



STAY SAFE MN

Why You Should Get an Updated (Bivalent) Booster

Everyone age 5 and older is now recommended to get an updated COVID-19 booster, also called a bivalent booster. If it has been at least 2 months since your last COVID-19 vaccine dose, you may be eligible. Here are three things to know about why this updated booster is important to get.

It protects against the original COVID-19 strain as well as newer variants.

You or your family may have already received a booster shot, but that one only protected you from the original strain of COVID-19. There are now new variants (BA.4 and BA.5) circulating that are making people sick. The updated COVID-19 booster provides protection against the original strain and these new variants.



It helps keep protection against COVID-19 high.

Over time, the protection from a vaccine can decrease. This means you or your family are more likely to get very sick. Getting the updated bivalent booster when it is time will help keep protection against COVID-19 high.

It provides the best protection against severe cases of COVID-19.

The updated booster was made to fight the strains of COVID-19 that are most commonly circulating through our communities right now. Previous shots helped prevent serious illness and hospitalization against the original strain of COVID-19, and the updated booster helps to specifically protect against newer strains to help prevent people from getting very sick.

Get the updated (bivalent) booster when eligible to make sure you have the best protection!

Talk to your health care provider if you have any questions about the updated booster and when to get it. You can find more information, including places to get your free updated booster, on [COVID-19 Vaccine Booster Shots \(https://mn.gov/covid19/vaccine/boosters/index.jsp\)](https://mn.gov/covid19/vaccine/boosters/index.jsp).

