



COVID-19 Boosters, Explained

Updated as of November 2, 2021 - Be sure to check the CDC for latest guidelines

Brand	Who's eligible?	When to get a booster?	Which brand to get?
Pfizer	<ul style="list-style-type: none"> 65 years or older Age 18+ who live in long-term care settings Age 18+ who have underlying medical conditions Age 18+ who work or live in high-risk settings - Note: This includes "food, agriculture, and grocery workers" 	At least 6 months after your second shot	<p>Any of the 3 authorized brands are okay, per the CDC.</p> <p>The J&J vaccine has lower vaccine effectiveness over time compared to mRNA vaccines (Pfizer and Moderna), so many doctors recommend either Pfizer or Moderna for a booster. Sticking with the same brand for a Pfizer booster is safe and effective.</p>
Moderna	<ul style="list-style-type: none"> 65 years or older Age 18+ who live in long-term care settings Age 18+ who have underlying medical conditions Age 18+ who work or live in high-risk settings - Note: This includes "food, agriculture, and grocery workers" 	At least 6 months after your second shot	<p>Any of the 3 authorized brands are okay, per the CDC.</p> <p>The J&J vaccine has lower vaccine effectiveness over time compared to mRNA vaccines (Pfizer and Moderna), so many doctors recommend either Pfizer or Moderna for a booster. Sticking with the same brand for a Moderna booster is safe and effective.</p>
Johnson & Johnson	<ul style="list-style-type: none"> Anyone 18+ 	At least 2 months after your shot	<p>Any of the 3 authorized brands are okay, per the CDC, but a recent study showed significantly higher protection for those with a first J&J dose who got a second dose of mRNA (Pfizer or Moderna). Many doctors recommend a booster Pfizer or Moderna dose for those who got J&J originally, because J&J has lower vaccine effectiveness over time compared to mRNA vaccines (Pfizer and Moderna).</p>