



Boosters for 5+ Fast Facts

(Updated 10/19/2022)

The Centers for Disease Control and Prevention (CDC) recommends everyone receive a bivalent COVID-19 vaccine booster dose when eligible.

The CDC recommends everyone age 5 and older get a bivalent booster dose (updated vaccine formula) when they are eligible. This includes people who are immunocompromised and received an additional dose:

- Everyone 5 years of age and older is recommended to receive a single booster dose of a bivalent mRNA vaccine
 - at least two months after completing any authorized vaccination series (Johnson & Johnson, Moderna, Novavax, Pfizer), OR
 - at least two months after receipt of the most recent monovalent (original vaccine formula) booster dose.
 - Children age 5 are eligible to receive only the updated bivalent Pfizer vaccine as their booster dose. Persons 6 years of age and older may receive either the Pfizer or the Moderna bivalent booster.
- People who are immunocompromised and received one dose of Johnson & Johnson vaccine are recommended to receive an additional primary dose of a monovalent mRNA vaccine; and then an updated booster dose of the vaccine of their choice at least two months after that additional dose.
- People who are immunocompromised and received a Johnson & Johnson vaccine and a monovalent vaccine booster dose (Johnson & Johnson, Moderna or Pfizer) are recommended to receive an updated bivalent mRNA vaccine booster dose (Moderna or Pfizer) at least two months after their most recent monovalent booster dose.
- People who were recently infected with COVID-19 may choose to delay any vaccination, including a booster dose, by three months from symptom onset or a positive COVID-19 test.

Children 6 months through 4 years of age are not recommended to receive a booster dose at this time. Children 6 months through 11 years of age receive smaller Pfizer or Moderna pediatric doses.

The updated bivalent mRNA booster dose targets two antigens.

An updated booster dose contains mRNA to create spike proteins from both the original strain of the virus that causes COVID-19 and from the BA.4/5 Omicron variant. This will offer protection from the variants that are currently circulating and may offer protection against a wider range of COVID-19 viral strains.

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.

Bivalent booster doses are available through pharmacies, doctor's offices and clinics, as are the monovalent doses of COVID-19 vaccine for the primary series. 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.

People ages 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, older men, or younger boys. Medical researchers at 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 and occur more often after the second dose of a primary series than after a booster dose.

Booster doses are safe and effective.

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 971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsoha.state.or.us.