



# COVID-19 Vaccination

Last Updated: 3/9/2022

## Primary Series

A "primary series" is the number of vaccinations needed to give the first basic immunity to a virus.

**The CDC prefers an mRNA vaccine (Pfizer or Moderna) for primary and booster vaccination, however, the J&J vaccine is still safe and effective. A vaccine is better than no vaccine.**

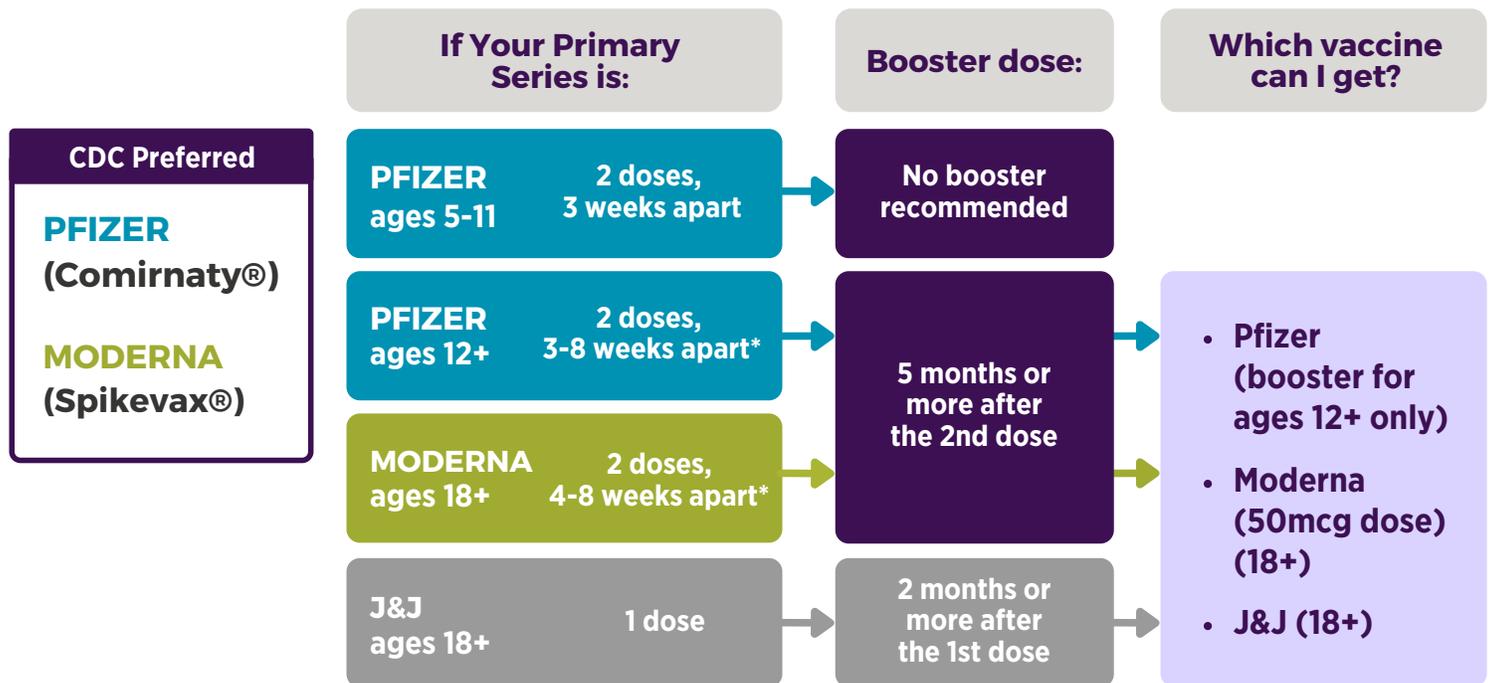
## Additional vs. Booster Dose: What's the Difference?

- An additional primary dose may improve the chance of a response by a weakened immune system.
- Booster doses remind a healthy immune system to remain prepared.

If you develop a COVID-19 infection before or while receiving your vaccination series, you should pause until you are no longer contagious\* and feel well enough to be vaccinated.

*\*This means for most people 10-20 days since symptoms first appeared. You should wait until you feel well enough to receive the vaccine or you may choose to wait up to 90 days. If you are unsure when to receive the vaccine, talk with your doctor.*

## Vaccination Recommendations



**\*Recommendation is to receive your 2nd dose closer to 8 weeks after your 1st dose if you are:**

- Male aged 12-39 years to lower the rare risk of heart inflammation
- Aged 65 or older to increase your immune response to the vaccine

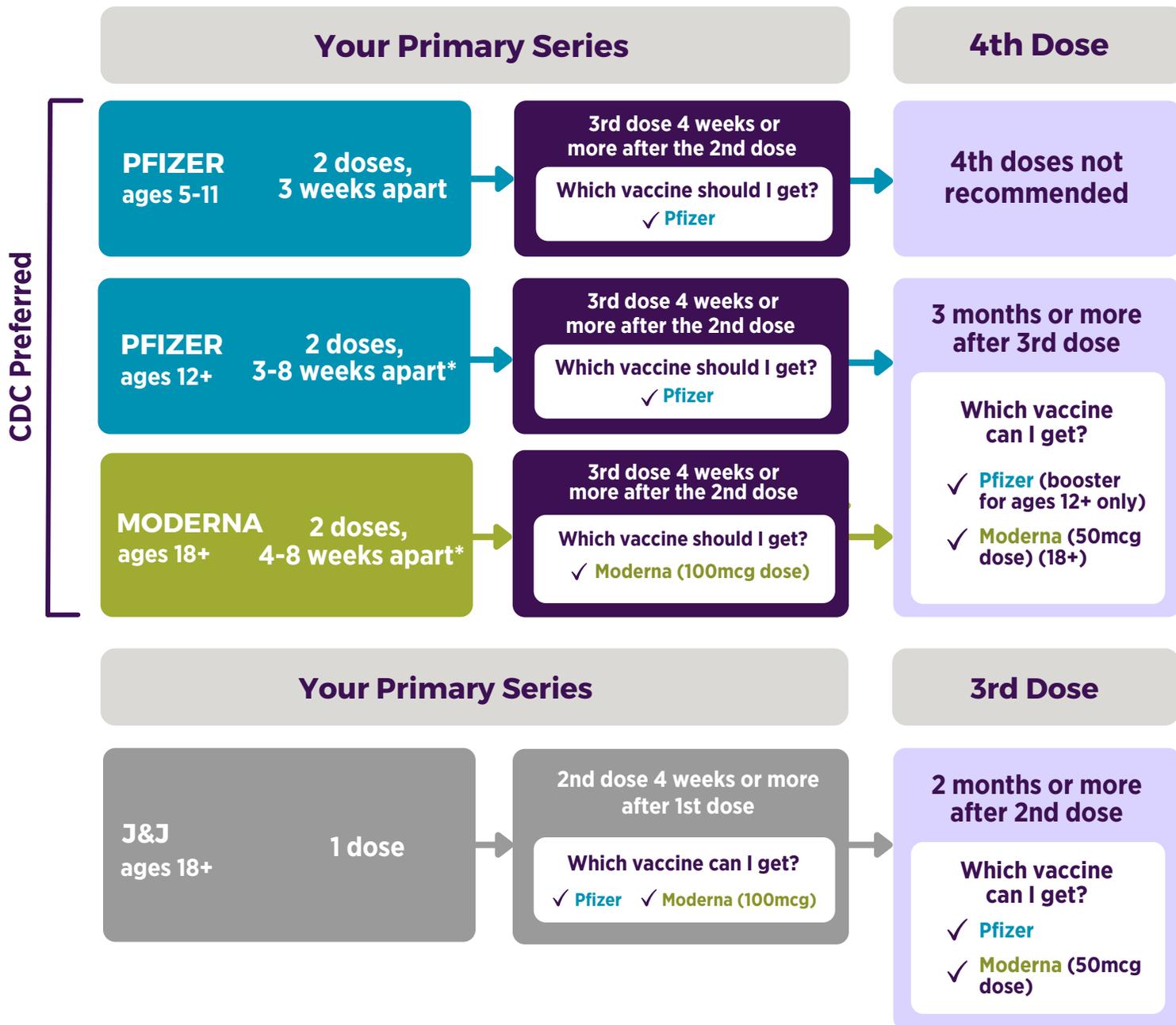
**Recommendation is to receive your 2nd dose closer to 3 to 4 weeks after your 1st dose if:**

- You are at risk for severe illness or at high risk for exposure to the virus

Talk with your doctor if you have any questions.

Continued >

# Vaccination Recommendations for the Immunocompromised



Those who received a hematopoietic cell transplant, or a CAR-T cell treatment should discuss additional doses with their doctor.

**\*Talk with your doctor if you have any questions.**

To learn more, please visit [Vaccine.UPMC.com](https://Vaccine.UPMC.com).

**UPMC**  
LIFE CHANGING MEDICINE