



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 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 OR COVID-19 INFECTION	THREE MONTHS SINCE YOUR LAST DOSE OR COVID-19 INFECTION
<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">- Individuals aged 65 years and older- Residents of long-term care homes, retirement homes, Elder Care Lodges, and individuals living in other congregate settings- Individuals aged 12 years and older with an underlying medical condition that places them at high risk of severe COVID-19- Health care workers- Pregnant individuals- Adults who identify as First Nations, Inuit or Métis and their adult non-Indigenous household members- Adults in racialized communities and/or marginalized communities disproportionately affected by COVID-19• Individuals who are immunocompromised aged 12 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 wait six months (or a minimum of three months) after symptom onset or a positive test before getting a booster dose.

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.