COVID-19 Vaccine Booster

Public Health is recommending that all eligible Nova Scotians get a booster dose of the COVID-19 vaccine to help to ensure more people across the province are better protected against the virus.

Why should I get a COVID-19 booster?

- With two doses of the COVID-19 vaccine, protection against severe illness, hospitalization, and death remains generally high but this may decrease over time.
- Booster doses of COVID-19 mRNA vaccines such as Pfizer or Moderna can increase the immune response and offer better protection against infection and severe disease.
- Compared to unvaccinated people, Nova Scotians who have received a booster dose have:
  - 90% reduced risk of hospitalization
  - 94% reduced risk of death from COVID-19


When can I get a booster?

First Booster:
- 168 days (24 weeks) after your second dose for people ages 12-69
- 120 days (17 weeks) after your second dose for people who are pregnant, moderately to severely immunocompromised, and eligible groups.

Second Booster:
- 168 days (24 weeks) after your first booster for people ages 50-69
- 120 days (17 weeks) after your first booster for pregnant people who received a booster before becoming pregnant, and are due to deliver by November 30, 2022.
- 120 days (17 weeks) after first booster for people ages 50-69 who are moderately to severely immunocompromised, and eligible groups.

Eligible groups include: People age 70+, adult residents of long-term care or congregate living settings, people age 55+ who are First Nations, and people age 50+ who are African Nova Scotian.

I’ve had COVID, can I still get a booster?

Yes, you can! Vaccination is very important, even if you’ve been previously infected with COVID-19. In the first three months (90 days) after you’ve recovered from COVID-19, you may have some short-term post-infection immunity. However, your immunity decreases as time goes on. Vaccination after infection helps improve the immune response and provides better and longer-lasting protection.

- If you had COVID-19 and have not been fully vaccinated (only one dose or no dose), you should wait at least two months (60 days) to get a first or second dose of vaccine.
- If you had COVID-19 and have been fully vaccinated, you should wait at least three months (90 days) to get a booster dose.

Does it matter what type of vaccine I get for my boosters?

Mixing doses of mRNA vaccines is completely safe. You may be offered a different mRNA vaccine for your booster dose than the vaccine you received for your primary series. Both mRNA vaccines are safe and effective to use as a booster dose.

Is a third dose and a booster the same thing?

No, boosters and third doses have different purposes:
- A booster dose helps maintain and lengthen your level of protection, as immunity may decrease over time.
- A third dose completes the primary series for people with compromised immune systems who don’t develop a strong enough immune response with two doses. They will then be eligible for a booster dose after completing their primary series of three doses.

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Learn more at nshealth.ca/coronavirusvaccine

How to get your booster:

Visit a Pharmacy Association of Nova Scotia walk-in vaccine clinic: pans.ns.ca/walk-covid-19-vaccine-clinics

Book your booster online: novascotia.ca/coronavirus/book-your-vaccination-appointment Or call 1-833-797-7772.