

FAQ's: When should I get vaccinated after a COVID-19 Infection?

Updated July 12th, 2022

COVID vaccines remain an essential first defense against serious illness and death from COVID-19 even for those with a history of prior infection. With the presence of Omicron and the likely emergence of new variants in the future, primary vaccines and booster doses will provide longer and optimal protection against COVID-19. The National Advisory Committee on Immunization (NACI) and New Brunswick continues to recommend individuals to stay **up-to-date** with the COVID vaccines recommended.

1. How strong is the protection from infection?

For variants that circulated before Omicron, studies noted that past infection offers some protection from re-infection, but this protection decreases over time.

The risk of re-infection with Omicron (among people who previously had COVID-19) is higher than the risk of reinfection from previous variants. Vaccination is expected to strengthen the response in order to provide longer-lasting protection against current and future variants. That's why **complete and up-to-date** COVID-19 vaccination is recommended to provide the best possible protection for the future against severe illness from COVID-19.

2. For individuals 5 years of age and older who are not vaccinated but were infected with COVID-19. When should I book the first vaccine dose?

If you or your child have not had any previous doses of a COVID-19 vaccine, you may book your/your child's first dose (**aged 5 and over**) 8 weeks after symptom onset or positive test (if asymptomatic).

3. For individuals 5 years of age and older, not considered moderately to severely immunocompromised, no history of multisystem inflammatory syndrome (MIS-C), and in between doses of their primary series of the COVID-19 vaccines (i.e.: not yet received their 2nd dose). When should I book the next vaccine dose?

It is recommended that you book the second dose **8** weeks after symptom onset or a positive COVID-19 test.

4. For individuals 5 years of age and older who require a 3-dose series, considered moderately to severely immunocompromised without a history of MIS-C, and in between doses of their primary series of the COVID-19 vaccines (i.e.: not yet received either the 2nd or the 3rd primary series dose). When should I book the next vaccine dose?

It is recommended that you book the next dose 4-8 weeks after symptom onset or a positive COVID-19 test. This applies to either a second or third dose.

- 5. For individuals 5 years of age and older with a history of MIS-C (regardless if they are healthy or immunocompromised), and in between doses of their primary series of the COVID-19 vaccines (i.e.: not yet received either the 2nd or 3rd primary series dose). When should I book the next vaccine dose?**

It is recommended that you book the next dose after recovery of the illness or over 90 days has passed since the diagnosis by the health care provider (whichever period is the longest).

- 6. For individuals aged 12 years of age and older who finished their primary series but got infected before they received the booster dose (regardless if they are healthy or immunocompromised). When should I book my booster?**

As of July 12th, 2022, it is recommended to book your booster dose **5 months** since either your last vaccine dose or date of COVID-19 infection.

- 7. For individuals who would like to receive their next vaccine dose sooner than the recommended intervals. Can I book the vaccine sooner?**

These intervals serve as a guide and should you have concerns regarding how this applies to you, please communicate with your Primary Health Care Provider. It is important to follow these intervals as much as possible given the benefits of a better immune response and protection against COVID-19.

At a minimum, symptoms of your acute illness should be completely resolved, you should not be contagious prior to vaccination (i.e. 10 days has passed since the beginning of your quarantine period) and eligible to get your next dose.