



Why get vaccinated against COVID-19?

Getting vaccinated is an important tool for reducing the risk of severe illness from COVID-19. Public Health recommends getting all doses you are eligible for so you can be better protected against the virus.

COVID-19 vaccines are **free**. You can get them even if you do not have a health card.

Who can get the COVID-19 vaccine?

Everyone aged **6 months and older** is eligible to be vaccinated in Nova Scotia. Available vaccines and intervals for doses can be found at nshealth.ca/coronavirusvaccine.

The vaccine is proven to be safe in scientific studies with thousands of people, and in real-world reporting. While people may experience mild short-term side effects (such as a sore arm, tiredness or aches), serious side effects are rare.

Why should I get my next dose?

- ✓ With a **complete primary series** of the vaccine, protection against severe illness remains generally high but this may decrease over time.
- ✓ **Additional doses** (booster or next eligible dose) can increase the immune response and offer better protection against infection and severe disease.



Complete Primary Series
Build baseline immunity



Over time immunity may decrease



Next Dose
Immunity goes back up

Does the vaccine still work?

Yes, the vaccine continues to do its job. Although it is still possible to get a COVID-19 infection after vaccination, the vaccine reduces the risk of severe illness, hospitalization and death, and helps prevent spread in our communities.

Can I get the influenza and COVID-19 vaccines at the same time?

It is safe for people age 5+ to receive both vaccines at the same time; no waiting period is required between vaccines. Children 6 months to 4 years should wait 14 days between vaccines.

Does it matter what type of vaccine I get for each dose?

Mixing doses of mRNA vaccines (Pfizer and Moderna) is completely safe for those who are eligible to receive both types of vaccine. You should feel comfortable booking either one for your next dose.

As the number of primary series doses differs for Pfizer Infant and Moderna Infant, children aged **6 months to 4 years** should complete their primary series with the same type of vaccine.

Public Health recommends that Nova Scotians **aged 12 years and older** who have completed their primary series receive a bivalent vaccine for their next dose, rather than an original mRNA vaccine. While all vaccines provide good protection, a bivalent is more likely to protect against the Omicron variant of COVID-19.

I've had COVID-19, can I get my next dose?

Yes, you can! You may have some short-term post-infection immunity, however your immunity decreases as time goes on. Vaccination after infection (also known as hybrid immunity) helps improve the immune response and provides better and longer-lasting protection than infection or vaccination alone.

- ✓ If you had COVID-19 and **require your primary series doses**, you should wait at least 8 weeks to get the vaccine.
- ✓ If you had COVID-19 and have **completed your primary series**, you should wait 168 days to get your next dose. Those who are eligible for a shortened interval of 120 days between vaccine doses should also follow this interval after recovery. Find eligibility criteria at nshealth.ca/coronavirusvaccine.

How do I get the vaccine?

- Visit a Pharmacy Association of Nova Scotia walk-in vaccine clinic: pans.ns.ca/walk-covid-19-vaccine-clinics
- Book your vaccine online: novascotia.ca/vaccination
- Visit a Public Health vaccine outreach clinic: nshealth.ca/drop-in-vaccine-clinics
- Call **1-833-797-7772**. Interpretation services are available.

Need a drive to your vaccine appointment?

Rural Rides can help for \$5 per round-trip.
Visit ruralrides.ca/find-a-ride.



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Learn more at nshealth.ca/coronavirusvaccine

