

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh

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, and children aged 12-17 should get a Pfizer-BioNTech booster shot.

When should I get a booster shot? According to the FDA and CDC:

- If you are an **adult** (aged 18 or older) fully vaccinated with the **Pfizer-BioNTech** vaccine, you **should** get a booster shot **five** months after your second dose.
- If you are a **child** aged 12-17 fully vaccinated with the **Pfizer-BioNTech** vaccine, you **should** get a Pfizer-BioNTech booster shot **five** months after your second dose.
- If you are an **adult** (aged 18 or older) fully vaccinated with the **Moderna** vaccine, you **should** get a booster shot **six** months after your second dose.
- If you are an **adult** (aged 18 or older) fully vaccinated with the **Johnson & Johnson** vaccine, you **should** get a booster shot **two months** after your first and only dose.

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.

You can get a booster by finding a vaccination site for your county online, through your healthcare provider, or at pharmacies throughout the country.

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