



WHEN SHOULD YOU GET YOUR BOOSTER?

The Next Wave? The incidence of COVID-19 is expected to increase in late fall and winter, and new variants of concern may emerge.

Timing The Next Booster Dose

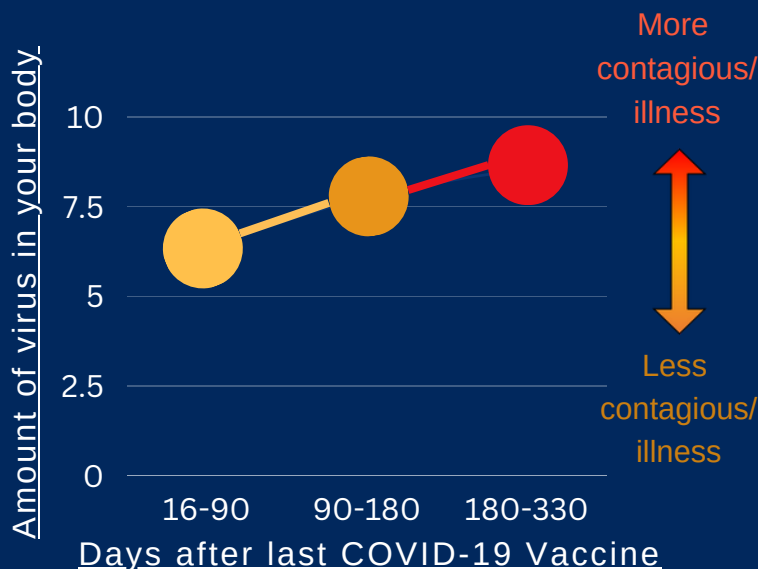
It is important to plan for 'packages of protection' when a booster becomes available to increase antibody levels and diversity!

Vaccine Timing	Earliest	Recommended
After last vaccine dose	3 months	6 months
After last COVID-19 Infection	3 months	6 months

Recommendation by NACI: shorturl.at/bjLNU

HOW DOES A BOOSTER DOSE PROTECT YOU AND THOSE AROUND YOU?

!
You are **LESS contagious** and more likely to have **milder symptoms** if you get infected close your last booster dose.



!
You are **MORE contagious** and more likely to be **MORE sick** if it has been a while since your last booster dose.

<https://doi.org/10.1016/j.cmi.2022.09.003>

Being up-to-date with your booster will help protect you and those around you!

The new variants of the original COVID-19 virus are getting smarter!

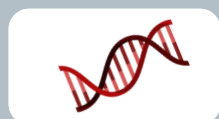
New variants of concern arise as the COVID-19 virus mutates, replicates, and spreads. **The good news is that we have COVID BOOSTERS to begin to build protection against these new variants!**



Antibody levels begin to wane 3–6 months after last COVID-19 vaccine, & in 3 months or less after last COVID-19 infection

What to know about COVID-19 Bivalent Boosters

2 different mRNA components can be found in the bivalent boosters:



Original COVID-19 virus
(**SARS-CoV-2**)



Omicron Strain
(**BA.1** or **BA.4/BA.5**)



REMEMBER: The vaccine booster requires **7 DAYS** to build immunity in the body

What makes the Omicron variant *more contagious?*

- Omicron uses a unique entry mechanism allowing it to infect cells in the upper respiratory tract (before reaching the lungs)
- Omicron can replicate faster in the airways than other COVID variants

