



First Nations Health Authority
Health through wellness

The Facts About COVID-19 Booster Shots

1 What are booster shots and why are they needed?

For a variety of reasons, the effectiveness of some vaccines can gradually weaken over time. This is the case with the COVID-19 vaccines. An additional vaccination can “boost” the antibodies in your immune system to provide better and longer protection. This is important as new variants are identified.

2 When is the best time to get a COVID-19 booster shot?

If you are over 18 and fully vaccinated, you should get a booster shot as soon as it is available, either at a provincial clinic or in your community. The timing will usually be six to eight months after your second dose. Pregnant people should get a booster eight weeks following a second dose.

3 How will I be notified when it's my turn?

You will be invited to book an appointment if you are registered with the provincial Get Vaccinated system. If your second dose was more than six months ago and you haven't been contacted, register at gov.bc.ca/booster. Booster clinics will also be offered in remote First Nations communities. Contact your community Health Care Provider for information.

4 Is my vaccine no longer effective after eight months?

COVID-19 vaccine immunity decreases slowly. Protection against severe illness remains strong for most people even longer than six to eight months. However, it is important to have the strongest and longest protection by getting your booster shot as soon as it is offered.

5 Does it matter which mRNA vaccine I get for my booster?

No. Both Moderna (SpikeVax) and Pfizer (Comirnaty) have been carefully studied and are equally safe and effective as boosters. There is no concern about getting a different vaccine brand from the one you originally received.

6 Should we be isolating again until everyone gets their booster?

Your primary series of two doses provide good protection until you are offered a booster. Boosters are an extra layer of protection in addition to what you are already doing to keep yourself and your community healthy.

Did you know? You don't need to space out your flu shot and COVID-19 vaccine. When booking your appointment, ask about getting both on the same visit.

fnha.ca/vaccine