

## Covid Vaccine Bivalent Booster

### Why Get a Covid-19 Vaccine Booster?

[Recent data](#) suggests COVID-19 vaccine effectiveness at preventing severe illness wanes over time, especially for certain groups, such as people ages 65 years and older and the immunocompromised. Data show that a booster increases the immune response, which improves protection against getting a serious COVID-19 infection.

### If the Vaccines Are Working, Why Do We Need Boosters?

[COVID-19 vaccines are working well](#) to prevent severe illness, hospitalization, and death. However, public health experts are seeing reduced protection over time against mild and moderate disease, especially among certain populations.

### Risks of Getting the Booster

Adults and children may have some side effects from a COVID-19 vaccine, including pain, redness or swelling at the injection site, tiredness, headache, muscle pain, chills, fever, and nausea. [Serious side effects are rare](#), but may occur.

### Common Side Effects

Side effects after a COVID-19 vaccination tend to be mild, temporary, and like those experienced after routine vaccinations.

On the arm where you got the shot:

- Pain
- Redness
- Swelling

Throughout the rest of your body:

- Tiredness
- Headache
- Muscle pain
- Fever/Chills
- Nausea

### Helpful tips to relieve side effects

To relieve pain or swelling on the arm where you got the shot:

- Apply a clean, cool, wet washcloth over the area.

- Use or keep moving your arm.
- Also, if possible, get some rest.

To reduce discomfort from fever:

- Drink plenty of fluids,
- Dress in comfortable clothes,
- Talk to your doctor about taking over the counter (OTC) medicine, such as ibuprofen, acetaminophen, aspirin (only for people ages 18 years or older), or antihistamines.
  - It is [not recommended](#) to take these medicines before vaccination to try to prevent side effects as it is not known how OTC medicines might affect how well the vaccine works.

### **Adverse Events after COVID-19 Vaccination Are Rare**

[Adverse events](#), including severe allergic reactions, after COVID-19 vaccination are rare but can happen. For this reason, everyone who receives a COVID-19 vaccine is monitored by their vaccination provider for at least 15 minutes.

After leaving a vaccination provider site, if you think you or your child might be having a severe allergic reaction, **seek immediate medical care by calling 911**.

### **Am I still considered “fully vaccinated” if I don’t get the booster?**

Yes, you are fully vaccinated even if you haven’t gotten your booster yet. The definition of fully vaccinated does not include a COVID-19 booster. Fully vaccinated, however, is not the same as having the best protection. People are best protected when they [stay up to date with COVID-19 vaccinations](#), **which includes getting a booster when eligible**.

You are **up to date** if you have completed a COVID-19 vaccine primary series and received the most recent booster dose recommended for you by CDC. The Bivalent boosters are the most up to date.

### **Getting Sick**

- Getting sick with COVID-19 can cause severe illness or death, [even in children](#), but it is not possible to determine who will experience mild or severe illness from COVID-19 infection.
- People may have long-term health issues after having COVID-19. Even people who do not have symptoms when they are first infected with COVID-19 can experience long-term health problems, also known as [long COVID or post-COVID conditions](#).

- Complications can appear after mild or severe COVID-19

**Remember**

Side effects may make you feel a little sick or even make it hard to do daily activities, but they should go away in a few days.

COVID-19 vaccines may not fully protect you until a week or two after your final shot. It takes time for your body to build protection after any vaccination.

## Myths & Facts

**MYTH: The ingredients in COVID-19 vaccines are dangerous.**

**FACT:** Nearly all the ingredients in COVID-19 vaccines are also ingredients in many foods – fats, sugars, and salts.

**MYTH: The natural immunity I get from being sick with COVID-19 is better than the immunity I get from COVID-19 vaccination.**

**FACT:** Getting a COVID-19 vaccination is a safer and more dependable way to build immunity to COVID-19 than getting sick with COVID-19.

**MYTH: COVID-19 vaccines cause variants.**

**FACT:** COVID-19 vaccines do not create or cause variants of the virus that causes COVID-19. Instead, COVID-19 vaccines can help prevent new variants from emerging.

**MYTH: COVID-19 vaccines contain microchips.**

**FACT:** COVID-19 vaccines do not contain microchips. Vaccines are developed to fight against disease and are not administered to track your movement

**MYTH: Receiving a COVID-19 vaccine can make you magnetic.**

**FACT:** Receiving a COVID-19 vaccine will not make you magnetic, including at the site of vaccination which is usually your arm.

**MYTH: COVID-19 vaccines can alter my DNA.**

**FACT:** COVID-19 vaccines do not change or interact with your DNA in any way.

**MYTH: A COVID-19 vaccine can make me sick with COVID-19.**

**FACT:** Because none of the authorized [COVID-19 vaccines in the United States](#) contain the live virus that causes COVID-19, the vaccine cannot make you sick with COVID-19.

**MYTH: COVID-19 vaccines will affect my fertility.**

**FACT:** Currently no evidence shows that any vaccines, including COVID-19 vaccines, cause fertility problems (problems trying to get pregnant) in women or men.

## Resources

Centers for Disease Control and Prevention. (2022). *Frequently Asked Questions about COVID-19 Vaccination*. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html>

Centers for Disease Control and Prevention. (2022). *Possible Side Effects After Getting a COVID-19 Vaccine*. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect/after.html>

Centers for Disease Control and Prevention. (2022). *Myths and Facts about COVID-19 Vaccines*. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

Centers for Disease Control and Prevention. (2022). *Benefits of Getting A COVID-19 Vaccine*. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits.html>