

Who should get vaccinated

Vaccination is recommended for all people 6 months of age and older. This includes people with underlying medical conditions; people who have had COVID-19, are pregnant, or are immunocompromised; and those of different ages, races, and ethnicities.

People who have had a life-threatening reaction to a previous dose of COVID-19 vaccine or any ingredient in the vaccine should not get that vaccine. They may want to talk to an allergy specialist.

If you have had COVID-19

You should get vaccinated even if you already had COVID-19. People may have some protection after being infected with COVID-19, but that protection decreases quickly. Protection from vaccination lasts longer.

For any dose of vaccine, including booster doses, people 6 months of age and older can get vaccinated after you have completed your isolation period and are feeling better. If your illness caused you to be hospitalized, talk to your health care provider about timing of vaccination.

If you have had recent close contact or mild illness

Consider these things before getting any dose of vaccine, including a booster dose:

- If you or your child have been identified as a close contact of someone with COVID-19, you can get vaccinated as long as you do not have symptoms of COVID-19. However, you may consider waiting until your period to wear a mask is over to help make sure that any side effects experienced after vaccination are just from the vaccine, and not COVID-19 symptoms
- If you or your child has a mild illness (e.g., sore throat, stuffy nose, etc.), get tested for COVID-19 and wait until symptoms have improved and until you or your child have been fever-free for 24 hours, without using medicine that lowers fevers, before getting vaccinated.

Children and teens

Children age 6 months and older are recommended to get vaccinated. Children age 5 years and older should also get an updated (bivalent) booster to give more protection against the BA.4 and BA.5 Omicron

variants of COVID-19 that are currently spreading. The vaccine that your child gets and how many doses they need depends on their age on the day they are vaccinated.

Data from Pfizer and Moderna vaccine studies show the vaccines are safe and effective for children and teens.

Children can get very sick from COVID-19—even children who do not have underlying health conditions. The available COVID-19 vaccines have been shown to be very good at helping to protect children from severe disease, hospitalization, and death from COVID-19. Getting your child vaccinated helps protect them, your family, and your community. Talk to your health care provider about which vaccine your child should get and to ask any questions you might have.

Parental or guardian consent is required for COVID-19 vaccination of children younger than 17 years of age, except under rare or special circumstances. (Refer to Minnesota Statutes, sections 144.341 through 144.347.) We encourage you to go with your child so you can ask questions and learn more about the vaccine.

- NOTE: For state-run vaccine clinics, children age 15 and under must have a parent or guardian with them.

Because children and youth with specialized health needs and disabilities may be at higher risk for more severe illness from COVID-19, families and caregivers are asked to strongly consider vaccinating children who have any underlying health condition or disability if they are 6 months of age or older.

[Pregnant or breastfeeding people](#)

COVID-19 vaccination, including a booster shot when due, is strongly recommended for people who are pregnant, recently pregnant, breastfeeding, and considering pregnancy in the future.

- Pregnant and recently pregnant people are more likely to get very sick with COVID-19 disease compared with non-pregnant people. The data show the benefits of receiving a COVID-19 vaccine outweigh any known or potential risks of vaccination during pregnancy. Getting a COVID-19 vaccine can protect a pregnant person and their growing baby from severe illness from COVID-19.

- A person who is breastfeeding can get vaccinated. COVID-19 vaccines are not thought to be a risk to the breastfeeding infant. There is no reason to avoid starting or continuing breastfeeding after getting vaccinated.
- There is no evidence that any of the COVID-19 vaccines affect future fertility. COVID-19 vaccination is recommended for people who want to get pregnant someday or are currently trying to get pregnant.

Talk to your health care provider if you have questions about COVID-19 vaccines.

[Immunocompromised people](#)

Immunocompromised means a person has a weak immune system. People with advanced or untreated HIV infection, other immunocompromising conditions, or who take medications or therapies that weaken the immune system might be at increased risk for severe COVID-19.

The vaccine may not work as well in immunocompromised people because they may not have a strong immune response to the vaccine (they may have less protection). Because of this, CDC recommends that people with certain immunocompromising conditions receive an additional dose of vaccine as part of their primary vaccination series. An additional primary dose of COVID-19 vaccine for this group is different than a booster dose. People who get an additional primary dose are recommended to get booster shots as well. More information is in the “Vaccine doses” section below.

People should talk to their health care provider about their medical condition and what vaccine doses they need.