

Questions and Answers.

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Question 1: I had 4 shots for Covid, when should I get the next one?

Individuals at high risk of severe COVID-19 outcomes

If you are at high risk of severe COVID-19 illness, you are recommended to get a booster dose when it has been at least six months since your last dose or confirmed COVID-19 infection. This includes:

- individuals aged 65 years and older
- residents of long-term care homes, retirement homes, Elder Care Lodges and other congregate living settings for seniors
- individuals aged 18 years and older living in congregate care settings for people with complex medical care needs
- individuals aged 18 years and older who are moderately to severely immunocompromised
- pregnant individuals
- individuals aged 55 years and older who identify as First Nations, Inuit or Métis and their non-Indigenous household members aged 55 years and older

Individuals not at high risk of severe COVID-19 outcomes:

If you are not at high risk of severe COVID-19 illness, have not had a booster dose since September 1, 2022, and have not had a COVID-19 infection in the last six months, it is recommended that you get your next booster dose.

If you have had a confirmed COVID-19 infection, you should book your booster dose appointment when at least six months have passed since your confirmed COVID-19 infection.

If you are not at high risk of severe COVID-19 illness and have received a booster dose after September 1, 2022, recommendations for when to receive your next booster dose will be available closer to Fall 2023.

A booster shot recommendation tool can be found at <https://www.ontario.ca/booster-recommendation/>

You can now receive your COVID-19 primary vaccine series and/or booster doses at participating pharmacies. A list can be found at <https://www.ontario.ca/vaccine-locations>

You book your appointment online at [How to book a COVID-19 vaccine appointment | Ontario.ca](#)

Sources : <https://www.ontario.ca/page/covid-19-vaccines#section-1>

Question 2: What is fully vaccinated?

You are considered fully vaccinated in Ontario if you have received:

- the full primary series of a COVID-19 vaccine authorized by Health Canada, or any combination of such vaccines (2 doses of Moderna, Pfizer-BioNTech, Novavax, Medicigo, AstraZeneca, including COVISHIELD) in any combination or 1 dose of Janssen (Johnson & Johnson); or

- 3 doses of the Pfizer-BioNTech vaccine or 2 doses of the Moderna vaccine for infants and children aged 6 months to 4 years or
- a non-Health Canada authorized vaccine series corresponding to the schedule listed on the World Health Organization's COVID-19 Vaccine Emergency Use Listing

Individuals should receive all recommended doses (including booster doses) to stay up to date with their COVID 19 vaccines.

Source : <https://www.ontario.ca/page/proof-covid-19-vaccination>

Question 3 : Do I need a flu shot?

The flu shot is your best defense against the flu. The flu shot is recommended for almost everyone who is 6 months of age or older. The flu shot helps to protect you if you later get exposed to the virus by helping to:

- prevent you from getting very sick from flu-related complications
- protect people close to you because, when vaccinated, you're less likely to spread the virus to others
- reduce the overall burden on the health care system during respiratory virus season and the ongoing COVID-19 pandemic
- reduce your chances of being infected with the flu and other respiratory viruses at the same time, including COVID-19, which could lead to serious complications

A new flu vaccine is produced every year to protect you during the upcoming flu season. It's important that you get a new flu shot every year because:

- flu viruses can change over time
 - the annual shot includes the strains expected to circulate in the upcoming season based on close monitoring of viruses

- the effectiveness of the flu shot can decrease over time, so receiving a flu vaccine each year helps to keep you protected
- It takes nearly **two weeks** after receiving the flu shot for the vaccine to take full effect

The flu shot won't protect you against COVID-19, so it's also very important to be up to date with recommended COVID-19 vaccinations.

People 6 months of age or older can get their COVID-19 vaccine at the same time as, or at any time before or after, other recommended vaccines. This includes the flu shot.

*** If you have symptoms of a respiratory infection, it's recommended that you wait until you're no longer infectious before getting your flu shot. This will reduce the risk of spreading viruses, such as flu and COVID-19, to health care providers and others during your vaccination appointment.

A list of flu clinics across Canada where you can get your flu shot can be found at : [Flu clinics across Canada](#)

Source:

<https://www.canada.ca/en/public-health/services/diseases/flu-influenza/get-your-flu-shot.html>

Question 4: Is it coming back in the fall?

Yes, the flu shots are often made available during Fall, starting October. Most cases of flu happen from late December to early March. It's best to get the flu vaccine early in flu season, ideally by the end of October.