

COVID-19 Booster Shots

Vaccines protect you and your community from getting sick and can reduce the more serious symptoms of a disease. COVID-19 vaccines work. But they do become less effective over time. That's why it's important to get the COVID-19 booster shot.

The COVID-19 booster is an additional shot of the vaccine and helps you maintain your protection against the virus over a longer period of time.

A COVID-19 booster shot is recommended if you are:

18 years and older and received the Johnson and Johnson vaccine at least two months ago.

18 years and older and received both doses of the Moderna vaccine at least 5 months ago.

12 years and older and received both doses of the Pfizer vaccine at least 5 months ago.

It is safe to get a booster shot that is different from the original vaccine you received. For example, if you were given the Moderna vaccine, you can get a Pfizer booster and vice versa.

The Centers for Disease Control and Prevention recommends that if you received your initial dose from Johnson and Johnson you can get either the Moderna or Pfizer for your booster.

Make sure you are prepared for your booster shot appointment. Bring your COVID-19 vaccination record card to your appointment so your provider can fill in information about your dose.

If you did not receive a card at your first appointment, contact the vaccination site or your state health department to find out how to get a card.

After receiving your booster, you may experience side effects. Side effects can include pain, redness or swelling at the injection site, tiredness, headache, muscle pain, chills, fever and nausea. These symptoms are normal and are signs that your body is building immunity.

Some people may have swollen lymph nodes in their armpits, which is a normal reaction to COVID-19 vaccines. If you do experience lymph node swelling and it's time for your mammogram, please let your provider know when scheduling your appointment.

If you aren't high risk, schedule or reschedule your next screening before you receive your dose or at least 4-6 weeks after. This reduces the chance that vaccine-induced swelling might appear on your mammogram.

The booster helps protect you from getting sick from COVID-19 and limits the spread of the virus that causes it. To schedule your booster appointment, go to: [vaccines.gov](https://www.vaccines.gov) or call 1-800-232-0233.