

SPRING AND SUMMER 2023

# Is it time for an updated COVID booster?

COVID-19 is changing, and so is the way we protect against it. In April 2023, the CDC gave new guidance. Here's what you need to know.

6+

Everyone ages 6 and over should get one dose of the updated (bivalent) COVID-19 vaccine.

If you already got a bivalent booster, you are up to date.

- Adults **65 and older** can get a second dose of the updated vaccine **4 months** after their last dose.



You had an updated (bivalent) dose if you are:

- A child **6 to 11 years old** who got a booster on or after **October 12, 2022**.
- A child **12 years and older** or an adult who got a booster on or after **September 2, 2022**.



Not sure when you got your last vaccine? Here's how to find out if you got an updated (bivalent) dose:

- Look on your Vaccination Record Card to see if you have a dose that says "bivalent."
- Call the place where you had your last dose and ask them.
- Look on Massachusetts' Vaccine Registry: [myvaxrecords.mass.gov](https://myvaxrecords.mass.gov)

**GREAT NEWS!**

Now, people 6 years and older who have never been vaccinated for COVID-19 only need to get one dose!

After getting sick with COVID, you can wait **up to 3 months** before getting a vaccine or booster. **Ask your healthcare provider for advice.**

Need information on vaccination for children 5 years and younger?  
**Go to [mass.gov/COVIDvaccine](https://mass.gov/COVIDvaccine)**

If you are immunocompromised, you can get an updated (bivalent) dose. Ask your healthcare provider for advice. If you have any other questions about the COVID booster,

**call 211 (or 1-877-211-6277) and press 1.**