

# Is it time to BOOST your COVID-19 protection?

## WHO should get a spring booster

- Adults 65 +
- Adults (18+) living in congregate care settings
- Indigenous adults 55+ and their non-Indigenous household members 55+
- Adults (18+) who are moderately to severely immunocompromised
- People who are pregnant
- Anyone who has **NOT** received a COVID-19 booster since **September 1, 2022**

**If you do not belong to any of these groups, your fall booster will continue to protect you during the Spring.**

## WHEN to get a spring booster

**6 months (168 days)** after your last dose or COVID-19 infection.

## WHERE to get a spring booster

Scan the QR code, visit [TBDHU.COM/vaxclinics](https://www.tbdhu.com/vaxclinics) or call 807-625-5900 to learn where you can get a spring COVID-19 booster.

**If you are unable to leave your residence, call 807-625-5900 to arrange a home visit.**

