalent.

The original, or monovalent, mRNA vaccines are not being used anymore because we have updated ones!

Who should get a bivalent vaccine?

Everyone aged 6 months and older can get a bivalent vaccine. The number of bivalent vaccine doses a person needs is different depending on their age and how many doses they have already had.

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 vaccine I get?

Most people can choose between a Moderna or Pfizer mRNA bivalent vaccine!



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