

# COVID-19 Vaccines in Nova Scotia

## Ages 12 years and older



### Ages 12-17 years

Primary Series - Pfizer (original)  
Fall Dose - Pfizer Bivalent

### Ages 18 years and older

Primary Series - Pfizer or Moderna (original)  
Fall Dose - Pfizer or Moderna Bivalent



All mRNA vaccines (Pfizer and Moderna) are **safe, effective and strongly recommended** for COVID-19 vaccination. For some age groups, additional guidance on vaccine selection is provided:

- » People ages 12-29 are recommended to receive Pfizer (original) for their primary series.
- » People ages 12-29 who are moderately to severely immunocompromised may choose to receive Moderna (original) as an alternative.
- » People ages 18 years and older may choose an alternative vaccine if they are unable to or would prefer not to receive an mRNA vaccine. Speak to a pharmacist or primary care provider for more information.

Public Health recommends that Nova Scotians **ages 12 and older** who have completed their primary series receive a bivalent vaccine rather than an original mRNA vaccine for their next dose. While all vaccines provide good protection, a bivalent is more likely to protect against the Omicron variant of COVID-19.

“Bivalent” means that the vaccine protects against two different types (strains/variants) of the COVID-19 virus: the original strain and an Omicron strain. These bivalent vaccines help to create a broader immune response and improve the strength and duration of protection.

## Recommended Intervals Between Doses

#### Between primary series doses

- ✓ Doses 1 to 2 - **56 days** (8 weeks)

Nova Scotians who are **moderately to severely immunocompromised** will need a third dose of vaccine to complete their primary series.

#### Between primary series doses

- ✓ Doses 1 to 2 - **28 Days** (4 weeks)
- ✓ Doses 2 to 3 - **56 Days** (8 weeks)

#### Between last dose (primary series or booster) and next eligible dose

- ✓ **168 days** (24 weeks) - Ages 12+
- ✓ **120 days** (17 weeks) - People eligible for shortened interval:
  - » People age 70+
  - » People age 12+ who are moderately to severely immunocompromised
  - » People age 12+ who are residents of long-term care or senior congregate living settings
  - » People age 55+ who are First Nations
  - » People age 50+ who are African Nova Scotian
  - » People who are pregnant

#### Vaccination After Recovering from COVID-19

After recovering from COVID-19, you should wait **8 weeks** to get a primary series dose. If you have completed your primary series, you should wait **168 days** to get your next dose, or **120 days** if you are eligible for a shortened interval.