**Who are COVID-19 vaccine booster doses recommended for?**

For the best protection against COVID-19, the CDC recommends that everyone age 5 and older should get one booster dose. In addition, some people should get a 2nd booster. (See [Who can get a 2nd booster?](#) below).

Getting a COVID-19 vaccine booster is important because it strengthens your immunity. This gives you better protection from getting seriously ill, being hospitalized, and even dying.

Learn more at CDC webpage [COVID-19 Vaccine Boosters](#).

**When am I eligible to receive a booster dose?**

If you are age 5 and over, you are eligible for a booster dose:

- 5 months after the last dose of your Moderna or Pfizer vaccine primary series, or
- 2 months after a single dose of Johnson & Johnson (J&J) vaccine.

If you are age 18 and older the booster dose may be any COVID-19 vaccine, but Pfizer or Moderna are preferred. Children ages 12-17 can only get a Pfizer booster.

If you are moderately or severely immunocompromised, you should get your booster dose sooner. See the CDC webpage [COVID-19 Vaccines for Moderately or Severely Immunocompromised People](#) to learn more.

If you have not gotten your first booster dose yet and you are due, now is the time to get your booster.

Visit the CDC interactive [Getting your COVID-19 Booster](#) tool to help determine if you (or your child) can get one or more COVID-19 boosters.

Talk to your doctor if you have questions.

**Who can get a second booster dose?**

The following people are eligible to get a 2nd COVID-19 booster if it has been at least 4 months since their 1st booster. Those who are:

- Age 50 and older
- Age 12 and older who are moderately or severely immunocompromised
- Age 18-49 who received J&J for both their primary dose and booster dose

If you are age 50 and older or if you are age 12 and older and are moderately or severely immunocompromised (and it has been 4 months since your first booster) you should get your 2nd booster now to remain up to date with your COVID-19 vaccines. It is important to note COVID-19 rates are rising, and you are at higher risk of getting seriously ill if you get COVID-19.

If you are age 18-49 and you received J&J for both your primary dose and booster dose (and it has been 4 months since your first booster) you may get a 2nd booster. The second booster dose is not required.
to be considered up to date. If you are a higher risk of getting sick from COVID-19, get your 2nd booster now. If you are healthy and have limited exposures to others, then you can consider waiting.

See the CDC webpage COVID-19 Vaccine Boosters for more information.

Visit the CDC interactive Getting your COVID-19 Booster tool to help determine if you (or your child) can get a 2nd booster.

Talk to your doctor if you have questions.

**When should I get a second booster dose?**

If you are in one of the groups who can get a 2nd booster, you can choose to get it right now or to wait. Consider your situation and the risks and benefits. Your doctor can help you review your options. You do not need a 2nd booster dose to be considered up to date on your COVID-19 vaccines at this time.

Certain factors can make it more likely that you could get very sick from COVID-19. If you are eligible for a second booster, it may be helpful to get it now if you are (or if someone you live with is):

- Moderately or severely immunocompromised
- More likely to get very sick from COVID-19
- More likely to be exposed to COVID-19 through your job, where you live, or other factors (such as traveling often or participating in large gatherings)
- In an area with substantial to high COVID-19 transmission levels
- If someone you live with is unvaccinated

You may consider waiting to get a 2nd booster if you:

- Had COVID-19 within the past 3 months
- Are healthy and have limited exposures to others

See the CDC webpage Getting a 2nd COVID-19 Vaccine Booster for more information. Talk to your doctor if you have questions.

**What are the risks of getting a booster?**

Reactions after booster doses are like those after primary doses. Most side effects are mild to moderate and last 2 days or less. As with the primary series, serious side effects are rare. For more details, visit the CDC webpage Safety of COVID-19 Vaccines. The benefits of getting a booster dose outweigh any known and potential risks.

**Will I need to show a doctor’s note or prescription to get a booster dose?**

No, you do not need a doctor’s note or prescription to get a booster dose. You can self-attest (self-report) if you are eligible. When you go to the location, take proof of vaccination such as your CDC white card or digital vaccination record. Visit the Public Health How to Get Vaccinated webpage for more information.
Where can I get more information?

- To print or view this FAQ or FAQs on other COVID-19 vaccine topics, scan the QR code or visit [COVID-19 vaccine FAQs](#).
- CDC webpage [COVID-19 Vaccine Booster Doses](#)
- [VaccinateLACounty.com](#) – including [COVID-19 Vaccine Schedules](#) with graphics to show when each dose is due and information on [How to Get Vaccinated](#).
- Talk to your doctor if you have questions.