



## Boosters for 12+ Fast Facts

### **The Centers for Disease Control and Prevention (CDC) recommends that everyone age 12 and older receive a COVID-19 vaccine booster dose.**

On Jan. 5, 2022, the CDC strengthened its recommendation on booster doses. Now it recommends everyone age 12 and older get a booster dose when they are eligible: five months after the second dose of Pfizer or Moderna, or two months after a Johnson & Johnson dose. This includes people who are immunocompromised and may have received a third dose of Pfizer or Moderna. People 12–17 years of age are only eligible to receive the Pfizer vaccine.

### **Even people at low risk of serious illness from COVID-19 should get a booster dose to protect themselves and others.**

A booster will re-build neutralizing antibodies that strengthen the body's ability to fight getting a breakthrough case. Even if you're not at high risk for severe disease, you could be infected and then pass it on to others, such as children too young to be vaccinated, the elderly, or people who are immunocompromised.

### **Booster doses help people maintain strong immunity to disease longer.**

The first vaccine series built up the immune system to make the antibodies needed to fight the disease. Over time, the immune response weakens. A booster dose builds on the initial response and tends to result in higher antibody levels that help people maintain their immunity longer.

### **Boosters bring up the immune response within a few days.**

This continues to be studied, but we can reliably say that after a few days, immunity is equal to or better than that after the primary series.

### **After getting a booster dose, you should be monitored for 15–30 minutes.**

As with your primary doses, you should be monitored for immediate side effects for 15–30 minutes after vaccination.

### **Booster doses are widely available, but you may need to wait.**

Booster doses are widely available through pharmacies, doctor's offices and clinics, as COVID-19 vaccine is today. Use the [vaccine locator map](#) to find a vaccine provider near you, or call 211 or 866-698-6155 for information and assistance in any language. Proof of eligibility is not required, though providers may ask for written confirmation of your last vaccination. Please be patient. Vaccine providers are working hard to meet the need, as they have done throughout the pandemic.

### **People age 15 and older can consent to vaccination.**

Under Oregon law, people 15 and older may give consent to receive medical treatment, including vaccinations, when provided by a physician, physician assistant, naturopath, nurse practitioner, dentist or optometrist, or other professionals operating under the license of these providers.

### **Myocarditis and pericarditis may be rare side effects of vaccination for some.**

Myocarditis is an inflammation of the heart muscle. Pericarditis is an inflammation of the lining around the heart. Both have been reported in some patients after receiving a COVID-19 mRNA vaccine (Moderna or Pfizer). The cases occurred more often in males ages 12–39 than in females or older men. Medical researchers at the CDC have studied these cases and determined the risk of severe illness from COVID-19 is greater than the risk of developing one of these rare heart conditions after vaccination. Myocarditis and pericarditis are more likely to occur from a COVID-19 infection than as a result of vaccination.

### **Booster doses are safe, effective and free.**

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