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**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

**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**

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.**