The updated (bivalent) boosters are called “bivalent” because they protect against both the original virus that causes COVID-19 and the Omicron variant BA.4 and BA.5.

Previous boosters are called “monovalent” because they were designed to protect against the original virus that causes COVID-19. They also provide some protection against Omicron, but not as much as the updated (bivalent) boosters.

The virus that causes COVID-19 has changed over time. The different versions of the virus that have developed over time are called variants. The updated booster became available September 22, 2022.

Two COVID-19 vaccine manufacturers, Pfizer and Moderna, have developed updated (bivalent) COVID-19 boosters.

CDC recommends that people ages 5 years and older receive one updated (bivalent) booster if it has been at least 2 months since their last COVID-19 vaccine dose, whether that was:

- Their final primary series dose, or
- An original (monovalent) booster

People who have gotten more than one original (monovalent) booster are also recommended to get an updated (bivalent) booster.

CDC recommends everyone stay up to date with COVID-19 vaccines for their age group:

- Children and teens ages 6 months–17 years
- Adults ages 18 years and older
- Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19.
- If you recently had COVID-19, you may consider delaying your next vaccine dose (primary dose or booster) by 3 months from when your symptoms started or, if you had no symptoms, when you first received a positive test.

People who are moderately or severely immunocompromised have different recommendations for COVID-19 vaccines, click here for more information.

Getting a COVID-19 vaccine after you recover from COVID-19 infection provides added protection against COVID-19.

COVID-19 vaccine and booster recommendations may be updated as CDC continues to monitor the latest COVID-19 data.

Source: Centers for Disease Control and Prevention