

Why It's Important to Get Your COVID-19 Vaccine Booster



Nurses and
Nurse Practitioners
of British Columbia

Getting a booster dose provides you with more robust protection against COVID-19. Studies suggest that a booster dose of an mRNA vaccine generally produces higher immunity response than the immune response after just a primary, or two-dose series of vaccinations.ⁱⁱ

Staying up to date with your vaccinations and getting a COVID-19 booster dose is the most reliable form of protection against illness caused by COVID-19.ⁱ By maintaining a regular vaccination schedule, your immune system gets the 'boost' it needs.

Get a booster even if you've already been infected with COVID-19. COVID-19 is still circulating in our communities, and it is possible to become reinfected with the virus. The immunity provided post-infection is only temporary, and getting your booster helps to maintain stronger immunity for longer duration.ⁱⁱⁱ

Getting a booster dose protects you and your loved ones.^v Many of us provide care for others, whether they be our children, other family members, friends, patients, or clients. By receiving your booster dose, you increase your protection against COVID-19 infection and reduce the likelihood of transmitting the infection to those you care for.

Stay up to date with your COVID-19 vaccinations and other important information. Be sure to check reliable sources such as the [BC Centre for Disease Control](#), [ImmunizeBC](#), and the [Public Health Agency of Canada](#) for evidence-informed guidance related to COVID-19.

The virus which causes COVID-19 is highly transmissible. Getting your booster dose protects yourself against COVID-19 infection, and reduces the likelihood of transmitting to others you come into contact with throughout your day.^{vi} You never know who around you may be immunocompromised, immunosuppressed, clinically extremely vulnerable, or have other health conditions. Protecting yourself helps to protect the community.

Immunity against a virus naturally goes down with time.^{iv} By getting a booster dose, waning immunity is boosted back to a sufficient level of protection against serious illness and severe health outcomes resulting from COVID-19.^{vii}

Getting your COVID-19 booster dose is one important step in maintaining protection against COVID-19. In addition to getting your booster when it becomes available, be sure to wash your hands frequently, maintain a safe distance around others, ensure sufficient ventilation or spend less time in areas with poor or unknown ventilation quality, and wear a mask for optimal protection.

ⁱ BC Centre for Disease Control. ['Getting a Vaccine.'](#) June 1, 2022.

ⁱⁱ Public Health Agency of Canada. ['COVID-19 vaccine: Canadian Immunization Guide.'](#) June 29, 2022.

ⁱⁱⁱ ImmunizeBC. ['Who should get a COVID-19 booster dose?'](#) May 10, 2022.

^{iv} Public Health Agency of Canada. ['COVID-19 vaccine: Canadian Immunization Guide.'](#) June 29, 2022.^x

^v British Columbia, GovBC. ['Get a booster dose.'](#) June 23, 2022.

^{vi} British Columbia, GovBC. ['Get a booster dose.'](#) June 23, 2022.

^{vii} BC Centre for Disease Control, First Nations Health Authority, Metis Nation British Columbia, and BC Association of Aboriginal Friendship Centres. ['Each COVID-19 vaccine dose increases your protection against severe illness.'](#) 2022.