

The 2023-2024 Updated Covid-19 Vaccine

- The CDC recommends the 2023–2024 updated COVID-19 vaccines: Pfizer-BioNTech, Moderna, or Novavax, to protect against serious illness from COVID-19.
- [Everyone aged 5 years and older](#) should get 1 dose of an updated COVID-19 vaccine to protect against serious illness from COVID-19.
- [Children aged 6 months–4 years](#) need multiple doses of COVID-19 vaccines to be up to date, including at least 1 dose of updated COVID-19 vaccine.
- [People who are moderately or severely immunocompromised](#) may get additional doses of updated COVID-19 vaccine per their provider.

How is the updated Covid-19 vaccine different: The latest vaccine is monovalent and is designed to protect against one variant: the XBB.1.5 variant of Omicron- it targets the XBB and closely related strains of the Omicron variant, restores protection against severe COVID-19 that may have decreased over time, and is predicted to better fight current and future circulating variants. It isn't called a booster because the updated vaccine will likely be similar to the flu shot and updated annually for the anticipated circulating variants.

Why get the updated Covid-19 vaccine: Getting vaccinated against COVID-19 is the safest way to build protection from serious illness—even for those who have already had COVID-19. The older “bivalent” COVID-19 vaccines are no longer recommended.

October is the best time of year to get the updated Covid-19 shot for immunity to last through the middle of winter when cases are expected to peak.

Anyone over 5 years or older who recently got Bivalent Covid vaccines, should wait 2 months before getting the updated Covid vaccine.

When to get vaccinated if you recently had Covid-19: If you recently had COVID-19, you may consider delaying your vaccine by 3 months. Reinfection is less likely in the weeks to months after infection.

Can you get the Covid vaccine and flu shot at the same time: Yes, just as last year. Research has shown that the Covid and flu vaccines are safe to get together.

If you are over 60, or are an individual that your doctor has determined an RSV shot is right for based on your risk factor, now is a good time to get vaccinated against RSV. RSV is a common respiratory virus that usually causes mild, cold-like symptoms, but can cause life threatening complications for those 65 and older and can make conditions, such as asthma, congestive heart failure, and chronic obstructive pulmonary disease (COPD) worse.

Where can you get the updated Covid-19 vaccine, flu and RSV shots: At your local pharmacy, your doctor's office, by searching, [vaccines.gov](https://www.vaccines.gov) by your zip code to find locations where the updated vaccine is available. You can also reach out to the Families First nurse for any questions, assistance or concerns; Willow Frantz, RN: Office: 802-252-6343; Cell: 802-579-6111.