Recently, the CDC released recommendations around the FDA-authorized booster shots for the Moderna and Johnson & Johnson COVID-19 vaccines. This follows an earlier authorization for a booster shot of the Pfizer-BioNTech vaccine.

**What is a booster shot?**

- A booster shot is an additional dose of a vaccine, given a certain amount of time after the initial dose or doses, that helps to strengthen (or ‘boost’) the immune system’s response to a given disease.
- Other vaccines besides those for COVID-19 warrant boosters—many adults, for example, get a tetanus booster every 10 years.
- According to the FDA and the CDC, the COVID-19 vaccine booster will strengthen the immune protection which may have weakened since the original vaccine over time.

**Who should get a booster shot?** Per updated guidance from the CDC, **everyone ages 18 and older** should get a booster shot.

**When should I get a booster shot?**

- If you got one of the two dose vaccines (Pfizer-BioNTech or Moderna), you should get your booster at least six months after your second of the two original shots.
- If you got the single dose Johnson & Johnson vaccine, you should get your booster at least two months after your initial shot.
- You can get a booster by finding a vaccination site for your county online, through your healthcare provider, or at pharmacies throughout the country.

**Which booster shot should I get?** The CDC has said that you can ‘mix and match’ your shots—that is, if you got Pfizer-BioNTech for your first two shots, you can get a Moderna booster, or if you got Johnson & Johnson for your initial shot, you can get a Pfizer-BioNTech booster. In most cases, the best booster is the one most readily available to you.

For more information and FAQs about booster shots, [visit the CDC’s website.](https://www.cdc.gov)

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh