

# COVID-19 Updated Boosters

This guide has key messages you can use to promote COVID-19 boosters and answer questions.

## Opening Statement:

Updated COVID-19 boosters are now available in LA County. Everyone who is eligible should get a booster dose as soon as possible to prepare for the winter holiday season.

### KEY MESSAGE 1:

We are expecting a winter surge of COVID-19 cases. New, updated boosters are here just in time to give us additional protection.

We have seen surges in COVID-19 during the winter for the past two years. As the weather gets colder, viruses like the cold, flu, RSV, and COVID-19 are more likely to spread. It's important to take steps to protect yourself.

Don't let sickness interfere with your holiday plans. Getting an updated booster is one of the many steps you can take to make traveling, gathering, and celebrating safe for you and your loved ones.

### SUPPORTING MESSAGE 1.1:

The updated booster dose is bivalent, which means it protects against original coronavirus AND the new Omicron variants that cause most new infections.

### KEY MESSAGE 2:

If it has been more than two months since your last dose of COVID-19 vaccine, you should get an updated booster **as soon as possible**.

Everyone age 5 older is eligible for a booster dose 2 months after their most recent dose of COVID-19 vaccine. This includes the final primary series dose or a recent booster dose.

Booster doses are not currently recommended for children ages 6 months through 4 years. But they should get their primary vaccine series as soon as possible, if they are unvaccinated.

### SUPPORTING MESSAGE 2.1:

No matter how many booster doses you have gotten in the past, you should get an updated booster dose.

### KEY MESSAGE 3:

Updated boosters are free and easy to access at sites all over LA County.

Updated boosters are available at Public Health sites, pharmacies, and other places across LA County. Visit [ph.lacounty.gov/howtogetvaccinated](https://ph.lacounty.gov/howtogetvaccinated) to find a site near you.

Updated boosters are free for everyone. You do not need to have health insurance to get an updated booster.

You will not be asked about your immigration status.

### SUPPORTING MESSAGE 3.1:

You can get the flu vaccine and the updated booster at the same time.

The previous, monovalent COVID-19 boosters worked well in making vaccine protection last even longer. But they were less effective at “boosting” our immune response to new variants of COVID-19. New variants can avoid some of the protection from earlier vaccinations and/or previous COVID-19 infections.

**SUPPORTING MESSAGE 1.2:**

Stay up-to-date on vaccines and boosters to protect yourself and your loved ones from the worst outcomes of COVID-19.

The original vaccine and booster provide protection against the original COVID strain, but getting the updated booster protects against new variants AND makes your original vaccine protection last even longer.

Booster doses are effective at preventing serious illness, hospitalization, and death.

**SUPPORTING MESSAGE 1.3:**

Booster doses are common for many vaccines. Medical experts update vaccines and boosters as the virus changes over time and our knowledge increases.

If it has been a long time since you got your last vaccine dose, your protect is likely weaker than when you first got it. Protection from earlier vaccinations and COVID infections weakens over time.

**SUPPORTING MESSAGE 2.2:**

No one wants to get COVID, but sometimes it still happens. Getting an updated booster can protect you and your loved ones from the worst outcomes of COVID-19 if you do get sick.

We need to do everything we can to keep our loved ones out of the hospital for the flu, RSV, and COVID-19.

Updated boosters can help protect against hospitalization and death if a loved one does get sick with COVID.

These tools can also reduce the impact on our clinics, hospitals, and emergency departments.

**SUPPORTING MESSAGE 2.3:**

Updated boosters are especially important for people who are at high risk for getting very sick from COVID-19.

It is common, safe, and convenient. Both vaccines provide protection against diseases we are seeing right now in LA County. They also protect against disease we expect to see this winter.

**SUPPORTING MESSAGE 3.2:**

You do not need a doctor’s note or prescription to get a booster dose. The booster is free and you can self-attest (self-report) if you are eligible to get a booster.

When you go to get your booster, bring your proof of vaccination such as your CDC white card or your digital vaccine record.

Talk to your doctor if you have questions about which vaccine is best for you or your child.

**SUPPORTING MESSAGE 3.3:**

You can choose the type of booster you get, regardless of whether your most recent dose was of Pfizer, Moderna, Novavax, or the Johnson & Johnson vaccine.

Getting an updated booster dose before the winter is like getting the flu vaccine every year. It prepares us for the season where we are at the highest risk of getting sick, using a formula that's designed for what is happening right now.

Boosters remind your body what the virus looks like and how to fight it off. Updated boosters show your body what the new variants of the virus look like and how to fight them off, too.

This includes older adults, children, people who live in long-term care settings, [people with underlying health conditions](#), healthcare and other frontline workers.

It is especially helpful to get your updated booster dose if you are (or 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 like frequent travel or gatherings
- In an area where COVID-19 is spreading quickly
- If you live with someone who is unvaccinated
- If you are traveling or gathering with others outside of your household during the winter season

Everyone ages 6 and older can get the updated Pfizer or Moderna booster.

If you are 18 or older, and you have never had a booster dose, you can choose to get a Novavax booster instead of an updated Pfizer or Moderna booster.

This is useful if you are allergic to mRNA vaccines, if you cannot access mRNA vaccines, or if you have other personal or medical reasons for not wanting the mRNA vaccines.

Children age 5 can only get the updated Pfizer booster.

**Closing Statement:** To learn the latest about vaccines and boosters, visit [VaccinateLACounty.com](https://www.vaccinatelacounty.com). To download flyers, social media resources, and more, visit the [Booster Doses Outreach Toolkit](#).