



COVID Vaccine Recommendations

April 24, 2023

Do I need another COVID vaccine?

The CDC recently revised its COVID vaccine recommendations. Here are some of the key points:

- Monovalent (original) mRNA vaccine doses are no longer approved by the FDA. Only the updated bivalent mRNA vaccines (Pfizer and Moderna) are available in Primary Health clinics.
- Most people who have already received an updated bivalent dose do NOT need to get a second one. Kids under age 6 and adults over age 65 are the exceptions, however.
 - Young kids under 6 have a particular schedule of vaccines that is different from individuals ages 6 and older. You can refer to the chart below.
 - Patients ages 65 and older can have an optional 2nd bivalent booster dose now, if it is has been at least 4 months since their 1st bivalent dose.
- If you have had one or more Novavax vaccines, it is recommended that you get an updated Pfizer or Moderna vaccine, at least 4 months since your last Novavax dose.
- If you are unable to receive an mRNA vaccine, then there are no updated options right now. Novavax is developing an updated booster for use later this year.

These charts apply to individuals who do NOT have any immune system compromise.

Find your age and your COVID vaccine history to determine if you qualify for an updated mRNA vaccine:

Ages 6 months to 4 years old

Your COVID vaccine history	Updated vaccine choice	Total number of updated vaccine doses recommended	Interval between dosing
Unvaccinated	Moderna	2	Moderna: 4-8 weeks between doses 1 and 2
	-OR- Pfizer	3	Pfizer: Dose 2 given 3-8 weeks after the 1 st ; Dose 3 given at least 8 weeks after 2 nd
1 dose of original Moderna vaccine	Moderna	1	4-8 weeks after last dose
2 doses of original Moderna vaccine	Moderna	1	At least 8 weeks after last dose

<i>2 doses of original Moderna AND 1 dose of updated Moderna</i>	No update needed	None	N/A
1 dose of original Pfizer	Pfizer	2	Dose 1: 3-8 weeks after original dose Dose 2: At least 8 weeks after dose 1
2 doses of original Pfizer	Pfizer	1	At least 8 weeks after last dose
3 doses of original Pfizer	Pfizer	1	At least 8 weeks after last dose
<i>2 doses of original Pfizer AND 1 dose of updated Pfizer</i>	No update needed	None	N/A

Age 5

Your COVID vaccine history	Updated vaccine choice	Total number of updated vaccine doses recommended	Interval between dosing
Unvaccinated	Moderna -OR- Pfizer	2 1	Moderna: 4-8 weeks between doses 1 and 2
1 dose original Moderna	Moderna -OR- Pfizer	1 1	Moderna: 4-8 weeks after last dose Pfizer: At least 8 weeks after last dose
2 doses original Moderna	Moderna -OR- Pfizer	1 1	Both: At least 8 weeks after last dose
<i>2 doses original Moderna AND 1 dose of updated mRNA vaccine</i>	No update needed	None	N/A
1 or more doses of original Pfizer	Pfizer	1	At least 8 weeks after last dose
<i>2 doses of original Pfizer AND 1 dose of updated Pfizer</i>	No update needed	None	N/A
<i>If you ever received 1 dose of updated Pfizer vaccine</i>	No update needed	None	N/A

Ages 6 and older* (including adults)

Your COVID vaccine history	Updated vaccine choice	Total number of updated vaccine doses recommended	Interval between dosing
Unvaccinated	Moderna -OR- Pfizer	1 1	N/A
1 or more doses of original mRNA vaccine	Moderna -OR- Pfizer	1 1	At least 8 weeks after last dose
1 dose of updated mRNA vaccine (regardless of whether you received the original vaccine)	No update needed	None	N/A

*If you are age 65+ and already had an updated vaccine dose/booster, you can choose to have an optional second dose at least 4 months later.