Helpful Info About Booster Shots

Get the facts and decide.

Why do I need a booster shot and who is eligible?

Booster shots increase protection against the COVID-19 virus.

Everyone age 16 and older can receive a booster shot. Individuals age 12 and older who received the Pfizer vaccine are now authorized for a booster dose of the Pfizer vaccine only.

Following completion of the initial vaccination series, booster doses can be administered after:
- at least five months for individuals who received the Pfizer vaccine.
- at least six months for individuals who received the Moderna vaccine.
- at least two months for individuals who received the Johnson & Johnson vaccine.

Individuals age 18 and older may choose which vaccine they receive as a booster dose. Adolescents who received the initial Pfizer vaccine may only receive the Pfizer vaccine as a booster dose. Consult your doctor or health care provider if you are not sure. Expert recommendations now allow for mix and match dosing for booster shots.

What's different about the COVID-19 booster compared with other vaccines?

A "booster shot" is not unique to COVID-19. In fact, booster shots are common for many of the vaccines that doctors and health officials recommend for everyone. The most common booster shots people get are annual flu vaccines and boosters for Tdap (tetanus, diphtheria, and pertussis) recommended every 10 years.

COVID-19 booster shots can help your body maintain a higher level of immunity and protection against breakthrough COVID-19 infections. A breakthrough infection occurs when someone who is fully vaccinated gets COVID-19. That person can still get sick and spread the virus to others—although most vaccinated people will have milder symptoms.

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Is the COVID-19 booster shot safe?

Researchers evaluated 1.1 million individuals who got a COVID-19 booster shot. After 12 days, they were almost 20 times less likely to test positive for COVID-19 and less likely to have severe symptoms than people who did not get a booster shot.

Research shows that immunity against COVID-19 goes down over time, and a booster shot can help your body stay protected longer.

If you are experiencing "long-haul" COVID-19 symptoms, a booster shot can be helpful. Long-haul symptoms include: brain fog, fatigue, headaches, dizziness and shortness of breath, among others.

Research shows that immunity against COVID-19 diminishes over time, and a booster shot can help your body stay protected longer.

Do we really need a booster shot? We don't live in a big city.

COVID-19 deaths are disproportionately rural. Rural communities often have a higher proportion of residents over 65 years of age, living with underlying medical conditions or disabilities that make them more likely to get sick or die from COVID-19.

Booster shots are an important way to prolong protection against COVID-19 and prevent serious illness. Booster shots are available for all three COVID-19 vaccines.

I am already fully vaccinated. Why do I need a booster shot?

Data shows that unvaccinated people are 25 times more likely to experience hospitalization and death due to COVID-19.

COVID-19 booster shots provide an extra level of protection against the COVID-19 virus.

The good news is that it's very easy to get a booster shot. Find a place near you at: covidvaccine.mo.gov/find/#map/