

## **Bivalent COVID-19 Booster is Available For Everyone 18+ in Ontario**

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As temperatures start to cool down and we're spending more time indoors, it's easier for COVID-19 and other respiratory illnesses to spread.\* The best tool to keep yourself and others healthy and out of hospitals is staying up to date with your vaccines (including fall boosters).\*

Earlier this week, Ontario's Ministry of Health reminded that people in Ontario over the age of 18 are able to get the bivalent COVID-19 booster.\*

### **How long should I wait since my last booster?**

No matter how many booster doses you have already received, you can receive the bivalent booster as long as it is at least three months (84 days) after your last booster, but the recommended time frame is six months (168 days) after your last booster.\*

If you would like to receive a bivalent booster between three months and the recommended six months, you must call the Provincial Vaccine Contact Centre (PVCC) to book an appointment.\* Their number is 1-833-943-3900.

If you are moderately to severely immunocompromised individuals over the age of 12 and/or 70 years old and over, it's strongly recommended that you talk with your healthcare provider about receiving your bivalent booster as soon as you can (at least 84 days since your last dose).\*

### **How do I book an appointment?**

1. Click [here](#) to book an appointment through the COVID-19 vaccination portal
2. Call the Provincial Vaccine Contact Centre (PVCC) at 1-833-943-3900
3. Contact your public health unit and make an appointment through their booking system. Click [here](#) to find your public health unit and learn how to contact them.
4. Book an appointment at Indigenous-led vaccination clinics.
5. Book an appointment with a participating health care provider or pharmacy. Click [here](#) to see the list of participating pharmacies.
6. Pregnant individuals and health care workers booking from September 12 to 25 must call the PVCC or book booster dose appointments through participating pharmacies. Click [here](#) to see the list of participating pharmacies.

7. People who live in Long-Term Care homes, retirement homes, and Elder Care Lodges may receive their bivalent booster dose directly through the congregate home where they live.\*

## **I have questions. Who can I talk to?**

It's your choice whether you get the bivalent booster, and you should feel confident about that choice! Click [here](#) to learn more about bivalent boosters.

If you have any questions, you can talk to a doctor for free through a service called VaxFacts, provided by the Scarborough Health Network.\* This service is the first of its kind and available to everyone in Canada.\*

Call 416-438-2911, ext. 5738 or click [here](#) to book an appointment to speak with a doctor.\* They understand that you may be uncertain, have concerns, or just want to learn more — and they are ready to talk, listen, answer your questions.\*

VaxFacts is a reliable source to get the most accurate information about vaccines and treatments for diseases like Monkeypox and COVID-19, childhood vaccines, flu vaccines, and preventative health counselling.\*

For questions about COVID-19 vaccines, you can also call the Provincial Vaccine Contact Centre at 1-833-943-3900 (TTY for people who are Deaf, hearing-impaired or speech-impaired: 1-866-797-0007).\* This service is open seven days a week from 8 a.m. to 8 p.m. It can provide assistance in more than 300 languages.\*

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If you think you may be experiencing symptoms of COVID-19, take the self-assessment at [www.ontario.ca/coronavirus](http://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