Get Boosted!

What is a COVID-19 booster shot?
A COVID-19 booster shot is an additional dose of a vaccine given after the protection provided by an original vaccine has begun to decrease. Boosters help people maintain or increase their level of immunity.

Boosters do not mean an original vaccine is not working. Many vaccines need boosters, especially those that are not derived from a live virus, such as the COVID-19 vaccines.[1]

Why do we need boosters?
Over time, COVID-19 vaccines lose some of their ability to protect against mild to moderate disease. They are still very good at fighting serious disease, but preventing **any** spread of the disease is important. Boosters rebuild, and can even increase, our immunity against COVID-19[2] and boosting the immune system after a pause can also improve immunity against new COVID-19 variants.

Who is eligible to get a booster?
All <u>fully-vaccinated</u> people ages 16 and older for Pfizer and 18 and older for Moderna and Johnson and Johnson are eligible for booster shots. You can receive a booster after:

- Six months after your second dose of either the Pfizer or Moderna vaccines.
- Two months after your Johnson and Johnson vaccine.

Which booster should I get?
<u>Anyone 18 and older can choose any vaccine for their booster</u>. The CDC recommends either the Pfizer and Moderna vaccines.[3] Children ages 16 and 17 are only eligible for the Pfizer vaccine at this time.

Do boosters have side effects?
You can expect the same side-effects you experienced when originally vaccinated. Common side effects include pain at the injection site, chills, fever, tiredness, headache, and muscle pain. These are normal signs that your body is building protection against COVID-19 and the booster is working.

> ## Boosters and the Omicron Variant
>
> <u>**Boosters can increase protection against Omicron 25 to 37 times**</u> over people not receiving boosters, early studies have shown.[4, 5]
>
> <u>**Only 30% of AI/AN people have received boosters**</u>[6] and our elders are very vulnerable to COVID-19.
>
> ## Get your booster as soon as possible!
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> *"Vaccination and getting a booster dose when eligible are currently the most important things we can do to protect against COVID-19 caused by the Delta variant and a potential Omicron threat."*
> Dr. Jeff Duchin, Seattle & King County Health Officer[7]

Where can I get a booster? Will I have to pay for it?
<u>Just like COVID-19 vaccines, boosters are free.</u> Some providers may charge administrative costs.

Check with your Tribal health clinic to see if they are offering booster shots. Boosters are also available at many pharmacies, including Walgreens, Rite Aid, Safeway pharmacies, and others. You can also check the Vaccines.gov website to find a site near you. https://www.vaccines.gov/

Stay safe for the holidays.
Many people will not receive boosters in time for holiday gatherings, but you can still stay safe.

Protect yourselves and your guests by planning your gathering so people can circulate easily, there is good air flow, and vulnerable people are not crowded. **<u>And, wear well-fitted masks when not eating.</u>**

[1] https://www.hhs.gov/immunization/basics/types/index.html
[2] https://www.houstonmethodist.org/blog/articles/2021/oct/how-do-i-know-if-i-need-a-covid-19-booster-shot/
[3] https://www.cdc.gov/media/releases/2021/s1216-covid-19-vaccines.html
[4] https://directorsblog.nih.gov/2021/12/14/the-latest-on-the-omicron-variant-and-vaccine-protection/
[5] https://www.npr.org/2021/12/20/1065734884/moderna-says-its-covid-booster-increases-protection-against-omicron
[6] https://publichealthinsider.com/2021/12/03/
[7] https://www.cdc.gov/mmwr/volumes/70/wr/mm7050e2.htm?s_cid=mm7050e2_w