

LAKESHORE MEDICAL GROUP
FAMILY MEDICINE

JANE CHARTERS, B.Sc. (P.T.), M.D., M.C.F.P.
ANDREW MURTON, M.D., C.C.F.P. (EM)
SAMIR PARIKH, M.D., C.C.F.P.
RITA KALONI, M.D., C.C.F.P.
RAJ RUPARELIA, M.D., C.C.F.P.
KRISTEN KANNEGISSER, M.D., C.C.F.P.
MARINA SPUDIC, M.D., C.C.F.P. (COE)
GREG JEFFRIES B.Sc. (Hons), M.D., M.H.Sc., CCFP, FCFP, FHM

345 LAKESHORE ROAD EAST
SUITE 502
OAKVILLE, ON
L6J 1J5
(905) 845-4511

Dear patients,

Booster doses of the COVID-19 vaccine are available in Ontario for people five years and older. It is **strongly recommend** that you get a booster dose of the COVID-19 vaccine. Protection from the vaccine goes down over time. **A booster dose gives you more protection** against getting very sick and going to the hospital for COVID-19. It also helps **prevent the spread of COVID-19**.

If you belong to any of the following **high risk groups** for getting COVID-19 or getting very sick from COVID-19, you should get a booster if it has been three or more months since your last dose:

- **People aged 65+**
- **First Nation, Inuit and Métis people and their non-Indigenous household members aged 18+**
- **Pregnant people aged 12+**
- **Health-care workers aged 18+**
- **A resident of a long-term care home, retirement home, Elder Care Lodge, or an older adult living in a congregate setting that provides assisted-living and health services**
- **People aged 12+ who are moderately to severely immunocompromised**

If you are **12+ years old and don't fall into any of the high-risk groups**, you should get a booster dose if it has been **six months or more** since your last dose of a COVID-19 vaccine or since you had COVID-19.

Children aged 5 to 11 should also get a COVID-19 booster dose. Children should get a booster dose if it has been **six months or more** since their last dose of a COVID-19 vaccine.

At this time, **booster doses are not recommended for young children under five years old**, but it is **important that they get their recommended doses of the COVID-19 vaccine**. To learn more about COVID-19 vaccination for children under five, visit the [SickKids website](#).

Along with your COVID-19 booster dose, **we strongly recommend that you get your flu shot**. You can get your COVID-19 booster and flu vaccine at the same time. **Children between six**

months and five years old should wait 14 days before or after getting a COVID-19 vaccine to get any other vaccines.

If you have any questions or concerns about getting a booster or protecting yourself and your family members from COVID-19, **we are here to help**. We would be happy to talk through this decision with you. **Please call the office to book an appointment.**

You can also use the [online booster dose eligibility checker](#) or contact the following resources for support:

- [SickKids COVID-19 Vaccine Consult Service](#): visit the website or call 1-888-304-6558. Appointments are available in multiple languages.
- [Scarborough Health Network VaxFacts Clinic](#): visit the website or call 416-438-2911 ext. 5738. Appointments are available seven days a week, from 9 a.m. to 8 p.m., in over 200 languages.

To book a booster dose appointment at a mass vaccination clinic or pharmacy, visit [how to book a COVID-19 vaccine appointment](#) or call the **Provincial Vaccine Contact Centre at 1-833-943-3900**.

Sincerely,

Lakeshore Medical Group