

COVID-19 Booster Update

Meredith Faculty, Staff and Students,

The Food and Drug Administration [has authorized, and the Centers for Disease Control and Prevention now recommends](#), Moderna and Johnson & Johnson COVID-19 booster shots to help strengthen and extend protections against COVID-19 infections.

Moderna

The Moderna COVID-19 booster shot is recommended for individuals who received their second dose at least six months ago and who are at high risk for severe illness or exposure based on their age, profession, living setting, or health conditions. This includes people:

- 65 years or older, and
- 18 years or older who:
 - live or work in a nursing home or long-term care facility;
 - have underlying medical conditions;
 - work in high-risk settings like healthcare workers, teachers and childcare providers or food workers; or,
 - live or work in a [place where many people live together](#) (for example, dormitories or other group living settings in colleges or universities).

Johnson & Johnson

The Johnson & Johnson COVID-19 booster shot is recommended for individuals ages 18 and older who were vaccinated with the Johnson & Johnson vaccine at least two months ago.

Pfizer

Pfizer-BioNTech booster shots have been available since Sept. 24 for North Carolinians at high risk for serious illness or exposure and who received their second dose at least six months ago.

This recent decision also opens up options for individuals to receive a different vaccine manufacturer for their "booster" dose. We encourage individuals to speak with their primary care provider if they have questions about what booster is right for them.

The statements above are from NC DHHS and are based on recommendations from the CDC. Read the CDC's full statement [here](#).

More information about COVID-19 vaccine boosters and additional doses are available on [NCDHHS's website](#).

For more information about COVID-19 vaccines in North Carolina or to find a vaccine location, visit [MySpot.nc.gov](#) or call the state's COVID-19 Vaccine Help Center for free at 888-675-4567.