

December 18, 2023

# Fall 2023 Updated mRNA COVID-19 VACCINES



NATIONAL ADVISORY COMMITTEE ON IMMUNIZATION

**NACI recommends a Fall 2023 updated COVID-19 vaccine dose for:**

➔ **Everyone 6 months and older<sup>1</sup>**



**The updated COVID-19 vaccine is especially important for people who:**

- ✓ **Are 65 years and older**
- ✓ **Live in a group setting (e.g., long-term care)**
- ✓ **Have a weakened immune system or serious health condition**
- ✓ **Are pregnant**
- ✓ **Identify as First Nations, Metis, or Inuit**
- ✓ **Belong to equity-deserving populations (e.g., racialized, living with disability)**
- ✓ **Provide essential community services**



**NEW!**

The updated vaccines for Fall 2023 target the XBB.1.5 strain of COVID-19



**When should you get your next COVID-19 booster dose?\***

**6 months** after your last COVID-19 vaccine or infection

*\*For detailed information on timing your doses and more, see the 3-page version: [https://uwaterloo.ca/pharmacy/sites/default/files/uploads/documents/covid-19\\_boosters\\_faq\\_0.pdf](https://uwaterloo.ca/pharmacy/sites/default/files/uploads/documents/covid-19_boosters_faq_0.pdf)*

A vaccine can be safely given as soon as a person has recovered from a COVID-19 infection. Waiting may give better protection.



If you don't know if your recent illness was COVID-19 or not, use the date of your last confirmed COVID-19 infection or vaccine dose.



You can get a COVID-19 vaccine dose at the same time as your flu vaccine.



**BOOK YOUR NEXT DOSE NOW!** 

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines/how-vaccinated.html#a1>

## The Good ✓

COVID-19 mRNA vaccines **lower the risk** of serious illness, death, and complications, like Long COVID.

## The Reality 📉

Protection from vaccines **drops** over time and as the COVID-19 virus changes.

## The Strategy ○

Getting the updated COVID-19 vaccine will make sure you have the **best protection** from severe illness caused by newer variants of COVID-19.

Find the most recent NACI 🇨🇦 guidance here:

<https://www.canada.ca/en/public-health/services/publications/healthy-living/canadian-immunization-guide-part-4-active-vaccines/page-26-covid-19-vaccine.html>