



# Boost Your Protection Against COVID-19

Vaccination is the most effective way to remain protected from the most severe outcomes of COVID-19. Vaccination may not always prevent symptomatic infection but it will help reduce severity if a person does become infected and decreases the risk of developing post COVID-19 condition (commonly known as long COVID).

## Why get a COVID-19 booster dose?

COVID-19 booster doses help to:

- restore protection that may have decreased since your last dose
- keep you protected from severe illness from COVID-19

## When is it recommended that I receive a booster dose?

Individuals at high risk of severe COVID-19 illness are recommended to get a booster dose when it has been at least six months since their last dose or confirmed COVID-19 infection. This includes:

- individuals aged 65 years and older
- residents of long-term care homes, retirement homes, Elder Care Lodges, and other congregate living settings for seniors
- individuals aged 18 years and older living in a congregate care setting for people with complex medical care needs
- individuals aged 18 years and older who are moderately to severely immunocompromised
- pregnant individuals
- individuals aged 55 years and older who identify as First Nations, Inuit or Métis and non-Indigenous household members aged 55 years and older

Individuals aged 5 years and older who have not yet received a booster dose since September 1, 2022, remain recommended to receive a booster dose if it has been at least six months since their last dose or confirmed COVID-19 infection.

Recommendations for other individuals who are not high-risk and have already received a booster since September 1, 2022, will be available closer to Fall 2023.

Individuals aged six months and older may receive a COVID-19 vaccine at the same time as, or at any time before or after, other routine vaccinations.

## Do I need a booster dose if I've had COVID-19?

If you have already had COVID-19, you should still get a booster dose for protection from reinfection or severe outcomes. You are recommended to wait at least six months after your last dose or confirmed COVID-19 infection.

**The best booster dose is the first one offered to you to ensure you remain protected from severe illness from COVID-19.**

**You will be offered an age-appropriate, Health Canada approved booster dose based on your eligibility.**