



Renfrew County and District Health Unit  
"Optimal Health for All in Renfrew County and District"

## For Immediate Release

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### **RCDHU Continues to Encourage Residents to Get a COVID-19 Booster Dose**

Renfrew County and District Health Unit (RCDHU) is seeing an increase in local COVID-19 cases and facility outbreaks. As numbers continue to rise, RCDHU encourages residents to stay up to date with their COVID-19 vaccine boosters.

"Immunization against COVID-19 works, prevents many infections, and decreases the severity of illness. It is an important way to protect ourselves, people with whom we have contact, and the entire community. With the recent increase in disease activity, now is the time to get boosted for greater protection," states Dr. Ian Gemmill, Acting Medical Officer of Health, RCDHU.

It is recommended that individuals five years of age and over stay up to date with their booster doses, as protection from COVID-19 vaccines decreases over time. The National Advisory Committee on Immunization continues to recommend the bivalent COVID-19 vaccine as the preferred vaccine for a booster dose, as bivalent vaccines are expected to provide greater protection against the Omicron variants and subvariants. While not currently eligible for a booster dose, it is recommended that children six months to four years of age continue to be fully vaccinated (primary series only).

You should get a COVID-19 booster dose if it has been:

- **Three months since a COVID-19 infection or your last COVID-19 vaccine** for [individuals who are at high risk](#) of severe COVID-19 illness.
- **Six months since a COVID-19 infection or your last COVID-19 vaccine** for individuals aged five years and over who are not at high risk of severe COVID-19 illness. *Note:* With informed consent, you can choose to receive a COVID-19 booster dose at a minimum of three months (84 days) after your last dose (e.g., if there is an increased risk of exposure to COVID-19 within your community).

Individuals 6 months of age and older can receive other vaccines at the same time or at any time before or after a COVID-19 vaccine, with informed consent.

**Staying up to date on vaccinations, masking in indoor public settings, practicing good hand hygiene, and staying home if you are ill, remain the top precautions for personal protection.** COVID-19 vaccine clinics continue to be offered throughout the county; **no appointments are required** (with the exception of the Novavax clinics). For more information on COVID-19 vaccination and to view RCDHU's current clinic schedule, visit <https://www.rcdhu.com/novel-coronavirus-covid-19-vaccine-rollout/>.

COVID-19 vaccines are also available through health care providers and [participating pharmacies](#). For more information on COVID-19 please visit [www.rcdhu.com](http://www.rcdhu.com).

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