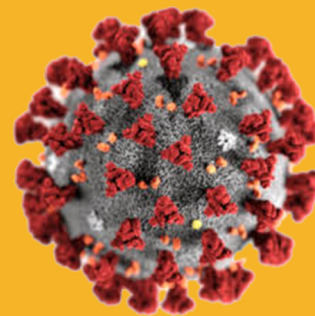




# TEAMSTERS SAFETY & HEALTH COVID-19 Guidance



## COVID-19 Vaccine Booster

October 26, 2021

### Who is currently eligible for a COVID-19 vaccine booster shot?

COVID-19 booster shots are now available for those who received the Pfizer-BioNTech, Moderna, or Johnson & Johnson/Janssen COVID-19 Vaccines and who fit in the following categories:

- 65 years and older
- Age 18 and older that live in long-term care settings
- Age 18 and older who have underlying medical conditions<sup>1</sup>
- Age 18 and older who work in high-risk settings
- Age 18 and older that live in high-risk settings

For the nearly 15 million people who got the Johnson & Johnson COVID-19 vaccine, booster shots are also recommended for those 18 and older and vaccinated **two or more** months ago.

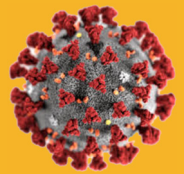
### Can you mix and match the different versions of the COVID-19 vaccine?

There are now booster recommendations for all three available COVID-19 vaccines in the United States. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may prefer the vaccine type they originally received, and others may prefer a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

### What are the underlying medical conditions that may cause someone to be more likely severely ill COVID-19?

Cancer, chronic kidney disease, chronic lung diseases (chronic obstructive pulmonary disease), interstitial lung disease, cystic fibrosis, pulmonary hypertension, dementia, diabetes (type 1 or type 2), down syndrome, coronary heart disease, cardiomyopathies, heart failure, HIV infection, immunocompromised states (weakened immune system), liver disease, pregnant or recently pregnant people, sickle cell disease or thalassemia, solid organ or blood stem cell transplant patients, substance use disorders, and stroke or cerebrovascular disease patients.

<sup>1</sup> [CDC: Who is Eligible for a COVID-19 Vaccine Booster Shot?](#)



## **What action should you take if you have a listed medical condition that may cause severe COVID-19 illness?**

It is important to take preventive measures for COVID-19 such as:

- Getting your booster vaccine
- Continue to wear a mask in public settings
- Practice social distancing while in public settings
- Practice proper handwashing techniques

People with underlying conditions need to work directly with their medical providers and manage those conditions carefully and safely.

## **What type of workers are at an increased risk of COVID-19 exposure and transmission that should receive a booster shot?**

Adults aged 18-64 years of age that work in specific settings:

- First responders (e.g., healthcare workers, firefighters, police)
- Nursing home staff
- Homeless shelter staff
- Education staff (e.g., teachers, support staff, daycare workers)
- Food and agriculture workers
- Manufacturing workers
- Corrections workers
- U.S. Postal Service workers
- Public transit workers
- Grocery store workers

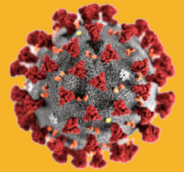
These workers may be at increased risk of being exposed to COVID-19, which could spread within the workplace or the institutional setting.

## **When can I get a COVID-19 vaccine booster if I am not in one of the recommended groups?**

At this time, different populations may be recommended to receive a booster shot once more data becomes available. Experts are looking at all available data to understand how well the vaccines are working for different populations. This includes looking at how new variants, like Delta, affect vaccine effectiveness.

## **What are the risks to getting a booster shot?**

Fatigue and pain at the injection site were the most reported side effects, and overall, most side effects were mild to moderate. However, as with the 2-shot primary series, [serious side effects are rare](#) but may occur.



### **Am I still considered “fully vaccinated” if I don’t get a booster shot?**

Yes. Everyone is still considered fully vaccinated two weeks after their second dose in a 2-shot series, such as the Pfizer-BioNTech or Moderna vaccines, or two weeks after a single-dose vaccine, such as the J&J/Janssen vaccine.

### **Bring your COVID-19 vaccine booster vaccination record card to the clinic?**

After your first vaccination appointment, you received a CDC COVID-19 Vaccination Record card that tells you what COVID-19 vaccine you received, the date, and where you received it. This vaccination card should be brought to your booster shot vaccination appointment.

If you did not receive a CDC COVID-19 Vaccination Record card at your first appointment, contact the vaccination site where you got your first shot or your [state health department](#) to find out how you can get a card.

### **If we need a booster shot, does that mean that the vaccines aren’t working?**

No. COVID-19 vaccines work well to prevent severe illness, hospitalization, and death, even against the widely circulating Delta variant. However, public health experts are starting to see reduced protection, especially among specific populations, against mild and moderate disease.

### **Where can I find a COVID-19 vaccine booster clinic?**

- Check your local pharmacy’s website to see if vaccination walk-ins or appointments are available.
- Contact your state or local health department for more information.
- Find a COVID-19 Vaccine: search [vaccines.gov](https://www.vaccines.gov), text your zip code to 438829, or call 1-800-232-0233 to find a nearby location.