National Indian Health Board

COVID-19 BOOSTER FAQS

What is a booster shot?

A booster shot is an extra dose of a vaccine that helps us keep up the same levels of protection that we had after first being vaccinated. There are several other vaccines that also need booster shots.

Who can get a COVID-19 vaccine booster shot?

Everyone over the age of 5 who completed their primary vaccination series (2 doses of Moderna or Pfizer or 1 dose of J&J) can now get a booster shot! It's especially important for people over the age of 50, residents of long-term care settings, people with certain underlying medical conditions, and pregnant and recently pregnant people get a booster because their risk of severe illness from COVID-19 is higher.

When can I get a COVID-19 booster shot?

You can get a booster either 5 months after completing your second dose of the Pfizer or Moderna vaccine OR 2 months after your single dose of the J&J vaccine.

Which booster shot should I get?

You can pick whichever COVID-19 booster you want (Pfizer, Moderna, or J&J). Your booster shot doesn't have to be the same as the vaccine you got during your primary series. However, Pfizer's COVID-19 vaccine is the only one authorized for people ages 5 and older.

Are the COVID-19 boosters safe?

Yes! They went through the same rigorous testing as the primary series doses. Just like with other vaccines, you might experience side effects like pain, redness, or swelling in the arm where you got your shot. You might also experience other side effects like a fever, headache, body aches, or tiredness. Just like with the primary series, these are a normal response to your body building immunity against COVID-19. If any of your side effects are concerning, or if they last for more than a few days, contact your doctor or Tribal healthcare provider.

Where can I get my COVID-19 booster?

You should be able to get your booster shot in the same place you got your primary doses. Most providers of COVID-19 vaccines also offer booster shots. To find a booster shot, ask your doctor or Tribal healthcare provider, visit www.vaccines.gov, text your ZIP code to 4388829, or call 1-800-232-0233 (message and data rates may apply).

Do I need to keep wearing a mask once I get my booster?

Just like after your primary vaccination series, you're able to resume many activities that you were able to do before the pandemic started. It is recommended to continue to wear a mask indoors in public places to reduce the risk of being infected or possibly spreading it to others. However, it is important to follow whatever guidelines or recommendations put in place by your Tribal, state, or local health department, and those of any place you may visit.

HHS: Frequently Asked Questions About COVID-19 Vaccine Boosters

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