

COVID-19 Vaccines in Nova Scotia

Ages 12 years and older



Ages 12-17 years

Primary Series - Pfizer (original)

Booster Dose - Pfizer Bivalent

Ages 18 years and older

Primary Series

Pfizer or Moderna (original)

Booster Dose

Pfizer or Moderna Bivalent

Recommended Intervals Between Doses

Between primary series doses

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

**Between primary series and booster,
or between booster doses**

6 months (168 days)

Nova Scotians who are **Moderately to severely immunocompromised** will need a third dose of vaccine to complete their primary series. Their interval between primary series doses will be:

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

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 **6 months** to get your next booster dose.



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. Visit www.nshealth.ca/coronavirusvaccine for details.

Bivalent Vaccines

Public Health recommends that Nova Scotians ages 5 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.