

# COVID-19 Vaccines: Bivalent Booster Shots



## WHAT IS A BIVALENT BOOSTER?

Bivalent boosters are updated vaccines that help target new variants of COVID-19, like Omicron, and restore protection that has waned since previous vaccination.

## WHY SHOULD I GET A BIVALENT BOOSTER SHOT?

It's important to stay up to date on your COVID-19 vaccines, especially if you live or work in a long term care setting. Recent data suggest COVID-19 vaccine effectiveness wanes over time, especially for certain groups of people, such as those 65 years and older and people with immunocompromise. Long term care staff can help protect themselves and reduce the risk to vulnerable residents by staying current on their vaccinations.

## WHY SHOULD I GET BOOSTED IF I MIGHT GET COVID-19 ANYWAY?

COVID-19 vaccination significantly lowers your risk of severe illness, hospitalization, and death if you get infected.

Like all vaccines, COVID-19 vaccines are not 100% effective at preventing infection. However, staying up to date with your COVID-19 vaccinations means that you are less likely to have a breakthrough infection and, if you do get sick, you are less likely to get severely ill or die. Staying up to date with COVID-19 vaccination also means you are less likely to spread the disease to others and increases your protection against new variants.

## WHEN SHOULD I GET A BIVALENT BOOSTER SHOT?

If it's been at least two (2) months since your last COVID-19 vaccination, and you are not currently infected with COVID-19, you should get your new booster shot.

## HOW CAN I GET MY BOOSTER SHOT?

Ask your long term care facility. Or find vaccines in your area at [www.vaccines.gov](http://www.vaccines.gov) to make an appointment at your local pharmacy or health care provider. Ask them about getting your flu shot as well!