

Getting your fall booster: Suggested talking points

- **Everyone ages 12 and older is eligible to get a fall booster.**
 - Pfizer's 30-microgram booster is authorized for people ages 12 and older.
 - Moderna's 50-microgram booster is authorized for adults only.
 - The fall boosters are available at pharmacies, community health centers, and doctors' offices around the country.
 - You can now schedule a fall booster appointment through [CVS](#) or [Walgreens](#), or find a vaccination site near you through [Vaccines.gov](#).
 - The modified shots are now the only available boosters for people ages 12 and older. The previous boosters are no longer authorized for this age group.
- **Experts recommend waiting four to six months after your last shot to get the fall booster.**
 - Both Pfizer's and Moderna's boosters are authorized for people at least two months out from their last shot. But [doctors](#) and [immunologists](#) recommend waiting four to six months to [optimize protection](#).
 - People who are at high risk or who have an important upcoming event may consider getting their fall booster sooner.
 - Individuals who were recently infected should wait around three months after their infection to get a shot.
 - Don't wait until the next surge to get a booster—protection from the shot takes a few weeks to kick in.
- **The fall boosters are expected to offer better protection against infection and severe disease.**
 - Bivalent vaccines—vaccines that protect against two different strains of a virus—have the potential to increase effectiveness against infection and trigger a more durable immune response.
 - The updated fall boosters are bivalent vaccines that target both the original COVID-19 strain and the BA.4 and BA.5 Omicron subvariants.
 - The hope is that these boosters will increase protection against severe disease, reduce the risk of Omicron infection, and provide immunity against the next variant of concern.
 - Anyone who is eligible to get a fall booster can benefit from it, especially immunocompromised individuals.

Getting your fall booster: Frequently asked questions

1. How long should I wait after my last shot to get a fall booster?

Both Pfizer's and Moderna's updated boosters are authorized for people who received their last shot at least two months ago, but [doctors](#) and [immunologists](#) recommend waiting longer to [maximize the immune response](#). Experts say four to six months after your last shot is the ideal time to get a booster. If you are at high risk or have an important upcoming event, you may consider getting boosted sooner. If you were recently infected with COVID-19, you should wait around three months after infection to get the shot. It can be risky to try to time your booster to the next surge as the virus is unpredictable and protection from the shot takes a few weeks to kick in.

2. Where do I go to get a fall booster?

The Biden administration has purchased 105 million Pfizer bivalent boosters and 66 million Moderna bivalent boosters. The doses are now being offered at pharmacies, community health centers, and doctors' offices around the country. Appointments are available at [CVS](#) or [Walgreens](#), and [Vaccines.gov](#) allows you to search for sites near you where the new shots are in stock.

3. Should I get a Pfizer or Moderna fall booster?

The Pfizer and Moderna boosters use the same mRNA technology and are both safe and effective. Although some studies show mixing and matching vaccines could provide additional protection, there's no need to pick and choose at this point: Get the vaccine that is most easily accessible to you. However, people who are at higher risk of myocarditis, including men under age 30, may want to opt for the Pfizer booster over the Moderna booster. Although the risk of myocarditis is extremely low for everyone, [the risk seems to be lower with the Pfizer vaccine](#).