



[The CDC Recommends Updated COVID-19 Booster Shots](#)

Updated (bivalent) boosters became available September 2, 2022. Prior to September 2022, the available boosters were original, monovalent boosters. The **CDC recommends that people ages 5 years and older** receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose, whether that was:

- Their final primary series dose, or
- An original (monovalent) booster

People who have gotten more than one original (monovalent) booster are also recommended to get an updated (bivalent) booster.

Boosters are an important part of protecting yourself from getting seriously ill or dying from COVID-19.

The CDC has developed a tool to determine when or if you (or your child) can get one or more COVID-19 boosters. This tool can be accessed at:

[Stay Up to Date with COVID-19 Vaccines Including Boosters | CDC](#)

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