Choosing Your COVID-19 Booster Shot

You may choose which COVID-19 vaccine you receive as a booster shot. Some people may have a preference for the vaccine type that they originally received, and others may prefer to get a different booster. CDC's recommendations now allow for this type of mix and match dosing for booster shots.

Learn how you can [find a COVID-19 vaccine near you](#).

IF YOU RECEIVED

Pfizer-BioNTech or Moderna COVID-19 Vaccine

Older adults age 65 years and older

People ages 65 years and older **should** get a booster shot. The risk of severe illness from COVID-19 [increases with age](#) and can also increase for adults of any age with underlying medical conditions.

Long-term care setting residents ages 18 years and older

Residents ages 18 years and older of long-term care settings **should** get a booster shot. Because residents in [long-term care settings](#) live closely together in group settings and are often older adults with underlying medical conditions, they are at increased risk of infection and severe illness from COVID-19.

People with underlying medical conditions ages 50–64 years

People ages 50–64 years with underlying medical conditions **should** get a booster shot. The risk of severe illness from COVID-19 increases with age and can also increase for adults of any age with [underlying medical conditions](#).

People with underlying medical conditions ages 18–49 years

People ages 18–49 years with underlying medical conditions **may** get a booster shot based on their individual risks and benefits. The risk of severe illness from COVID-19 can increase for adults of any age with [underlying medical conditions](#). This recommendation may change in the future as more data become available.

People who work or live in high-risk settings ages 18–64 years

People ages 18–64 years at increased risk for COVID-19 exposure and transmission because of [occupational or institutional setting](#) **may** get a booster shot based on their individual risks and benefits. Adults who work or reside in certain settings (e.g., health care, schools, correctional facilities, homeless shelters) may be at increased risk of being exposed to COVID-19, which

could be spreading where they work or reside. That risk can vary across settings and based on how much COVID-19 is spreading in a community. This recommendation may change in the future as more data become available.

Examples of workers who may get COVID-19 booster shots: [1]

- First responders (e.g., healthcare workers, firefighters, police, congregate care 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

[1] List could be updated in the future.

IF YOU RECEIVED

J&J/Janssen COVID-19 Vaccine

People ages 18 years and older who received a J&J/Janssen COVID-19 vaccine at least 2 months ago **should** get a booster shot. The J&J/Janssen COVID-19 vaccine has lower vaccine effectiveness over time compared to mRNA COVID-19 vaccines (Pfizer-BioNTech and Moderna).

Your Vaccination Card and Booster Shots

At your first vaccination appointment, you should have received a CDC COVID-19 Vaccination Record Card that tells you what COVID-19 vaccine you received, the date you received it, and where you received it. Bring this vaccination card 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.