**COVID-19 Boost: Should I get a COVID-19 Boost?**

COVID-19 boosts are recommended for certain individuals to strengthen their immune response. These boosts can be given to those who have already received the primary series of vaccines, and they are particularly important for those who are at increased risk of severe illness from COVID-19.

### When to Get a COVID-19 Boost

- You have completed your primary series of COVID-19 vaccines and it has been at least 6 months since your last dose.
- You are eligible for a booster dose based on your age, health status, and risk factors.

**Who is Eligible for a COVID-19 Boost?**

- Pregnant women
- People with certain health conditions (e.g., chronic heart, lung, or kidney disease)
- People with an increased risk of severe illness from COVID-19

### How to Get a COVID-19 Boost

1. **Schedule an Appointment:** You can schedule an appointment through your healthcare provider or visit a local clinic or vaccination site.
2. **Bring ID:** Make sure to bring a government-issued ID with your name and date of birth.
3. **Wear a Mask:** Wear a mask to protect yourself and others.

### What to Expect

- The process is similar to your previous COVID-19 vaccinations.
- You may experience common side effects such as arm pain, fatigue, and headache.
- The decision to get a COVID-19 boost is based on the latest scientific evidence and guidelines provided by health authorities.

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**ALAMEDA COUNTY HEALTH CARE SERVICES AGENCY**

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How Long Should I Stay in Quarantine?

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