



COVID-19 BOOSTER



LET'S DO THIS

People aged 16 years and older are recommended to get a COVID-19 booster vaccination as soon as possible.

Why is a booster needed?

Even if you've already had COVID-19, studies show that your immunity begins to decrease over time.

A booster dose reminds your immune system how to find and fight the virus. The booster increases your protection against serious illness from COVID-19 to up to 95%.

Who can get a booster vaccination?

People aged 16 years and older can get a booster vaccination 3 months after their second dose of a COVID-19 vaccine.

Even young and healthy people should get a booster vaccination. During winter, the risk of catching a virus increases, so a booster vaccination is a simple step you can take to keep yourself and those around you safe.

Do I need a booster if I have already had COVID-19?

Yes. Everyone's natural immunity against future infection is different. Boosters can strengthen your protection up to 95% against serious illness.

You can get your booster dose 3 months after a COVID-19 infection.

Which vaccines are available for a booster dose?

The Pfizer and Moderna mRNA vaccines are recommended as the booster dose for people aged 18 years and older, even if you had another vaccine for your first two doses. The Pfizer vaccine is the approved booster vaccine for people aged 16 - 17 years old.

The AstraZeneca vaccine can be used when an mRNA vaccine is medically contraindicated, or a person declines vaccination with an mRNA vaccine. The Novavax vaccine can be used if no other COVID-19 vaccine is considered suitable for that person.

Will I experience side effects from a booster?

You may experience common, mild side effects when getting your booster dose, similar to those after the first two doses. They can include a sore arm, fever, muscle aches or feeling tired. Chat to your GP if you're concerned.

Are booster vaccinations mandatory?

No, however if you are eligible and have not had a booster dose more than 6 months since your second dose you will no longer be considered up to date and will be overdue.

Some high-risk workplaces may have vaccination requirements. Check with your employer.

Is it safe to have a COVID-19 and flu vaccination at the same time?

It is safe and convenient to get both the COVID-19 vaccine and the flu vaccine at the same time. Visit your GP or pharmacy if you would like to receive both vaccines together.

> **Book your COVID-19 booster today at nsw.gov.au**

Is it safe to have a booster vaccination during pregnancy?

A booster dose is safe and recommended for pregnant women who have received 2 doses of a COVID-19 vaccine.

By getting vaccinated, you also protect your baby. There is evidence that the protection you get from the vaccine also passes to your baby.

Extensive evidence shows that the COVID-19 vaccines are safe if you're pregnant, breastfeeding or trying for a baby. They don't affect your fertility.

Are the vaccine ingredients suitable for me?

All ingredients used in the COVID-19 vaccines are listed on the **Australian Register of Therapeutic Goods**.

None of the COVID-19 vaccines approved in Australia:

- > contain egg or animal products
- > contain any live virus that causes COVID-19
- > can affect or interact with your DNA in any way
- > contain anything that can track you
- > are unsuitable for people from some religions or faiths.

If you are fasting as part of holiday celebrations, it is safe to get the COVID-19 vaccine and booster. COVID-19 vaccines will not break your fast as they do not cause anything to enter your stomach.

COVID-19 vaccines do not alter your DNA or change your genes. Vaccines teach your body how to protect itself against COVID-19 and are processed out within a number of days. They do not affect or interact with your DNA in any way.

What is the additional winter COVID-19 booster and who should get one?

Some people are more at risk of serious illness from COVID-19. To protect these people this winter, an additional (second) booster dose is recommended.

From April 2022, you are eligible for a [winter COVID-19 vaccine](#) (second booster) if you are:

- > aged 65 years or over
- > Aboriginal and Torres Strait Islander aged 50 years and over
- > a resident of an aged care or disability care facility
- > aged 16 years and over and severely immunocompromised. For people in this group, the winter vaccine dose will be a fifth COVID-19 vaccine dose (three primary doses, first booster and winter booster)
- > aged 16-64 years and have certain complex, chronic or severe conditions

You can receive your winter COVID-19 booster vaccination 4 months after your first booster dose. If you get COVID-19 before your winter booster dose, wait three months to receive it.

Most people who are eligible for an additional winter COVID-19 vaccine are also eligible for a [free flu vaccine](#).

Find an appointment

Booster appointments are available at thousands of locations across NSW, including pharmacies and GPs.

Most NSW Health clinics also accept 'walk-ins' which means you don't have to book.

- > Find an appointment or walk-in at a **NSW Health vaccination clinic**.
- > Find an appointment at a clinic, **GP or pharmacy near you**.

If you need assistance to book an appointment, call the National Coronavirus Helpline on **1800 020 080** and press option 8 for interpreting services.