

# Boost Your Protection

Stay up-to-date with your COVID-19 vaccinations

**Get your spring booster & lower your risk of severe illness or hospitalization.**

High-risk groups and anyone 5+ years old who hasn't had a booster since September 1, 2022 are recommended to get a spring booster if it has been 6 months since their last COVID-19 dose or infection.

**High-risk groups are:**

- 65+ years old
- Resident of a long-term care or retirement home
- 55+ years old and Indigenous (or non-Indigenous household members 55+)
- 18+ years old and moderate to severe weakened immune system
- 18+ years old and living in a congregate care settings for people with complex medical care needs
- Pregnant people



**Book your appointment**



[Toronto.ca/COVID19Vaccine](https://toronto.ca/COVID19Vaccine)

 **TORONTO** Public Health