

KIDS 5-11 CAN GET BIVALENT COVID-19 VACCINE BOOSTER

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All Ontarians aged five and over are now eligible to book a bivalent booster dose. With Health Canada's approval of the bivalent COVID booster for five to 11-year-olds, everyone in the province over five is able to get the vaccine.

Ontarians are being strongly encouraged to keep up with their flu and COVID-19 vaccinations to restore protection that may have decreased since a previous dose. This remains the best way to stay healthy this winter and prevent unnecessary trips to the hospital.

"As the weather gets colder and more people spend time with their loved ones indoors this holiday season, vaccination remains the most effective way we can protect ourselves from the most serious effects of COVID-19 and influenza," said Sylvia Jones, Deputy Premier and Minister of Health.

"Vaccines provide strong protection against severe illness from COVID-19 and its variants and will help ease pressures on



Metroland file photo
Children 5 to 11 are now able to get the COVID-19 bivalent booster vaccine..

our hospitals and emergency departments," she said.

The COVID-19 bivalent booster targets the original virus and provides better protection against other variants currently circulating. Flu shots can also be safely given at the same time, or at any time before or after a COVID-19 vaccine for individuals aged six months and older. Find out more at ontario.ca/flu.

Appointments can be booked via the COVID-19 vaccination portal or by calling the Provincial Vaccine Contact Centre (PVCC) at 1-833-943-3900 (TTY for people who are deaf, hearing-impaired or

speech-impaired: 1-866-797-0007). Parents and caregivers can book for their child. Eligible individuals can also book directly through public health units that use their own booking systems, Indigenous-led vaccination clinics, participating health care providers and participating pharmacies.

To help keep everyone as healthy as possible this respiratory illness season, Ontarians should stay home when they are feeling sick and practise good hand hygiene. It is also strongly recommended that Ontarians wear face masks in indoor public settings, or where it feels right for them.

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