

Information about vaccine boosters



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**A booster is an
extra dose of
vaccine given to
boost the immune
system over time.**



Immunity created by COVID-19 vaccines **decreases over time** making vaccines less effective.

Giving a 'top up' vaccine helps **increase** your immunity.

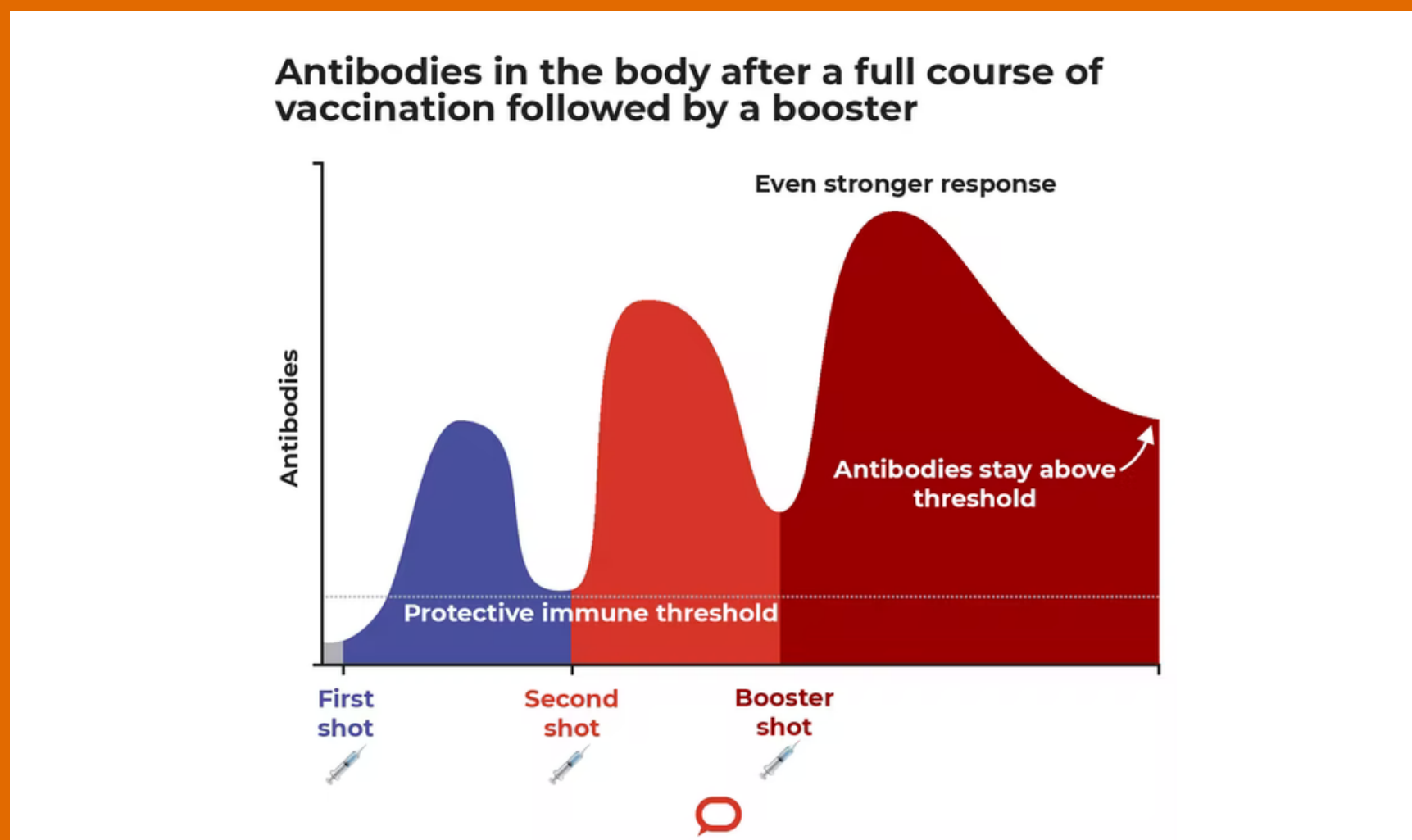


IMAGE SOURCE: "Should I get my COVID vaccine booster? Yes, it increases protection against COVID, including Omicron" ([article](#)), **The Conversation**



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Who can get a booster?



Anyone over **18 years of age** who has already had two COVID-19 vaccines

and



It has been **3+ months** since your second COVID-19 vaccine.



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Can I still get a booster if I've had COVID?



Yes.

People who have had COVID can still get a Booster.

You can wait up to 4 months after you had COVID.

Past infection reduces the chance of reinfection for at least this amount of time **because you built up natural immunity.**



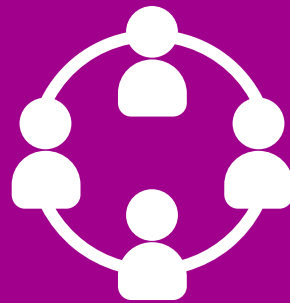
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Why has the **time changed** between Boosters?

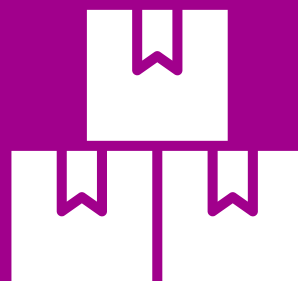
In Australia, the recommended timing between your second vaccine and the booster changed because of the **outbreak of Omicron.**



Recommended timing of boosters can change because of things like:



How much COVID is present in the community



How much vaccine is available



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Will we need **more** boosters?

Boosters are given **before**
antibody levels fall below a level
that provides protection.

We don't know what that level
is as COVID-19 is still evolving.

Booster doses may change
depending on different strains.

This is like the influenza vaccine.



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What are used as vaccine boosters?

Pfizer and Moderna COVID-19 vaccines are recommended as booster shots, regardless of which vaccine you had for your first two doses.

For information on the side effects of COVID-19 vaccines, refer to our **Side Effects of the Vaccine** resource.



For more information:

- **SA Health** <https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/getting-your-vaccination/booster-doses>
- **Australian Government**
<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/is-it-true/is-it-true-how-long-will-the-covid-19-vaccine-last-once-i-have-had-2-doses>
- **The Conversation**
<https://theconversation.com/why-do-we-need-booster-shots-and-could-we-mix-and-match-different-covid-vaccines-155951>





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