

Talking Points: Updated bivalent boosters

General messages

- People age 12 and older are now recommended to get an updated bivalent booster dose at least 2 months after their last COVID-19 shot. That means the bivalent booster may be given after a person's primary series or after their last booster shot.
- The updated Pfizer booster is authorized for people age 12 and older. The updated Moderna booster is authorized for people age 18 and older.
- Everyone who is eligible—including those who are moderately or severely immunocompromised—are recommended to receive 1 dose of the updated vaccine.
- The updated bivalent booster helps protect against the original COVID-19 strain that has been in the vaccines as well as against newer Omicron variants that are circulating.
- Updated COVID-19 boosters can both help restore protection that has decreased since previous vaccination and provide broader protection against newer variants.
- The COVID-19 vaccines and the updated booster are safe and help protect people from getting very sick with COVID-19.
- People can get COVID-19 vaccines, including updated boosters, at the same visit as other vaccines, such as flu vaccine.
- Even if you've already had COVID-19, you should get vaccinated.
- CDC recommends everyone get and stay up to date with COVID-19 vaccination. This means everyone:
 - Age 6 months through 4 years should get all COVID-19 primary series doses.
 - Age 5 years and older should get all COVID-19 primary series doses, plus the most recent booster dose recommended for them.

Where to get a bivalent booster

- There are several options for where to get a bivalent booster.
 - Check with your regular health care provider or local pharmacy to see if appointments are available.
 - Minnesotans can make appointments at the state-run vaccination site at the Mall of America now:
 - Minnesotans can also make appointments at the state-run vaccination site in Duluth now:
 - More information on appointments at state-run vaccination sites in St. Paul Midway, Rochester, and Moorhead will be coming soon.
 - Use the state's [Find Vaccine Locations](#) map to find vaccine providers near you—providers will update their information as appointments are available.
 - Check for vaccine appointments at [Vaccines.gov](#), where you can search for appointments by vaccine type (e.g., Pfizer).
 - Watch for vaccination clinics being offered at other community locations around Minnesota.
 - Watch DCSC for vaccine events coming soon