

**To:** Nova Scotia Health Care Practitioners and Immunizers

**From:** Dr. Shelley Deeks, Deputy Chief Medical Officer of Health

**Date:** April 29, 2022

**Re:** ***COVID-19 Vaccine Booster Intervals and Dosage***

The National Advisory Committee on Immunization (NACI) has recently provided [updated guidance on COVID-19 first booster doses](#) and [initial guidance on second booster doses](#) for specific populations. This memo summarizes recent changes to the Nova Scotia Immunization program in response to these updates.

The intervals noted in the table below follow completion of the COVID-19 vaccine primary series.

First Booster Dose Eligibility and Interval	Second Booster Dose Eligibility and Interval <b>(new)</b>
<ul style="list-style-type: none"> <li>• Adolescents aged 12-17 at an interval of <b>168 days* (expanded recommendation)</b></li> <li>• Adults aged 18-69 at an interval of <b>168 days</b></li> <li>• Individuals who are pregnant at an interval of <b>140 days</b></li> <li>• Individuals aged 12 and older who are moderately to severely immunocompromised at an interval of <b>120 days (new interval)</b></li> <li>• Adults in or from First Nations communities who are 55 years of age or older at an interval of <b>120 days (new interval)</b></li> <li>• Adults aged 70 years and older at an interval of <b>120 days (new interval)</b></li> <li>• Adult residents of long-term care and senior congregate living settings at an interval of <b>120 days (new interval)</b></li> </ul> <p>*All adolescents aged 12-17, not only those considered at higher risk for severe outcomes from COVID-19, are now recommended to receive a booster dose in light of ongoing COVID-19 activity <b>(new)</b></p>	<ul style="list-style-type: none"> <li>• Adults aged 70 years and older at an interval of <b>120 days (new)</b></li> <li>• Adult residents of long-term care and senior congregate living settings at an interval of <b>120 days (new)</b></li> <li>• Adults in or from First Nations communities who are 55 years of age or older at an interval of <b>120 days (new)</b></li> </ul> <p>An individual who is moderately to severely immunocompromised and does not otherwise belong to one of the groups listed above is <b>not</b> eligible for a second booster at this time.</p>
<ul style="list-style-type: none"> <li>• Pfizer 30 micrograms is the preferred product for individuals under 30 years of age.</li> <li>• Either Moderna 50 micrograms or Pfizer 30 micrograms may be considered for second booster doses. Moderna 50 micrograms is preferred for second boosters in long-term care where no contraindications exist. <b>(new)</b></li> <li>• Health Canada has not currently authorized a second mRNA COVID-19 vaccine booster dose or a first booster dose in adolescents. NACI has issued off-label recommendations for <a href="#">adolescent first booster doses</a> and <a href="#">second booster doses in specific populations</a>.</li> <li>• NACI has advised that Novavax COVID-19 vaccine may be offered as booster doses to adults</li> </ul>	

18 years of age and older who are unable or unwilling to receive an mRNA COVID-19 vaccine but continues to preferentially recommend the use of an mRNA COVID-19 vaccines for booster doses. Health Canada has not currently approved the use of Novavax COVID-19 as a booster dose. **(new)**

- Individuals who are [moderately to severely immunocompromised](#) are recommended to receive a three dose primary series of mRNA vaccine.

The intent of a booster dose is to restore protection that may have decreased over time in individuals who adequately responded to a complete primary vaccine series or a first booster dose. COVID-19 vaccination continues to provide sustained protection against severe illness and death, although waning occurs over time especially in older adults. More information regarding COVID-19 vaccines including primary schedules and booster dose details can be found on the Department of Health and Wellness (DHW) [website](#). We anticipate future booster dose recommendations will be forthcoming prior to the fall respiratory season.

Your participation and support in the promotion of the Nova Scotia COVID-19 immunization program is greatly appreciated. You can direct your patient to the [DHW website](#) to book an appointment for their primary series and/or booster.