



**COVID-19
VACCINE**
Public Health
Advice

Your COVID-19 boosters

For people aged 18 to 49
with no underlying health
conditions

Published by HSE on
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Version 1



Rialtas na hÉireann
Government of Ireland

This advice is for you if you are aged 18 to 49 and you:

- ✔ have no underlying health conditions
- ✔ are not immunocompromised
- ✔ are not a healthcare worker
- ✔ are not pregnant

Why should I get another vaccine?

The protection you got from your previous vaccines or the protection you got from a COVID-19 infection may weaken over time.

Boosters increase your protection from COVID-19.

You may wish to consider getting your booster to also protect others too. For example, if you are a carer or you live with someone at high risk of COVID-19, such as someone with a weak immune system).

How many COVID-19 vaccines should I have received?

The National Immunisation Advisory Committee (NIAC) has recommended that:

- you should have received your first round of COVID-19 vaccines (usually 2 doses except for people who received the single dose Janssen COVID-19 vaccine).
- you should then receive your first booster dose
- you can now receive a second booster dose

When should I get a booster?

You should get your second booster at least 6 months after your last COVID-19 vaccine.

If you have had COVID-19 you should wait at least 6 months after your symptoms started or after you tested positive before getting your booster

Which vaccine will I be offered for my booster?

Three adapted mRNA COVID-19 vaccines have been recommended as booster doses by the National Immunisation Advisory Committee (NIAC) in Ireland, following approval by the European Medicines Agency (EMA).

These vaccines are:

- Comirnaty® BA.1 (Pfizer vaccine)
- Comirnaty® BA.4-5 (Pfizer vaccine)
- Spikevax® BA.1. (Moderna vaccine)

While all previous vaccines offer protection against COVID-19, the adapted vaccines are expected to give wider protection against COVID-19 variants.

What do we know about the safety of boosters?

We have less information on the safety of the second and subsequent COVID-19 boosters. However, many countries have given their populations multiple doses of COVID-19 vaccines. Studies show that there have not been any unexpected safety concerns so far for people who have received multiple boosters. It is expected that the safety of the adapted vaccines will be similar to the previous vaccines. Safety of the vaccines will continue to be monitored by the EMA. All the adapted vaccines contain Trometamol and so you cannot have these if you have had anaphylaxis (severe allergic reaction) to Trometamol.

Are booster vaccines licensed by the European Medicines Agency (EMA)?

Second or subsequent boosters of mRNA vaccines have not been approved by the EMA. However, the EMA and the European Centre for Disease Control (ECDC) have issued advice that a second booster of an mRNA COVID-19 vaccine can be given to those aged 18 or over and for people aged 16 and over with health conditions that put them at high risk of disease as a second booster will give them better protection. NIAC recommendations can vary from EMA recommendations due to local data and considerations. In Ireland we follow NIAC advice.

Can I get my COVID-19 vaccine at the same time as my flu vaccine?

Yes. If you are due to get a flu vaccine, you can get any COVID-19 vaccine at the same time.

Further information

You can read more on [hse.ie/covid19vaccine](https://www.hse.ie/covid19vaccine) or call our team in HSELive on **1800 700 700**. They're open from 8am to 8pm Monday to Friday and 9am to 5pm on Saturday and Sunday.

You can also talk to your GP, nurse, pharmacist or vaccinator.

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