

Pfizer Bivalent Booster Now Available to All Ontarians Aged 12+ October 14, 2022

This document was prepared on October 14, 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.

This information is paraphrased from a press release. The Ministry of Health just released it yesterday! Click [here](#) to read the full thing.

So far, Moderna was the only approved bivalent vaccine in Canada. This is because Pfizer submitted their application almost one month after Moderna did.

Yesterday, Health Canada approved the Pfizer bivalent vaccine for everyone who is 12 years old and over. If you have gotten your first and second dose, you can get the Pfizer bivalent booster dose as early as Monday, October 17.

It's also important to get your flu shot. Starting November 1, flu shots will be available through your healthcare provider, public health unit, and in participating pharmacies. Flu shots may safely be given at the same time, or at any time before or after COVID-19 vaccine, for anyone who is five years and older. Find out more at ontario.ca/flu.

Appointments can be booked now through the COVID-19 vaccination portal or by calling the Provincial Vaccine Contact Centre at 1-833-943-3900. Eligible individuals can also book an appointment directly through public health units that use their own systems, Indigenous-led vaccination clinics, participating health care providers and participating pharmacies.

“Getting vaccinated remains the best defence against the flu and COVID-19 to help keep Ontarians healthy and out of hospitals. This will also ensure the province can continue its efforts to keep Ontario and its businesses open,” said Sylvia Jones, Deputy Premier and Minister of Health.

“We are entering into the fall season where traditionally we see a rise in cases of respiratory illness, including COVID-19,” said Dr. Kieran Moore, Chief Medical Officer of Health. “Vaccines improve your immune response and reduce the risk of severe illness, hospitalization and post-infection symptoms. We recommend Ontarians stay up to date with their COVID-19 vaccinations at the appropriate interval since their last dose, and get an annual flu shot when it becomes available.”

Final Thoughts

To help keep everyone as healthy as possible this fall and winter season, you're strongly encouraged to stay home when you are feeling sick. Click [here](#) to learn about the layers of protection. Click [here](#) to learn all about bivalent vaccines.

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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