



First Nations Health Authority  
Health through wellness

# Second Boosters Coming But Many People Need Their First!

## A message from FNHA Chief Medical Officer Dr. Shannon McDonald.

A second round of COVID-19 boosters **will be available for people 12 or older in the fall**, but in the interim it's important everyone complete all previous doses as soon as possible.

This means ensuring you've had your first and second doses, as well as your booster shot. Only about 40 per cent of the adult First Nations population (18+) in BC have had their first booster shot, which is significantly lower than non-Indigenous people. This puts First Nations people and communities at greater risk of getting COVID-19, illness, and needing medical care.

The booster shot ensures that your immunity to COVID-19 stays high after getting your primary series and is effective in preventing serious illness and hospitalization across all variants.

High vaccination rates in BC—including strong uptake among Indigenous people—have allowed a return to our cultural and traditional events, such as powwows, gatherings and sports events like the All Native Basketball Tournament.

I want to acknowledge everyone who has been vaccinated already. By doing so, you're helping make sure that you and your friends, family and community can continue to meet in person at these events which we know are so important to our mental health and wellness.

The unpredictability of the virus means it's important to get all the vaccines you are eligible for right now.



The vaccines currently available in BC provide strong protection against serious illness due to all known variants of COVID-19. When the bivalent vaccines become available, there will only be limited quantity and they will be prioritized in a way that best protects public health and hospital capacity.

The fact is, waiting for the "best shot" is not your best shot at fighting COVID-19. The most effective vaccine is the one that's available right now. So, if you're eligible for a booster shot, or if you haven't had your first or second dose, please call your health centre, talk to your community health nurse, or go to your local pharmacy and get that protection.

### The Golden Rules for Everybody

- **Get vaccinated** with your primary series and your booster dose when it is offered to you.
- **Vaccinate your kids** (all children aged six months and older are eligible).
- Stay home if you're feeling sick (even if feeling mildly ill).
- Reduce your number of contacts
- Wash your hands.
- Wear a mask in crowded public spaces.