



# Boosters: its role and actions



## What is it?

A booster is an extra dose of vaccine. It helps increase your immune response and prolong protection against serious forms of COVID-19.

## If I have 2 doses and caught COVID-19, do I still need a booster?

Yes. Infection provides some protection, but vaccination helps improve the immune response and provides better and longer-lasting protection.

The National Advisory Committee on Immunization recommends that you receive a booster 3 months after your COVID-19 infection or at least 6 months after your last dose.

This content is not intended to be a substitute for professional advice or care. Always seek the services of a medical professional or other qualified health provider for questions you may have.

### Want to learn more?

- You can learn more about boosters here:
- [Public Health Agency of Canada \(March 2022\)](#)
  - [Public Health Agency of Canada \(April 2022\)](#)
  - [Public Health Agency of Canada \(February 2022\)](#)



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### Why do I need one?

Vaccines give protection against serious forms of illness, but this can decrease over time. Boosters help maintain and lengthen protection against severe symptoms of COVID-19.

### Why are they talking about a 4th one? When will it end?

Vaccines continue to give strong protection against serious forms of illness, but this decreases over time, especially as new variants emerge. This is why additional boosters may be necessary, especially for vulnerable populations, e.g. the elderly.

### What are 'severe symptoms' of COVID-19?

- Severe cases of COVID-19 include severe pneumonia, organ failure and possible death. Some people get mild COVID-19 symptoms. Many aren't so lucky.
- Severe symptoms include: trouble breathing or severe shortness of breath, persistent pressure or pain in the chest, confusion, difficulty waking up or staying awake, pale, grey or blue-coloured skin, lips or nail beds.
- If you have these symptoms, call 911

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