



Get The Facts About the Bivalent COVID-19 Booster

What is the new Bivalent COVID-19 booster? | Source: CDC, 10/2022

- The updated (bivalent) boosters are called “bivalent” because they protect against both the original virus that causes COVID-19 and the Omicron variant BA.4 and BA.5.
- Previous boosters are called “monovalent” because they were designed to protect against the original virus that causes COVID-19. They also provide some protection against Omicron, but not as much as the updated (bivalent) boosters.
- The virus that causes COVID-19 has changed over time. The different versions of the virus that have developed over time are called variants.
- Two COVID-19 vaccine manufacturers, Pfizer and Moderna, have developed updated (bivalent) COVID-19 boosters.

Who should get the Bivalent COVID-19 booster? | Source: Public Health Collaborative, 2022

- The CDC recommends that everyone age five and up should get an updated COVID-19 booster this fall to stay up-to-date on vaccinations. The same is true for people who completed their primary series or received one or two boosters: they should get an updated booster dose at least two months after their last shot.
- For maximum effectiveness of the updated booster dose, individuals who recently had COVID-19 may consider delaying any COVID-19 vaccination, including the updated booster dose, by three months from the start of their symptoms or positive test.

Will I need additional boosters after receiving the Bivalent COVID-19 booster?

| Source: Public Health Collaborative, 2022

- Maybe. Booster doses are common for many vaccines, and over time, booster doses may need to be updated to provide optimal protection against new variants of the virus. The scientists and medical experts who developed the COVID-19 vaccines continue to watch for waning immunity, how well the vaccines protect against new mutations of the virus, and how those data differ across age groups and risk factors.
- To date, booster doses have worked well in extending the protection of the vaccine against serious illness, but have been somewhat less effective in boosting immunity against new variants of COVID-19 compared to the original strain. The updated booster dose formula is designed to protect against original strains of the virus, as well as Omicron variants that account for the majority of current new infections.
- Vaccination and boosting is particularly important for individuals more at risk for severe COVID-19, such as older people and those with underlying medical conditions.

Are there any side effects associated with the Bivalent COVID-19 booster? | Source: AMA

Yes, but they are generally mild in most cases. Side effect may include:

- fatigue
- headache
- muscle and joint aches
- chills
- nausea
- vomiting
- fever

Can I get the Bivalent COVID-19 booster and the Influenza vaccine at the same time?

| Source: AMA

- Yes, the CDC says it's safe to get a flu shot at the same time as any SARS-CoV-2 vaccine. Because the two viruses will be circulating at the same time, the CDC encourages it.
- It's also acceptable to get a SARS-CoV-2 vaccine or booster with other needed vaccines.