**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.

**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!