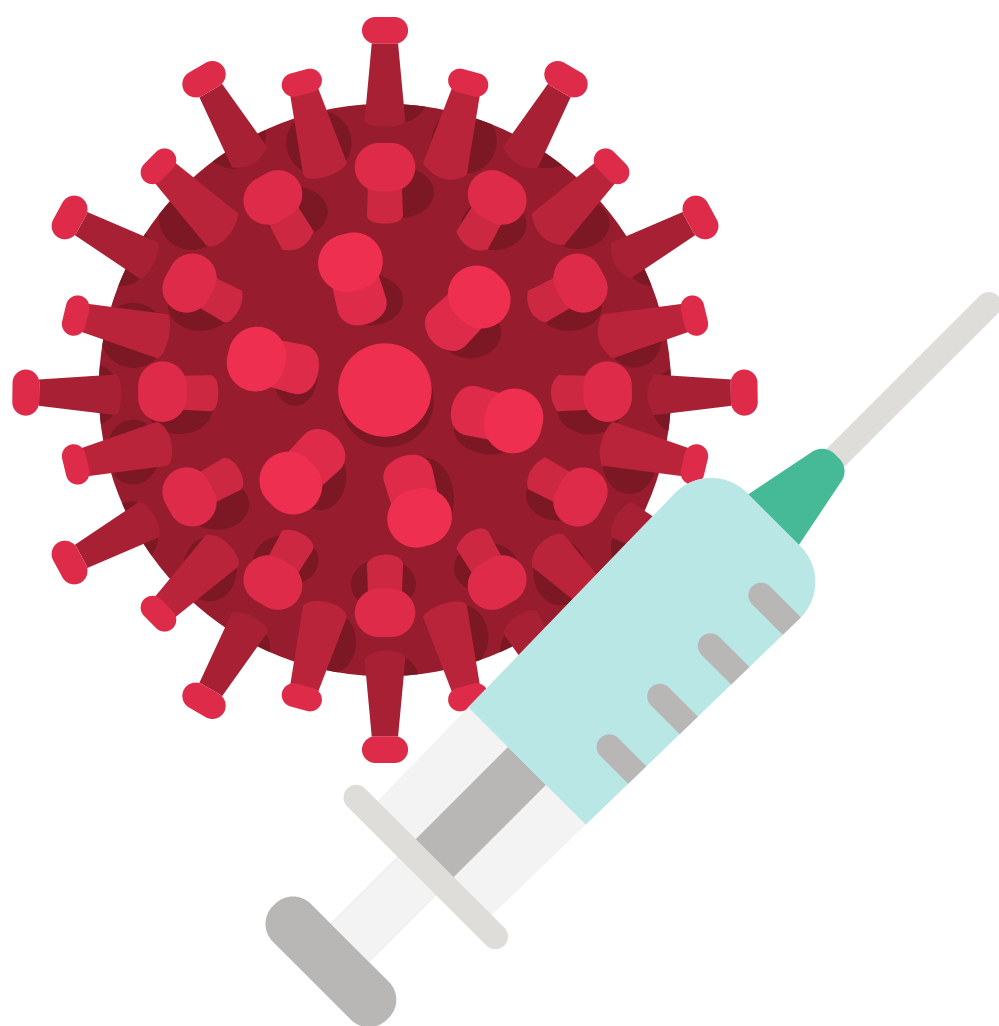


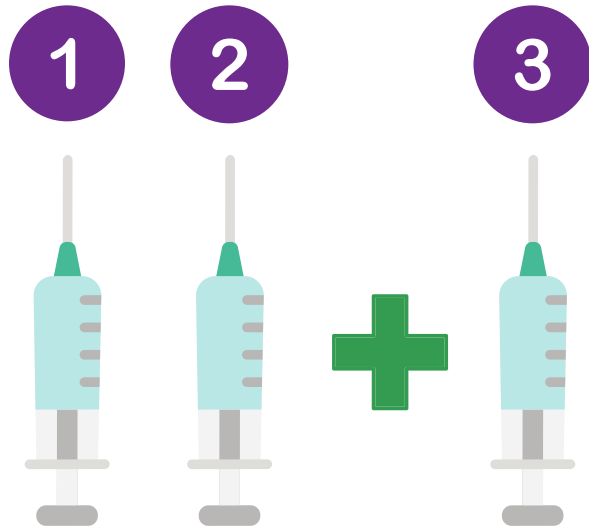
December 2021

Booking your third shot

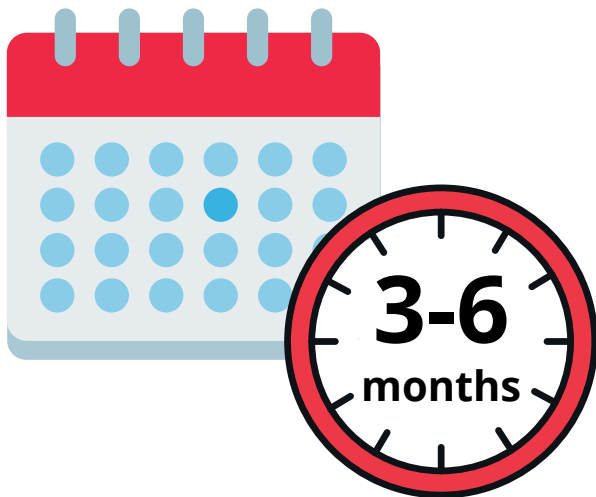
What you need to know
about the third shot of
the COVID-19 vaccine



What do you need to know about getting your third COVID shot?



The third COVID shot is also called a booster shot.



Scientists have learned that 2 shots of the vaccine do not work as well after 3 to 6 months.



Getting a booster shot keeps you protected for a longer time.



There is a new type of COVID called "Omicron" that people can catch very easily. This is why a booster is important right now.

When do you get your third shot?

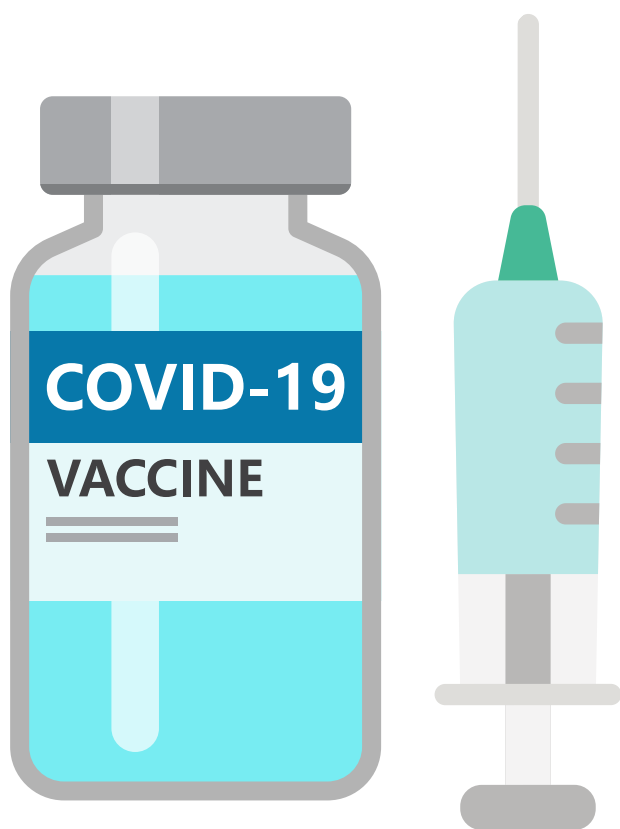


In Ontario, you can now get your third shot 3 months after you have had your second shot.



People who are 18 or older in Ontario can book their third shot now.

Will you get the same type of COVID vaccine as your first two shots?



Everyone will get either the Pfizer or Moderna vaccine.

It does not matter very much which one you get, it is more important to get 3 shots instead of just 2 shots.

How do you book your third COVID shot?

1 Booking your shot online

covid-19.ontario.ca/book-vaccine/



Provincial Online Booking System



At some pharmacies:
you can book online or you may be able to call or to go in-person

2 Booking your shot by phone

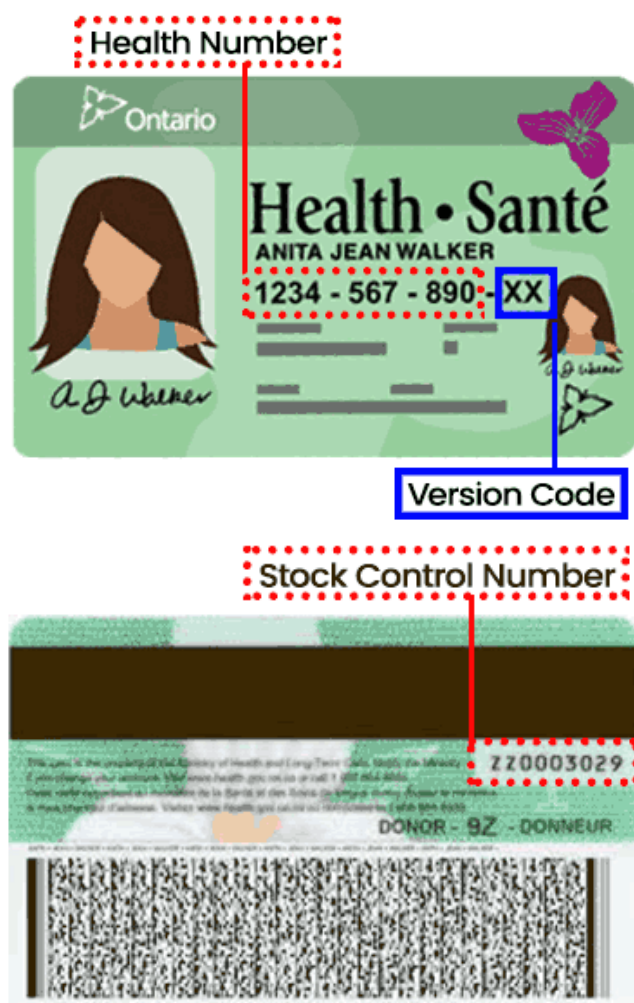


You can call the **Provincial Vaccine Contact Centre: [1-833-943-3900](tel:1-833-943-3900)**

TTY for people who are Deaf, speech or hearing impaired:
[1-866-797-0007](tel:1-866-797-0007)

What will you need to book your third COVID shot?

You will need your green photo health card



You will need:

- **10-digit number** on the front of your code
- **2-letter version** code on the front of your card
- **9-character code** on the back of your card

What if you have a red health card?

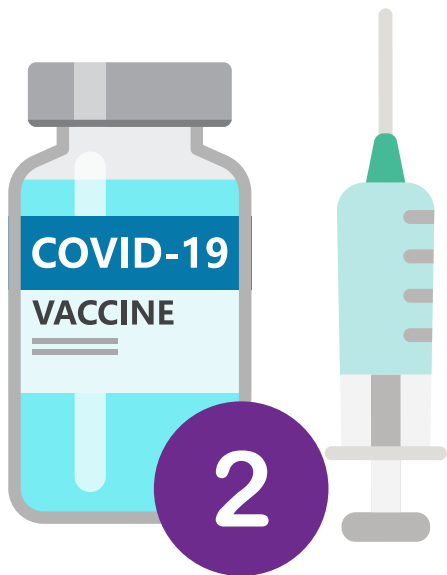
If you have a **red and white** health card, call the **Provincial Vaccine Contact Centre** to book your third shot.

To call them: [1-833-943-3900](tel:1-833-943-3900)

TTY for people who are Deaf, speech or hearing impaired: [1-866-797-0007](tel:1-866-797-0007)



What else do you need to book your third COVID shot?



To book your shot you will need to know when you got your second shot.



You can find this information on your vaccine certificate.



If you don't know the dates, someone can help you find them as long as you have your health card available.



You will need your date of birth.

Other ways you can book a third shot appointment



You can ask someone you trust, like a friend or family member to help you book your third shot.



Your doctor might try to contact you.



If you need someone to come to your home to give you the shot, you should talk to your doctor about that too.

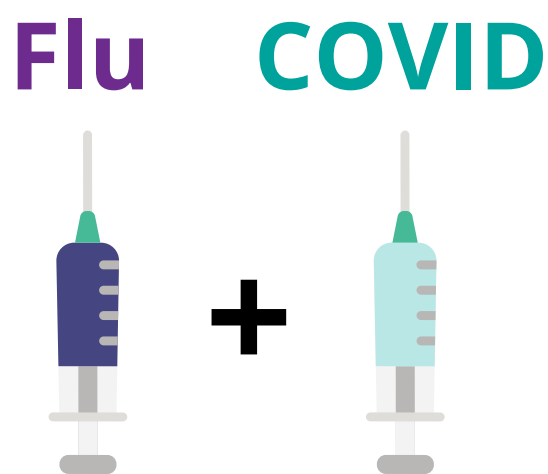


You can also get the shot from your pharmacy or drugstore.

Other ways you can stay safe while you wait for your third shot



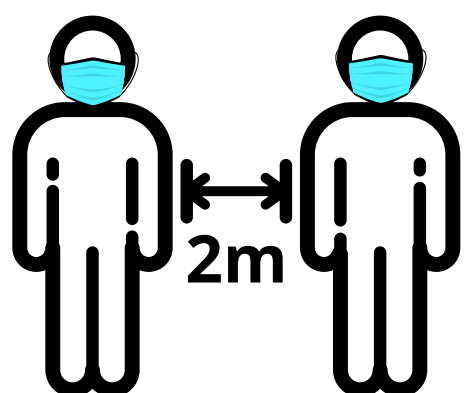
2 shots is still very good at protecting you from getting very sick with COVID.



You can also get the flu shot and the COVID vaccine at the same time.

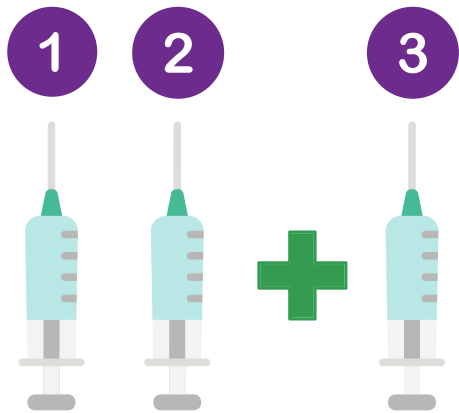


It is good to talk to your doctor about feeling worried.

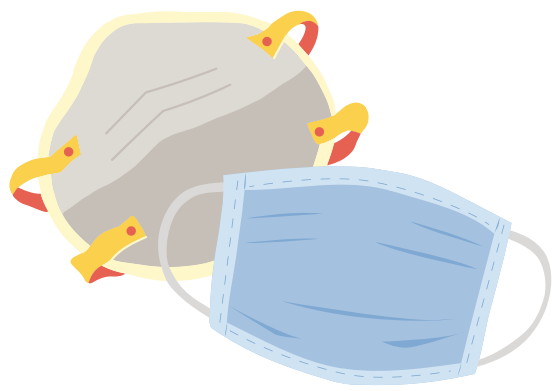


Your doctor can help explain things you can do to feel safe.

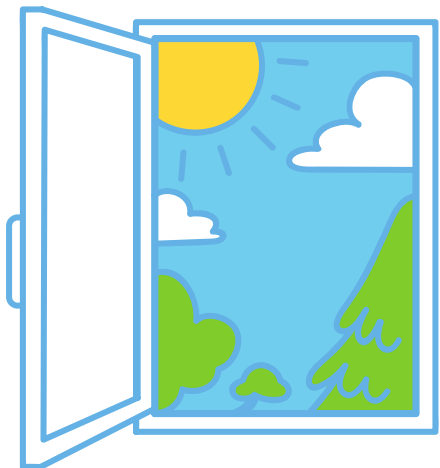
5 things you can do to stay safe before and after your third shot



1. Get your vaccine - 3 shots are better than 2 shots.



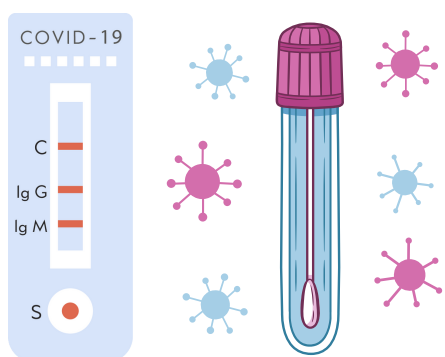
2. Wear a good mask - medical masks and N95 masks give you the best protection.



3. Keep the air fresh - meet outside, keep the windows open or use HEPA filters indoors.



4. Keep groups small - only meet with small groups and try not to travel.



5. Take a COVID rapid test (RAT) - do this right before you see other people.

This easy read guide was co-created by staff at the Health Care Access Research and Developmental Disabilities Program (H-CARDD) and self-advocate advisors.

We thank them for their input and feedback.

Some of this information is for people in Ontario. If you want to use this for another province, email us at hcardd@camh.ca

camh | Azrieli Adult
Neurodevelopmental Centre



Health Care Access Research
and Developmental Disabilities