



# COVID-19 Vaccine Booster Doses Reference Guide for All Ages

You or your child got vaccinated with a primary series of a COVID-19 vaccine to protect yourself and others from severe illness, hospitalizations, and even death from COVID-19. Studies have shown that while COVID-19 vaccines remain effective, they are associated with a drop in protection over time.

*Now, getting boosted remains the most effective way to continue this protection.*

Check out the chart below to see if you or your child are eligible for a COVID-19 vaccine booster.\*

<i>If you got...</i>	<i>Who should get a booster</i>	<i>Which booster to get</i>	<i>When to get a booster</i>
<b>Pfizer</b>	People 5 years and older	<b>People 5 years old</b> should only receive an updated bivalent Pfizer booster	At least 2 months after completing their last dose (primary series or monovalent booster)
		<b>People 6 years and older</b> should receive an updated bivalent Pfizer or Moderna booster	
		<b>People 18 years and older</b> who have not received a previous booster can also opt to receive a Novavax booster if they cannot or will not receive an updated mRNA booster.	At least 6 months after primary series.
<b>Moderna</b>	People 5 years and older	<b>People 5 years old</b> should only receive an updated bivalent Pfizer booster	At least 2 months after completing their last dose (primary series or monovalent booster)
		<b>People 6 years and older</b> should receive an updated bivalent Pfizer or Moderna booster	
		<b>People 18 years and older</b> who have not received a previous booster can also opt to receive a Novavax booster if they cannot or will not receive an updated mRNA booster.	At least 6 months after primary series.
<b>Johnson &amp; Johnson</b>	People 18 years and older	<b>People 18 years and older</b> should receive an updated bivalent Pfizer or Moderna booster	At least 2 months after completing their last dose (primary series or monovalent booster)
		<b>People 18 years and older</b> who have not received a previous booster can also opt to receive a Novavax booster if they cannot or will not receive an updated mRNA booster.	At least 6 months after primary series.
<b>Novavax</b>	People 12 years and older	<b>People 12 years and older</b> should receive an updated bivalent Pfizer or Moderna booster	At least 2 months after completing their primary series
		<b>People 18 years and older</b> who have not received a previous booster can also opt to receive a Novavax booster if they cannot or will not receive an updated mRNA booster.	At least 6 months after primary series.

*If you are moderately or severely immunocompromised guidelines will vary.*



\*People who recently had SARS-CoV-2 infection may consider **delaying their COVID-19 primary or booster dose by 3 months from symptom onset or positive test (if infection was asymptomatic)**. [Studies have shown](#) increased time between infection and vaccination may result in an improved immune response to vaccination. Also, a low risk of reinfection has been observed in the weeks to months following infection. Individual factors such as risk of COVID-19 [severe disease](#), [COVID-19 community level](#), or characteristics of the predominant SARS-CoV-2 strain should be taken into account when determining whether to delay getting a booster dose after infection.

# COVID-19 Vaccine Booster Doses FAQs

## What is an updated/bivalent booster?

An updated/bivalent COVID-19 booster is a vaccine formula that both boosts immunity against the original coronavirus strain and also protects against the newer Omicron variant that account for most of the current cases. Updated boosters are intended to provide optimal protection against the virus and address waning vaccine effectiveness over time.

## Why are booster doses important?

Booster doses will help provide continued protection against severe disease. Everyone 5 and older should receive a booster dose to stay up to date with their vaccinations. Certain populations, such as those who are moderately to severely immunocompromised, may require additional doses to increase immunity. This is especially important with the rise of more contagious variants and cases of COVID-19 increasing across the United States.

## If booster doses are needed, does that mean that the vaccines aren't working?

No. The current COVID-19 vaccines we have in the U.S. are working well to prevent severe illness, hospitalization, and death, even against variants. However, public health experts are seeing reduced protection against mild and moderate COVID-19 illness, especially among high-risk populations. The updated/bivalent boosters were created to help boost immunity and provide better protection from some of the newer variants.

## What should I bring to a booster dose appointment?

Please take your/your child's vaccination card to the booster dose appointment so the provider can first confirm that the initial vaccine series was completed. If the card was lost, the provider can look up your record.

## What's the difference between an additional vaccine dose and a booster dose?

An additional dose is for immunocompromised patients who completed a 2-dose mRNA vaccine series (Pfizer or Moderna) but did not have a strong enough immune response.

A booster dose is given to enhance or restore protection and/or immunity after the initial vaccine series waned over time.

## Which vaccine brand can I get for my booster?

Anyone 5 years old can receive an updated bivalent Pfizer booster dose regardless of which vaccine they received as a primary series.

Anyone 6 years and older can receive an updated bivalent Moderna or Pfizer dose regardless of which vaccine they received as a primary series.

Children 6 months to 4 years are not eligible to receive a booster dose at this time.

## When is someone considered up to date?

You or your child are **up to date** with COVID-19 vaccination when all doses in the primary series and all recommended boosters have been received, when eligible.

## Can the booster be received with other vaccines, like for flu?

Yes. You or your child can get a COVID-19 vaccine at the same time as other vaccines. You do not need to schedule your child's required school vaccinations or other recommended vaccines separately from COVID-19 vaccination. A COVID-19 vaccine appointment is another opportunity to get you or your child caught up on all recommended vaccines.

More questions? Visit: [doh.wa.gov/covidbooster](https://doh.wa.gov/covidbooster)