

Continue to take action.

Keep your COVID-19 vaccinations up to date.

COVID-19 vaccines are available for everyone 6 months and up.

More time indoors this fall and winter could lead to more COVID-19 illness.

Bivalent vaccines are now available. They are expected to provide better protection against the Omicron variant of concern.

Boost your defences if:

- › It's been 6 months since your last COVID-19 vaccine dose or
- › It's been 6 months since you've been infected

Protection from previous COVID-19 vaccinations or infection fades over time. Keeping up to date with your COVID-19 vaccinations:

- ✓ helps protect against severe illness and hospitalization
- ✓ provides better and longer-lasting protection than infection alone
- ✓ may reduce the risk of developing symptoms of post COVID-19 condition (long COVID)

Add layers of protection.

Individual public health measures are always a good idea.



Stay home when sick



Mask up in crowded indoor spaces



Improve indoor ventilation



Clean your hands regularly

Learn more or book your COVID-19 vaccine appointment: Canada.ca/covid-vaccine



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