

# PROTECT YOURSELF AND LOVED ONES...GET VACCINATED!

## COVID-19 Vaccines & Boosters Q&A

### What is the difference between a vaccine and a booster?

COVID-19 **vaccines** help our bodies develop immunity to the virus that causes COVID-19. As immunity may decrease over time, a COVID-19 **booster** is an additional dose or doses that help to maintain strong protection against severe illness. Continue reading below for more information about vaccine and booster options.

### Which vaccine should I get?

- **If you've never been vaccinated** against COVID-19, you can choose from a Pfizer, Moderna, or Novavax vaccine series.
- **If you've already received your first dose** of Pfizer, Moderna, or Novavax, make sure to complete your series, and then get boosted according to recommendations.

### What is Novavax?

Novavax is the newest COVID-19 vaccine, made with vaccine technology we've used for the past 30 years, whereas Pfizer and Moderna were made using new mRNA technology. It's a great option for people who were hesitant to receive Pfizer or Moderna vaccines. **Novavax is an option only if you have never been vaccinated against COVID-19. Novavax is not currently available at Mt. SAC; go to [bit.ly/vaccinepods](https://bit.ly/vaccinepods) to find a location near you.**

### What are the new COVID-19 bivalent boosters?

Pfizer and Moderna created the new bivalent boosters to target two coronavirus strains: the original strain and the most recent Omicron strain subvariants, providing broader protection. Previous boosters were monovalent, meaning they only targeted the original virus strain. Starting September 1, 2022, the bivalent booster is the only booster recommended for people ages 12 years and older.

### Who can receive the new bivalent COVID-19 boosters?

People ages 12 years and older who have completed their primary series of a COVID-19 vaccine. If you've been vaccinated with Pfizer, Moderna, or Novavax, you can get the bivalent booster. The new bivalent shots are only authorized as boosters at this time; they may not be given as a primary vaccine series. The Pfizer bivalent booster is authorized for ages 12 and up, while Moderna is authorized for ages 18 and up. For children 5 to 11 years, only the monovalent booster is recommended.

### When can I get the new boosters?

- For ages 12 years and up, at least two months after your last COVID-19 vaccine, either the final primary series dose or the last booster. This is regardless of how many boosters or which type of vaccine(s) you received in the past. The bivalent booster is not recommended for ages 5-11 years, however, they may receive the monovalent booster at least five months after their last COVID-19 vaccine.
- The bivalent boosters are now available at the Mt. SAC vaccine clinics, presented by Fulgent, between the Library and Mountie Cafe, every Wednesday. Read more at: <https://mailchi.mp/59288cd5a961/vaccine-clinics-available-wednesdays-128108>

Learn more about COVID-19 at our  
**Staying Healthy During the Holidays: COVID-19 Updates**  
**Presented by: Jonathan Tran, FNP**  
Wednesday, November 16th  
12:30pm-1:30pm | Virtual  
Register: [bit.ly/stayinghealthy22-](https://bit.ly/stayinghealthy22-)

For more information and to schedule an appointment, scan the QR codes below.



[bit.ly/vaccinepods](https://bit.ly/vaccinepods)



[bit.ly/myturn-gov](https://bit.ly/myturn-gov)

#### Reference:

[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?s\\_cid=11758:cdc%20novavax%20covid%20vaccine:sem.ga:p:RG:GM:gen:PTN:FY22](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html?s_cid=11758:cdc%20novavax%20covid%20vaccine:sem.ga:p:RG:GM:gen:PTN:FY22)  
<https://www.ama-assn.org/delivering-care/public-health/what-doctors-wish-patients-knew-about-novavax-covid-19-vaccine#:~:text=%E2%80%9CA%20two%2Ddose%20series%20of,primary%20series%2C%E2%80%9D%20she%20said.>

**Mt. SAC, Student Health Services, and You:**  
**Keeping Our Community Healthy**