

For Ontario

How to get your booster shot and stay protected from COVID-19



Why do I need another COVID-19 booster shot?

Vaccines can become weaker over time.

People need to **keep up their protection** against viruses with booster shots.



A booster shot will **protect** you from getting **very sick** if you get the COVID-19 virus.

It will also **help stop the spread** of the virus to other people.

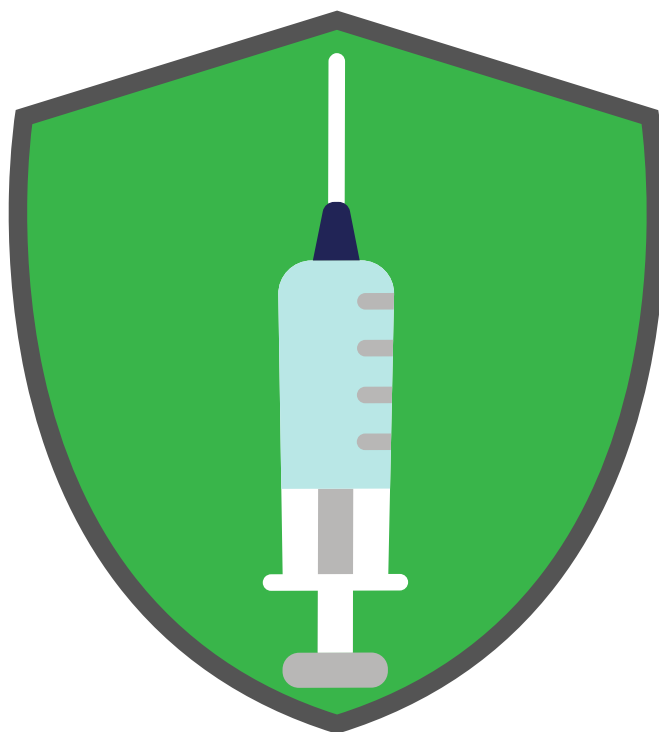
What is the new bivalent COVID-19 booster shot?

The **COVID-19 virus** has **changed** over time. This created new versions of the virus.

A new vaccine, called a **bivalent vaccine**, is now available to protect people against **two versions** of the virus.

The **bivalent COVID-19 booster** shot will protect you from both the **original virus** and the **Omicron version**.

This booster shot will **protect you better** from the **Omicron version** of the virus than your last booster shot.



I live in Ontario. When can I get my bivalent booster shot?

All **adults aged 18** and **older** can now book an appointment to get a bivalent booster shot.

If you had a COVID-19 **booster shot** or you were **recently sick with the COVID-19 virus** you should wait at least **three months** to get your booster shot.

It is recommended to wait **six months between booster shots** because it might give you **stronger protection**.

If it has been less than six months since your last booster shot, you will have to call the **Provincial Vaccine Contact Centre** at **1-833-943-3900** to book an appointment.



OR



**3-6
months**



4 ways to book an appointment for your COVID-19 booster shot in Ontario



The **COVID-19 Vaccination Portal**



Calling the **Provincial Vaccine Contact Centre** at 1-833-943-3900.



Some **pharmacies**.



Your **local public health unit** and some **health care providers**.

Where can I read more?

Information in this document comes from these government websites linked below:

- [Ontario News Room](#)
- [Government of Canada](#)
- [Ontario Vaccination Portal](#)



This guide was created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and CAMH.

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