



COVID 19 Vaccine Information

This is a message from Central KW Family Health regarding COVID-19 and vaccine recommendations for the Fall of 2023. The COVID-19 pandemic continues to plague the world with newer strains of the Omicron variant recently starting to circulate. In general, the symptoms of COVID include fever, cough, difficulty breathing, headaches and body aches. Although a multitude of other symptoms can be present including sore throat, vomiting, diarrhea and red eyes depending on the strain that causes the infection.

At this time in Canada, the National Advisory Committee on Immunization (NACI), is recommending that people who are eligible receive a booster dose of a new monovalent (1 viral strain) vaccine that will be coming out this fall, hopefully by October. This vaccine has been designed against the newer strains of the Omicron variant (XBB.1.5) that are significantly different compared to the BA1, BA4 and BA5 variants that had developed last year and for which the previous booster vaccine was designed. Getting a booster with this new vaccine will allow your body to develop new antibodies and to boost your immunity to COVID.

Those eligible to receive a booster this fall include anybody over the age of 6 months. It is recommended that you wait at least 6 months from your last COVID infection or since your last booster before obtaining this vaccine to ensure your body mounts an optimal protective response to the vaccine.

You can receive the COVID vaccine from your local pharmacy or a regional vaccine clinic. Please visit the following link for more information:

<https://www.regionofwaterloo.ca/en/health-and-wellness/covid-19-vaccine.aspx>

A message on behalf of Central KW Family Health as we remain,
a central part of your health.