Current COVID-19 vaccines available in the United States and Canada are still working well to prevent severe illness, hospitalization and death. However, public health experts and researchers are seeing reduced protection, especially in vulnerable populations (65 years of age and older, immune compromised, etc.) against mild and moderate disease.

To combat reduced protection, booster shots have been approved by the Centers for Disease Control and Prevention (CDC). Booster shots are the same formulation as the current COVID-19 vaccines and provide additional protection against COVID-19 and help strengthen protection against severe disease.

The booster shots currently available are single booster dose of the Johnson & Johnson COVID-19 vaccine and Pfizer-BioNTech COVID-19 vaccine and half dose of Moderna COVID-19 vaccine.

Who is recommended to get a COVID-19 booster shot and when?
According to the Food and Drug Administration (FDA), each booster shot is available and should be administered at different intervals after an individual is fully vaccinated.

Modern and Pfizer-BioNTech: A single booster dose of the Moderna COVID-19 vaccine (half the original dose) or a single booster dose of the Pfizer-BioNTech COVID-19 vaccine may be administered at least six months after completion of the primary series to individuals:

- 65 years of age and older
- 18-64 years of age at high risk of severe COVID-19 (underlying medical conditions, long-term care setting residents)
- 18-64 years of age with frequent institutional or occupational exposure to COVID-19 (includes fire fighters and EMS workers)

Johnson & Johnson: The use of a single booster dose of the Johnson & Johnson COVID-19 vaccine may be administered at least two months after completion of the single-dose primary regimen to any individual 18 years of age and older.

What booster shot can I get?
The FDA has authorized the use of heterologous (or mix and match) booster doses for currently available (i.e., FDA-authorized or approved) COVID-19 vaccines following completion of primary vaccination.

Resources: