

People in certain priority groups are recommended to get another dose of the COVID-19 vaccine this spring (early April-June 2024):

- People over the age of 65
- Adult residents of congregant living settings for seniors
- Indigenous people 55+ and any non-Indigenous household members 55+
- People who are immunocompromised

These groups are eligible to receive vaccines starting in early April.

When should people get a spring COVID-19 vaccine?

They should get a spring COVID-19 vaccine dose at least 6 months (168 days) after their last dose or COVID-19 infection. The date of the last COVID-19 vaccine dose can be checked at ontario.ca/get-proof.

People may choose to get another dose at a shorter interval of 3 months to less than 6 months. However, evidence shows that you receive better and longer lasting protection with a longer interval. Call the Health Unit at 807-625-5900 if you cannot find a record or have questions.

What kind of COVID-19 vaccines will be offered this spring?

XBB COVID-19 vaccines will be available this spring. Both Moderna Spikevax and Pfizer Cominarty XBB vaccines have been approved. They target the XBB subvariant of the virus that causes COVID-19.

Are these vaccines safe? Are there side effects?

Both vaccines are safe for people who are older and/or who have most serious health conditions. Those taking treatments that impact their immune systems should talk to their health care provider about when to get vaccines for the best immune response.

Most side effects are mild to moderate and last 1-3 days. Some people get redness and swelling where they were vaccinated. Other common reactions include chills, joint pain or muscle aches, headache, and/or mild fever. Contact a health care provider if the reaction is serious OR lasts longer than 3 days.

Where can people get COVID-19 vaccines?

- Local pharmacies (*contact to confirm*)
- Health care providers (*contact to confirm*)
- **The Thunder Bay District Health Unit (TBDHU) will NOT be offering community COVID-19 vaccine clinics in Thunder Bay during the Spring 2024 campaign.**
 - A limited number of appointments are available for children under 2 ONLY at the TBDHU office. Visit TBDHU.COM/vaxclinics or call 807-625-5900 and press 1 to book one of these appointments.
 - People who cannot leave their home can call 807-625-5900 for the TBDHU Homebound Program.

What if I have more questions?

Call the Provincial Vaccine Contact Centre at 1-833-943-3900.

Keeping up to date on your COVID-19 vaccines is one of the most effective ways people can protect themselves, their families, and their communities.