

# FAQ COVID-19 BOOSTER DOSES

If you are aged **18 and over**, you are eligible for a booster dose if **84 days (3 months)** have passed since your second dose.

Although COVID-19 vaccines are highly effective, protection may decrease over time especially with new variants. Booster doses help maintain and prolong protection against severe infection and virus transmission.

Please read on further as we answer FAQs regarding COVID-19 booster vaccines.



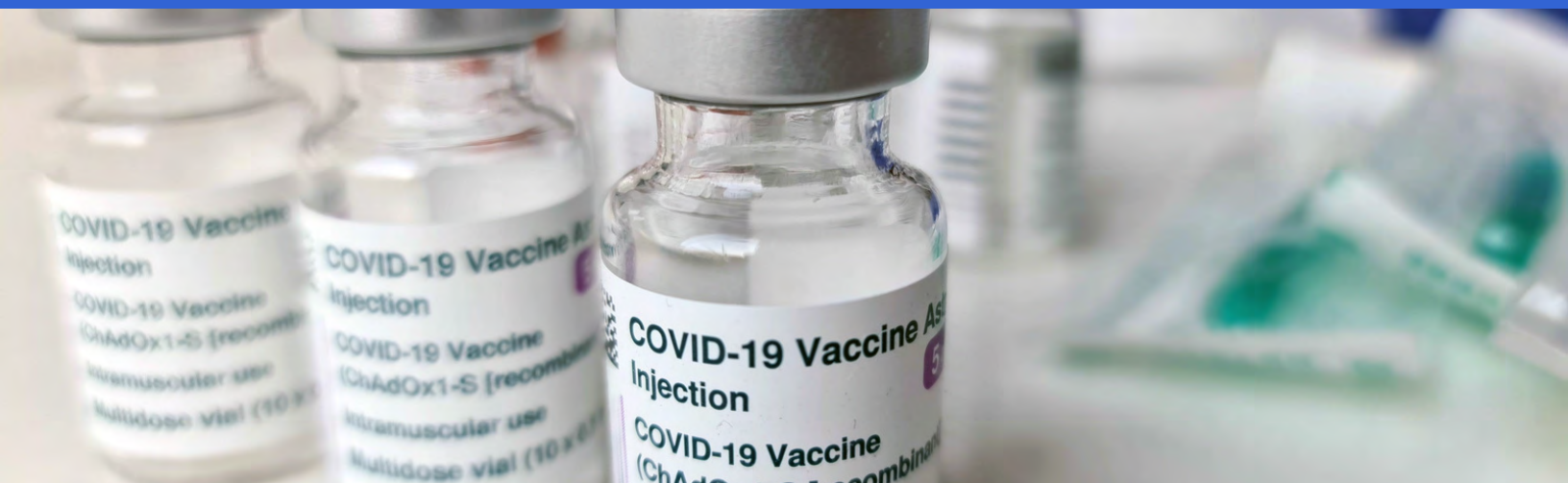
*Southlake Academic*  
**Family Health Team**

# WHICH BOOSTER VACCINES ARE AVAILABLE?

## IS THERE A PREFERENCE OF ONE OVER THE OTHER?

Moderna and Pfizer mRNA vaccines are approved by Health Canada for COVID-19 booster doses. In clinical trials, both vaccines were very similar in efficacy and safety as they are made with the same mRNA technology. Some studies suggest Moderna vaccine may have longer lasting effects compared to Pfizer after the primary vaccination series (1).

Whether you receive Moderna or Pfizer mRNA vaccines, you can be confident you are getting the best protection from COVID-19.



# CAN I MIX VACCINE BRANDS FOR MY BOOSTER DOSE?

Yes, it is safe and effective to mix and match Moderna or Pfizer mRNA vaccines for booster shots, regardless of which vaccine you received in the past (1). Research shows that mixing and matching vaccines produce a similar or better immune response compared to using the same vaccine (2).

# WHY ARE SOME PUBLIC HEALTH UNITS ONLY OFFERING MODERNA VACCINE TO PATIENTS AGED 30 AND OVER?

During the current shortage of Pfizer vaccine, some public health units are reserving their supply for those 18-29 years of age, because it has been associated with lower rates of myocarditis/pericarditis (inflammation of the heart muscle/lining) compared to Moderna in this age group (3).

Patients in this age group can still receive a half dose of Moderna vaccine with informed consent.



# SHOULD I WAIT TO GET VACCINATED UNTIL I HAVE A CHOICE OF WHICH BRAND I PREFER?

Vaccine availability is not guaranteed and delaying the vaccine may increase your risk of getting COVID-19 or a more serious variant in the interim. As discussed above, both Moderna and Pfizer booster vaccines are effective, safe and approved for mixing and matching. The best choice is to choose to vaccinate!



For more COVID-19 vaccine information or to submit your COVID-19 vaccine questions to our team, please visit <https://www.southlakefht.ca/covid-19?>

A member of our team will follow-up with you within 1-2 business days regarding your question(s).

## REFERENCES

(1) <https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-26-covid-19-vaccine.html#a3>  
Accessed 13 Jan 2022.

(2) <https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/recommendations-use-covid-19-vaccines/statement-guidance-booster-doses/statement-guidance-booster-doses.pdf>

(3) <https://www.canada.ca/content/dam/phac-aspc/documents/services/immunization/national-advisory-committee-on-immunization-naci/guidance-booster-covid-19-vaccine-doses/guidance-booster-covid-19-vaccine-doses.pdf>

