



Boost Your Protection Against COVID-19

Give yourself the best protection this respiratory illness season and as you spend more time indoors. Vaccination is the most effective way you can protect yourself and your loved ones from the most serious effects of COVID-19.

Why get a COVID-19 booster dose?

Ontarians aged five and over are recommended to get a COVID-19 booster dose, regardless of the number of booster doses previously received to:

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

All eligible Ontarians aged 12 and over will receive a bivalent vaccine for their booster dose. Bivalent vaccines provide better protection against the most recently circulating COVID-19 variants in Ontario.

When is it recommended that I receive a booster dose?

SIX MONTHS SINCE YOUR LAST DOSE	THREE MONTHS SINCE YOUR LAST DOSE
<ul style="list-style-type: none">• Ontarians aged five and over who are not at high risk of severe COVID-19 illness	<ul style="list-style-type: none">• Individuals at high risk of severe COVID-19 illness, including:<ul style="list-style-type: none">- aged 65+- First Nation, Inuit & Métis or a non-Indigenous household member 18+- residents of long-term care homes, retirement homes, Elder Care Lodges- individuals living in other congregate settings that provide assisted-living and health services- 18+ and pregnant- 18+ and a health care worker• Individuals who are immunocompromised aged five and over, after consultation with your health care provider

Individuals aged five and over may receive a COVID-19 vaccine at the same time as other vaccines, including the flu shot.

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 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.

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.