

Q&A

Should I Get an Updated COVID-19 Booster?



UPDATED COVID-19 BOOSTERS

Q

Why are updated COVID-19 boosters available?

A

Coronavirus changes into new variants over time.

Updated Moderna and Pfizer boosters, also called “bivalent” boosters, target the Omicron variants as well as the original strain of COVID-19.

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Who should get the updated COVID-19 booster?

A

CDC recommends 1 updated (bivalent) booster dose if it's been at least 2 months since the last dose for:

- Everyone **age 5 years and older**
- Children **age 6 months–4 years** who completed the **Moderna** primary series (no booster recommendation for children age 6 months–4 years who got **Pfizer**).

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What ingredients are in the updated COVID-19 booster?

A

The Moderna and Pfizer updated boosters use the same ingredients as other COVID-19 vaccines, with a change to one of the proteins to target Omicron variants.

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What are the side effects of the updated COVID-19 booster?

A

Like other vaccines, you may get a sore arm, fever, headache, or fatigue after getting vaccinated. These side effects generally go away in a few days.

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Which updated COVID-19 booster shot should I get?

A

You can choose either the Moderna or Pfizer updated booster shot. You do not need to get the same brand as your primary COVID-19 series (unless you are under 5 years old).

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I've had COVID recently. When should I get the updated COVID-19 booster?

A

Wait until you are fully recovered and do not have symptoms.

Talk with a healthcare provider about the best timing to get the updated booster. Some people may wait up to 3 months after recovery.

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Where can I get the updated COVID-19 booster shot?

A

Updated COVID-19 boosters are available at Public Health's vaccination site at the Auburn Outlet Mall (drop-ins welcome, open Friday-Monday).

Or, you can also check with a health care provider, clinic, or local pharmacy.

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COVID-19 boosters and vaccines are always **FREE!**

No health insurance or proof of citizenship is needed.

For more information, go to:

kingcounty.gov/vaccine