

Anyone 18+ Can Get a Second Booster Dose!

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This document was prepared on July 15, 2022 by Natalie Garrison. Natalie works for North Yorkers for Disabled Persons as an Outreach Communication Facilitator, Information Referral and Resources Support. She can be reached at natalie.nydp@gmail.com.

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As of yesterday, anyone in Ontario who is 18 years old and up can get their second booster dose!*_ It's great timing as cases and hospitalizations are rising in the seventh wave!*_

Which booster should I get? The one that's available now, or the new one?

The choice is yours! You should consider your personal circumstances and speak with a healthcare provider about what's best for you.*_

The second booster dose that is readily available was not designed to protect against Omicron specifically. Moderna and Pfizer-BioNTech have created new COVID-19 vaccines that they claim protects against both the original COVID-19 virus as well as the Omicron variant. The plan is for these vaccines to be available in the fall.*_

However, these vaccines still need to be approved by the Public Health Agency of Canada.*_ Moderna only submitted their application two weeks ago and Pfizer-BioNTech is still preparing their application.*_

Ontario's chief medical officer of health, Dr. Kieran Moore, stated that this new vaccine might not be available until November or December.*_ He also said that getting a second booster in the summer is "not absolutely necessary" for individuals who do not have underlying health issues.*_

However, not all epidemiologists (specialists in disease control) agree about the best course of action for people who are not at high risk.*_

For instance, the medical director for infection prevention and control at the University Health Network, Dr. Susy Hota, believes that people shouldn't wait for other vaccines that may target specific variants or subvariants as it's more important to reduce the risk of severe symptoms and death related to the disease.*_

Similarly, an infectious diseases researcher at the Yale School of Medicine, Dr. Onyema Ogbuagu, stated: "My personal bias is that while there may be some advantage to having an Omicron-specific vaccine, I think it will be of marginal benefit over staying current with the existing vaccines and boosters. If you're due for a booster, get a booster. What we've learned clinically is that it's most important to stay up-to-date with vaccines" to maintain high levels of COVID-19 antibodies circulating in the blood.*_

Whether you get your second booster now or later, Dr. Moore agrees that “Staying up to date on vaccination is the best protection against severe outcomes from COVID-19.”*

How long should I wait in between booster doses?

In Ontario, you are allowed to get your second booster dose at least five months after your first booster dose.* The provincial government notes that “most individuals aged 18 to 59 years old will continue to have strong protection more than six months after their first booster dose.”*

According to recent guidelines from the National Advisory Committee on Immunization (NACI), it’s ideal to get another booster dose six months after your last COVID-19 vaccine dose or six months after the last time you tested positive for COVID-19.*

If you don’t remember the day you got your first booster dose, you can check the date on your vaccine certificate. Click [here](#) to learn how to get your vaccine certificate. You can get your certificate no matter where you were vaccinated (for example, at a pharmacy, mass immunization clinic, hospital, or primary care setting).*

I want to get my second booster now. How do I book an appointment?

If you are 18 years old and over, you can book an appointment in one of these ways:

1. Click [here](#) to book through the COVID-19 vaccination portal
2. Call the Provincial Vaccine Contact Centre at 1-833-943-3900.*

You can also book an appointment directly through public health units that use their own booking systems, through Indigenous-led vaccination clinics, and through participating pharmacies. Appointments are based on availability, which may vary by region.*

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If you think you may be experiencing symptoms of COVID-19, take the self-assessment at www.ontario.ca/coronavirus. Follow all directions from your medical provider or your local health unit at the following phone numbers:

Telehealth Ontario: 1-866-797-0000

Toronto Public Health: 416-338-7600

Peel Public Health: 905-799-7700

Durham Region Health Department: 905-668-7711

York Region Public Health: 1-877-464-9675