

# COVID-19 October 4, 2022

## BIVALENT BOOSTERS

**NEW!**  
**Bivalent vaccines are approved ✓ for adults 18+**  
 They may also be used for adolescents aged **12 to 17.**

**Bivalent vaccines contain 2 different mRNA components:**



Based on the original COVID-19 virus



Based on the Omicron strain

Compared to the original mRNA vaccine:

Early data in adults shows the **updated bivalent vaccines** help your body make more antibodies to fight COVID-19<sup>1</sup> and have similar mild side effects (e.g., sore arm, fatigue).

**Everyone 18+ (who has completed their primary series)\* can consider getting a bivalent booster.**

\*A primary series = at least 2 doses of an approved COVID-19 vaccine.

**RESEARCH<sup>2,3</sup> SHOWS THAT COVID-19 VACCINE BOOSTERS**

- give strong protection from severe illness
- lower the risk of COVID-19 symptoms
- lower the risk of complications, like Long COVID

National Advisory Committee on Immunization

**NACI strongly recommends bivalent boosters for<sup>4</sup>:**

- **People 65 years and older**
- **People 18+ who:**
  - ↳ Identify as First Nations, Metis, Inuit
  - ↳ Are pregnant
  - ↳ Had their last dose or COVID-19 infection more than 6 months ago
- **People 12+ who:**
  - ↳ Have a weakened immune system
  - ↳ Have a serious health condition
  - ↳ Live in a group setting (e.g., long-term care)

### How to Time a Bivalent Vaccine Dose

	After last vaccine dose	After last COVID-19 infection
<b>Earliest</b>	3 months	3 months
<b>Recommended</b>	<b>6 months</b>	<b>6 months</b>

Find the NACI guidance here: <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-bivalent-omicron-containing-mrna-covid-19-vaccines.html>

**Timing your vaccine is more important than the brand of your vaccine**

If you are at higher risk of severe illness from COVID-19, it's strongly recommended you get your bivalent booster **as soon as you can.**

<sup>1</sup> <https://www.nejm.org/doi/full/10.1056/NEJMoa2208343>

<sup>2</sup> <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-bivalent-omicron-containing-mrna-covid-19-vaccines.html>

<sup>3</sup> <https://covid19-sciencetable.ca/sciencebrief/understanding-the-post-covid-19-condition-long-covid-in-adults-and-the-expected-burden-for-ontario/>

<sup>4</sup> <https://www.canada.ca/en/public-health/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-bivalent-omicron-containing-mrna-covid-19-vaccines.html#a5.1.1>