

# What is a COVID-19 Vaccine Booster?

A booster shot is an additional dose of a vaccine. Many other vaccines require a booster. The COVID-19 booster is designed to help people maintain their level of immunity for longer.



## Who should get a COVID-19 vaccine booster?

A **COVID-19 vaccine is recommended for all Thresholds staff and members** to prevent serious illness and hospitalization from COVID-19. People who experience **mood disorders**, have been added to the CDC list of conditions that put people at high risk for severe corona virus illness.

In addition, **booster** for the **COVID-19 vaccine** is recommended for **all Thresholds members and staff that have previously received the series of 2 Pfizer, Moderna vaccines or one Johnson and Johnson vaccine** that also are:

- 18 and older
- Have underlying medical health condition **including mental illness**
- Live in long term care settings (like a group home or nursing home)
- At **increased risk** for exposure to COVID-19 and transmission **because of job**
- Anyone that received the single Johnson and Johnson COVID-19 vaccine 2 or more months ago



## Is it true that I can mix and match COVID-19 vaccines?

**Yes.** There are now booster recommendations for all three available COVID-19 vaccines in the United States. People may choose which vaccine they receive as a booster dose.

Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.



## Can I get my flu vaccine and COVID booster at the same time?

**Yes.** You can get a flu vaccine at the same time you get a COVID-19 vaccine, including a COVID-19 booster shot. Health experts encourage people to get both at the same time if possible. It is recommended that you get one in each arm.



## Where do I get the booster?

- **Boosters are widely available at pharmacies like Walgreens and CVS** in addition to your Primary Care Physician (PCP)
- Check your local pharmacy's website to see if vaccination appointments are available
- **Thresholds members who are patients of Heartland Healthcare, Howard Brown Healthcare and Aunt Martha's can call to schedule their booster shot appointments**
- Visit [www.vaccines.gov](https://www.vaccines.gov) to find vaccination providers near you

*If an appointment is required, ask your community support workers to help you schedule it. For more information, [cdc.gov](https://cdc.gov) has the most up to date recommendations.*

[cdc.gov](https://cdc.gov)