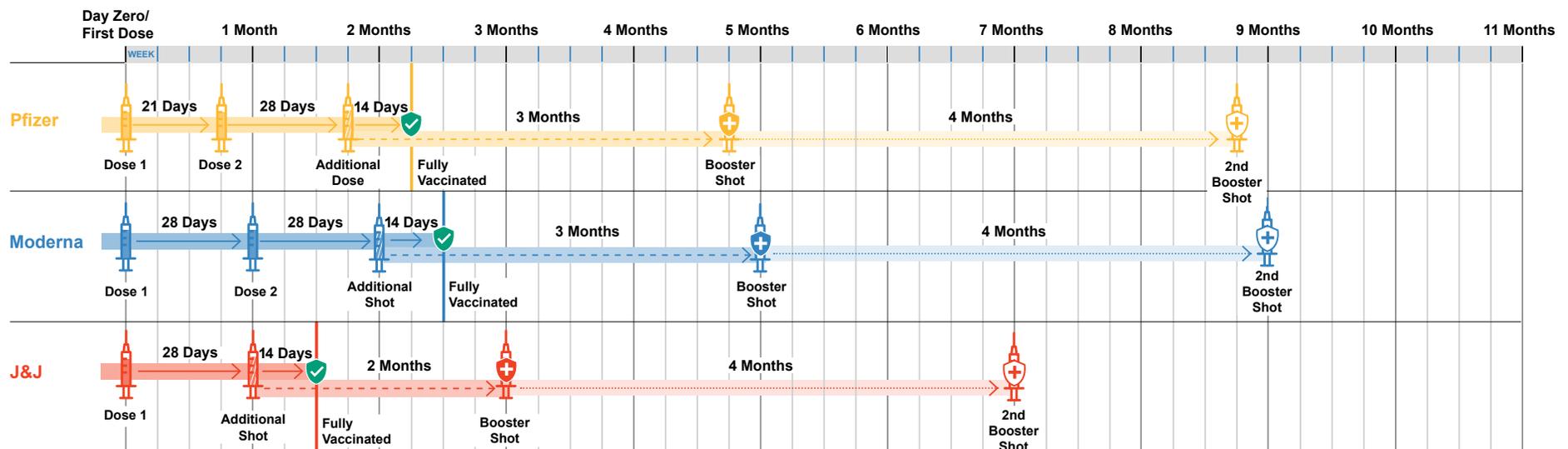


Are You Up to Date on Your COVID-19 Vaccines?

The COVID-19 vaccines can bring up a lot of questions about timing. How many COVID-19 shots do I need to get? When do I need to get them? When am I fully vaccinated? These questions have different answers based on two things: 1) the strength of your immune system and 2) the vaccine that you got.

People with a very weak immune system (immunocompromised)*



*Immunocompromised people (moderately to severely) include those who have:

- Been receiving active cancer treatment for tumors or cancers of the blood
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response

Key



Primary Series*
Additional Shot**
Booster Shot†
2nd Booster Shot††

Time Needed to Be Fully Vaccinated

Time Needed to Be "Up to Date"

Time Needed Before Optional Second Booster

⊕ Considered "Up to Date" ✓ Considered fully vaccinated

* Some people 12 years old and older can benefit from a longer wait time (8 weeks) between their first and second dose. This longer wait time can reduce the risk of myocarditis, especially for males 12-39 years old.

** Your additional shot should be of the same vaccine as your primary series. If you got the J&J vaccine though, your additional shot should be of Pfizer or Moderna.

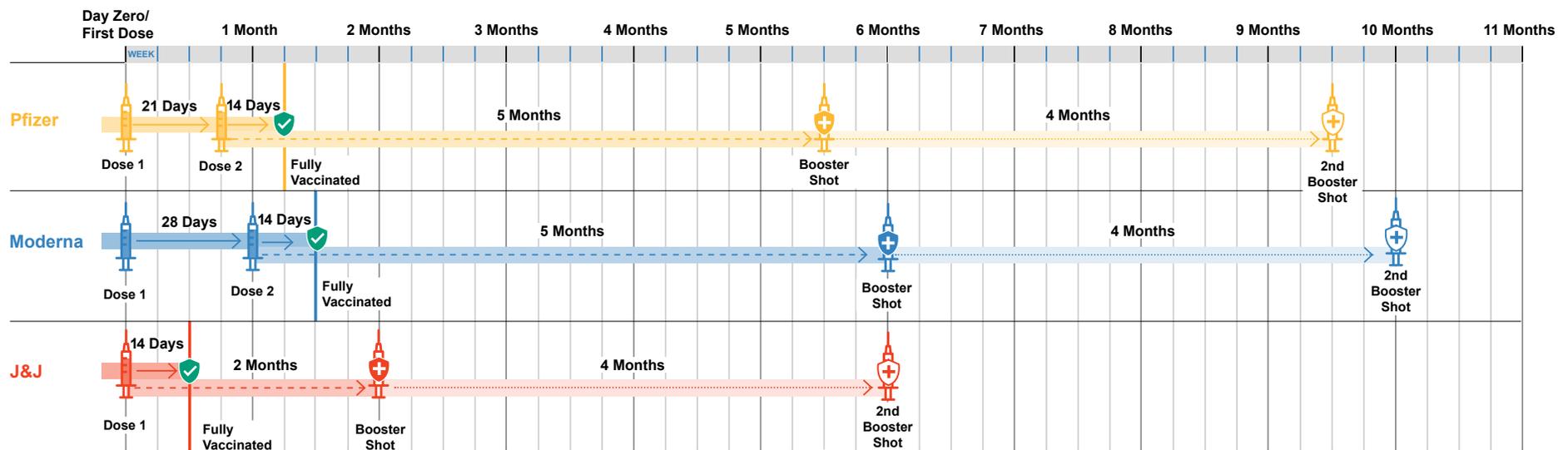
† People 18 years old and older can use any COVID-19 vaccine as their booster shot, though mRNA vaccines are preferred (Pfizer and Moderna). For people 12-17 years old, only Pfizer can be used. People 5-11 years old should not get a booster shot at this time.

†† Immunocompromised people 18 and older can get a second booster shot of either the Moderna or Pfizer vaccine. If they are 12-17 years old, they can only get the Pfizer vaccine as their second booster shot. A second booster shot is not needed to be "Up to Date" on COVID-19 vaccines.

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General Population*



*General population refers to all age groups:

Who can receive a COVID-19 vaccine at this moment. This includes people 18 and up for J&J and Moderna, and people 5 years old and older for Pfizer. No one under the age of 12 can get a booster shot at this time. Only some people in the general population can get a second booster shot.

Fully vaccinated means that you finished your primary series of COVID-19 vaccines at least two weeks ago. Some airlines and events require you to be "fully vaccinated."

Boosted means that you were eligible to get a booster shot, and you got one. You are considered "boosted" on the same day that you get your booster shot.

Up to date means that you have received all of your needed COVID-19 vaccines. It is a moving target. If you are fully vaccinated, you are "up to date" until you need a booster shot. If enough time has passed for you to need a booster shot, then you must get "boosted" to stay up to date. When you are up to date, you do not need another vaccine dose at this time.

Key



+ Considered "Up to Date" ✓ Considered fully vaccinated

Time Needed to Be Fully Vaccinated
Time Needed to Be "Up to Date"
Time Needed Before Optional Second Booster

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† People 18 years old and older can use any COVID-19 vaccine as their booster shot, though mRNA vaccines are preferred (Pfizer and Moderna). For people 12-17 years old, only Pfizer can be used. People 5-11 years old should not get a booster shot at this time.

†† All people 50 and over who got a booster shot—and all adults over the age of 18 who got the J&J vaccine as their first shot and as their booster shot—more than 4 months ago can now get a second booster shot of an mRNA vaccine. A second booster shot is not needed to be considered "Up to Date" on COVID-19 vaccines.

Source: Centers for Disease Control and Prevention (CDC)

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Americares is a health-focused relief and development organization that responds to people affected by poverty or disaster with life-changing health programs, medicine, medical supplies and emergency aid.

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