

## Myths and Facts About COVID-19 Bivalent Boosters

Myths	Facts
I don't need the bivalent booster because the pandemic is ending. The Centers for Disease Control and Prevention (CDC) has said we don't need to wear masks anymore.	We have tools to help control the spread of COVID-19 including wearing masks and getting vaccinated.  Being up-to-date by getting the latest booster increases our immunity and helps us stay safe from future outbreaks.
I don't need the bivalent booster because I've already had boosters and I haven't gotten sick with COVID-19.	The effectiveness of monovalent boosters (previous booster doses) lessens over time (approximately three months). Monovalent boosters provided immunity against the original COVID-19 virus.  The bivalent booster supports immunity against the original COVID-19 virus <b>and</b> the current Omicron variant, making it even more effective.
I don't need the bivalent booster because COVID-19 isn't making people very sick anymore. The symptoms will be mild anyway.	The bivalent booster substantially reduces the risk of severe illness, hospitalization or death.
I don't need the bivalent booster because I've already had COVID.	The protection we get from natural immunity does not seem to hold up well with these new variants and the level and duration of natural immunity are different for everyone.  The updated booster gives us a predictable level of immunity against multiple strains of COVID-19, providing a better level of immunity.  Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19.
I don't want the bivalent booster because I'll just need to get another one in two months.	You only need the bivalent booster once per year. This is because the bivalent booster provides broader immunity compared to the monovalent (previous) booster.
I don't want the bivalent booster right now because I want to get my flu shot first.	You can safely receive both the flu and COVID-19 bivalent booster at the same time.

Sources:

- Alliant Health Solutions: [Bivalent Myths and Facts](#)
- CDC: [Stay Up to Date with COVID-19 Vaccines Including Boosters](#)