



# Northern Light Health<sup>SM</sup>

## Pfizer Booster Shots at Northern Light Health

This week, Northern Light Health began offering Pfizer booster shots to community members who meet the guidelines set out by the FDA and the CDC. To get your booster, you can make an appointment at one of our vaccination sites ([click here to make an appointment](#)) or wait until your next, scheduled Northern Light Health appointment and ask to get your booster there.

We expect demand to be high, if you cannot find an appointment with us that works for you, please visit the list of statewide COVID-19 vaccination sites at [Vaccination Sites | Covid-19 \(maine.gov\)](#) or call the Maine COVID-19 Community Vaccination Line at 1-888-445-4111 for more options.

Right now, the FDA and CDC do not recommend COVID-19 booster shots/third doses for most people. Keep reading to find out who should get a booster and who should talk to their doctor to decide if now is the time to get a booster.

All the COVID-19 vaccines being used in the United States offer excellent protection against serious illness, hospitalization, and death from COVID-19. Right now, boosters are most beneficial for those people who are most at risk of serious illness due to pre-existing health conditions.

**The most important thing we can do to stop COVID-19 is to get vaccinated. If you have been waiting to get your COVID-19 vaccine, please schedule an appointment today.**

### **Who Should Get a Booster Shot?**

However, if you completed your Pfizer vaccination series six or more months ago and are one of more of the following, you should consider a booster shot:

- At least 65 years old
- A resident of a long-term care facility, or
- Between the ages of 50–64 and have any of the following conditions: cancer, heart disease - including high blood pressure, lung disease, kidney disease, immunocompromising conditions, overweight or obesity, and diabetes.

### **Who Should Consider Getting a Booster Shot?**

There are other groups of people who may benefit from a booster, based on health risks. If you meet the guidelines in the lists below, speak with your healthcare team to see if getting a booster is right for you.

- People age 18–49 years with any of the following conditions: cancer, heart disease, high blood pressure, lung disease, kidney disease, immunocompromising conditions, overweight or obesity, and diabetes.
- People age 18-64 years at increased risk for COVID-19 exposure and transmission because of their job setting. This group includes:
  - First responders, including healthcare workers, firefighters, police, congregate care staff
  - Teachers and support staff, including school administrators
  - Day-care workers
  - Food and agriculture workers
  - Manufacturing workers
  - Corrections workers
  - U.S. Postal Service workers
  - Public transit workers

- Grocery store workers

### **Important**

Boosters have only been approved for people 18 and over who have had the Pfizer vaccine. It is not recommended that people who received Moderna or J&J vaccines get boosters at this time, and they are not eligible for Pfizer boosters.

### **Keep Yourself Healthy**

COVID-19 isn't the only virus making the rounds right now – don't forget your flu shot. You can get your flu shot and your COVID-19 vaccination (or booster shot) at the same time. It's still important to protect yourself from seasonal influenza.

Make sure you're keeping up with your annual wellness visits and screenings. Keeping your check-ups on schedule, taking medications as prescribed, and keeping your healthcare team up to date on what's happening with your health ensures we catch illness early and may lead to easier treatment.

Thank you for choosing Northern Light Health.