

COVID-19 Booster FAQs

Frequently Asked Questions on the Updated COVID-19 Booster Shot

What is the updated booster shot (or bivalent booster) and what does it do?

- + The booster shots that have kept us protected during the pandemic have been updated to better protect against new variants, including new strains of Omicron.
- + The CDC and Illinois Dept. of Public Health recommend the updated booster, as staying up to date on your vaccinations is the **best way to protect yourself** and your loved ones from COVID-19.

Who is eligible for the bivalent booster?

- + People ages 5 years and older are recommended to get one updated (bivalent) booster if it has been at least **2 months since their last COVID-19 vaccine dose**, whether that was their final primary series dose, or an original (monovalent) booster.
- + People who have gotten more than one original (monovalent) booster are also recommended to get an updated (bivalent) booster.

If I already got COVID-19, should I get the updated booster?

- + Yes. The updated booster is recommended **3 months after a COVID-19 diagnosis** for anyone who has recovered from the virus to protect them going forward.

Should I get the updated booster if I am immunocompromised?

- + Yes. The vaccine and booster shots are proven protection against COVID-19 that are particularly important for those with compromised immune systems.
- + Talk to your doctor if you have any questions on if, when, or how many doses of the COVID-19 vaccine you should get to protect yourself.

Can I get any type of booster?

- + Yes. According to the CDC, **you can “mix and match”** any of the available updated COVID-19 vaccines for your booster.

What are the side effects of the bivalent booster?

- + The most commonly reported side effects include soreness, redness or swelling at the injection site, fatigue, headache, muscle pain, joint pain, chills, swelling of the lymph nodes in the same arm of the injection, nausea, or fever. It's important to remember, **side effects are normal and show the vaccine is working**.
- + **These side effects typically go away after a day or two**. If they last longer or you experience other side effects, contact your healthcare provider.

Should I get the COVID-19 bivalent booster AND the flu shot at the same time?

- + Yes. Getting vaccinated for COVID-19 and the flu will help build defense against winter illnesses.

Where can I get the updated booster?

- ★ Go to www.vaccines.gov to find the nearest location that offers the updated booster.