

Key Messages: COVID-19 Booster Doses

- Vaccination is the most effective way we can protect ourselves and our loved ones from the most serious effects of COVID-19.
- We recommend all Ontarians to stay up to date with your vaccinations to ensure you have the best protection ahead of the respiratory illness season and as you spend more time indoors.
- Booster doses are recommended to everyone aged five and over to help restore protection that may have decreased since your last dose.
- Individuals aged five and over who are not considered high risk for severe COVID-19 illness are recommended to receive a booster dose six months since your last dose.
- It is strongly recommended that you get a booster dose after three months if you are:
 - At [high risk for severe COVID-19 illness](#), including
 - individuals aged 65 and older
 - residents of long-term care homes, retirement homes, Elder Care Lodges and individuals living in other congregate settings that provide assisted-living and health services
 - First Nation, Inuit and Métis individuals and their non-Indigenous household members aged 18 and over
 - pregnant individuals aged 18 and over
 - health care workers aged 18 and over
 - Immunocompromised individuals aged five and over, after consultation with your health care provider
- If you have already had COVID-19 you should still get a booster dose. You are recommended to get a booster dose if it has been between three and six months after symptom onset or a positive test. However, waiting six months may provide a better immune response.
- Bivalent vaccines provide better protection against the most recently circulating COVID-19 variants in Ontario. The best booster dose is the first one offered to you to ensure you have good protection from severe illness from COVID-19.
- You will be offered an age-appropriate, Health Canada approved booster dose based on your eligibility.
- Individuals aged five and over may receive a COVID-19 vaccine at the same time, or at any time before or after other vaccines, including the flu shot. Children between six months and under five years are recommended to wait 14 days before or after the administration of another vaccine before getting their COVID-19 vaccine.

- If you have questions, please contact or visit:
 - [Ontario.ca/covidvaccines](https://ontario.ca/covidvaccines)
 - The Provincial Vaccine Contact Centre at 1-833-943-3900 to speak with an experienced health agent or health specialist (TTY for people who are deaf, hearing-impaired, or speech-impaired: 1-866-797-0007), available in more than 300 languages, seven days a week from 8:00 a.m. to 8:00 p.m.
 - The SickKids COVID-19 Vaccine Consult Service at [1-888-304-6558](tel:1-888-304-6558) or sickkids.ca/vaccineconsult. Appointments are available in multiple languages.
 - The Scarborough Health Network VaxFacts Clinic at 416-438-2911 ext. 5738 or www.shn.ca/vaxfacts. Appointments are available seven days a week, from 9 a.m. to 8 p.m., in over 200 languages.