



Boosters for 18+ Fast Facts

Everyone age 18 and older is eligible for a COVID-19 vaccine booster beginning Nov. 20, 2021.

Some people are strongly advised get a booster dose to protect themselves and others. You can choose which vaccine to get.

The COVID-19 vaccines are extraordinarily effective at preventing serious illness, hospitalization and death. That said, we are seeing immunity drop over time, especially in people over age 50 and those with compromised immune systems who are more likely to experience severe disease, hospitalization and death. For these people, another dose boosts their immunity, sometimes greater than what was achieved after the primary, two-dose series.

Health experts strongly recommend people over age 50, people over 18 who live in long-term care facilities, and anyone who received one dose of the Johnson & Johnson vaccine get a booster dose.

Younger, healthy people may also 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, 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 stimulates the initial response and tends to result in higher antibody levels that help people maintain their immunity longer.

Boosters take about two weeks to bring up the immune response.

This continues to be studied, but we can reliably say it takes two weeks to bring the immune response up 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 tirelessly to meet the need, as they have done throughout the pandemic.

Booster doses are safe, effective and free.

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsoha.state.or.us.