



### Are there any other vaccines apart from COVID-19 which require more than two doses?

Yes, this is common.

Many vaccines require more than two doses for long-lasting protection. For example, the life-saving polio vaccine requires four doses and the hepatitis vaccine requires three doses.

Other vaccines that require occasional "boosts" include the tetanus vaccine, which is given every five years. There are other vaccines that need to be administered even more often. For example, the influenza (flu) vaccine is recommended yearly because of new strains which emerge each season.

### I received the Astra Zeneca vaccine for my first two doses, what vaccine will I receive as a booster?

You will receive either Pfizer or Moderna for your booster. Studies have shown that receiving a different vaccine for a booster is safe and effective.

### I received Moderna for my first two doses, which vaccine will I receive as a booster?

You will receive either Moderna or Pfizer for your booster.

### Why are we using Pfizer and Moderna vaccines as boosters?

The World Health Organization and other Health Institutes have approved the use of the Moderna and Pfizer COVID-19 vaccines to be administered safely as booster doses. Both vaccines have undergone clinical trials and have been shown to be effective and safe as booster doses.

### Does getting vaccinated and boosted mean people do not need to practice COVID-19 safe measures?

Vaccines provide protection against severe illness, hospitalisation and death in individuals infected with the virus. But even if you are fully vaccinated and boosted, you can still get infected and infect others. Continue with all COVID Safe measures.

Mask up, practice physical distancing, wash hands with soap frequently and always cover your cough or sneeze.



The deadly virus has taken the lives of many of our loved ones, including some of our children. Let's do all that we can to prevent serious illness and death from COVID-19 and keep our families and communities safe.



# KNOW MORE ABOUT YOUR BOOSTER DOSE



# WHY DO I NEED A BOOSTER DOSE?

**Booster doses will provide a boost in the fight against COVID-19 so that Fijians have an added layer of protection against the deadly virus.**

COVID-19 vaccines have been highly effective in providing people the best protection against severe sickness, hospitalisation and death.

Over time, similar to other vaccines, the protection from the COVID-19 vaccine begins to wane. Therefore, to extend protection, it is recommended that all eligible individuals get their booster dose.

## When can I get a booster dose?

Everyone aged 18 years and above including pregnant women and people with medical conditions, can get a booster dose.

An individual who has received their 2nd dose of the COVID-19 vaccine at least 5 months ago, can get the booster dose.

## Who should get the booster dose?

Everyone who is eligible should get a booster dose.

People who are at especially high risk of getting infected and becoming very sick from COVID-19 are encouraged to take the booster dose so that they can be protected.

**These include – frontliners, people who interact with others daily, pregnant women, older people and those with medical conditions like hypertension, diabetes, heart disease, cancer, and kidney disease are at the most risk of severe outcomes if they ARE infected with COVID-19.**



## If I have tested positive for COVID-19, can I still receive my booster? When?

If you have signs and symptoms or have tested positive for COVID-19, you can receive your booster dose 14 days after testing negative or being symptom free. It is important to ensure that you no longer have any symptoms before getting your booster.

## Why do I have to get the booster? Are COVID-19 vaccines working?

Yes. COVID-19 vaccines are working very well to prevent severe illness, hospitalisation, and death, even against widely circulating variants. It is normal for a vaccine's protection to wane (lessen) over time. A booster dose will help maximize your protection, extend the vaccine's durability, and keep everyone healthy and safe.

## Will I experience side effects from the booster?

Similar to the initial doses, you may experience side effects. These include include:

### On the arm where you were injected:

- Pain
- Swelling
- Redness

### Throughout the rest of your body:

- Tiredness
- Muscle pain
- Fever
- Headache
- Chills
- Nausea

To manage side effects, stay hydrated, ensure adequate rest and take paracetamol if required to manage any pain or fever.

Severe side effects from vaccination are rare. However, if you experience any serious side effects, go to your nearest health facility. The medical team will investigate your symptoms thoroughly to determine the cause.

