



WHAT TO KNOW ABOUT COVID-19 BOOSTERS



A booster shot is recommended for everyone 12 and older who has been vaccinated for COVID-19. To find a vaccination clinic in Kitsap County, go to kcowa.us/vaccine or call 360-728-2219.

What is a booster shot?

- **COVID-19 vaccines are very effective.** However, protection provided by vaccines can weaken over time.
- **A booster shot** (an additional vaccine dose received after the primary vaccination series) can strengthen your immunity.
- **Booster shots are not unique to COVID-19 vaccination.** Boosters are recommended for many types of vaccines.

Are COVID-19 booster shots effective?

- **Data show people who get vaccinated and receive a booster shot have extremely high levels of protection** against severe illness, hospitalization, and death from COVID-19. People who are vaccinated are also much less likely to test positive for COVID-19 than those who are unvaccinated.
- **People who receive a booster have more protection against COVID-19** than people who are vaccinated but have not received a booster.
- Vaccination and booster shots have been shown to provide **protection against COVID-19 variants, including Omicron.**
- While illness from COVID-19 is often mild, **anyone can become severely ill from COVID-19 and experience long-term health impacts.**

According to CDC data, **adults who were vaccinated and received a booster shot had**

53x

lower risk of death from COVID-19 than people who were not vaccinated.

Source: MMWR 01/28/2022 [bi.tly/mm7104](https://bit.ly/mm7104)

Why get a booster if I could still get COVID-19?

Getting vaccinated and getting a booster will significantly lower your risk of getting sick with COVID-19. **If you do get COVID-19, you will be much less likely to become severely ill or need hospitalization.** A booster shot will help protect your health and keep you engaged in activities like work, school, or athletics.

BOOSTER BASICS

If you are 12 or older and have been vaccinated for COVID-19 (received two doses of Pfizer or Moderna, or one dose of Johnson & Johnson), a booster shot is recommended.

Initial vaccine received

Pfizer or Moderna



Wait at least **five months** after your second dose before getting a booster.

Johnson & Johnson



Wait at least **two months** after your first dose before getting a booster.

Wait time before booster

Choosing a booster

People 18 or older can choose Pfizer or Moderna (recommended) or J&J for their booster dose.

Youth ages 12-17 can only receive Pfizer for their booster dose.

IF YOU ARE MODERATELY TO SEVERELY IMMUNOCOPROMISED and received two doses of Pfizer or Moderna, an additional dose of the same vaccine is recommended 28 days after your second dose to strengthen your immunity. Booster shots may also be recommended if you received any of the three COVID-19 vaccines. Consult your healthcare provider or go to cdc.gov/covid19 for more information.

LEARN MORE

cdc.gov/covid19 | covidvaccinewa.org | kcowa.us/vaccine | 360-728-2219